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GliSODin TRIAL

(July-September 2003)

The study was carried out on 15 patients (11 women and 4 men), 25 to 67 years old, presenting fragile skin, hypersensitivity to the sun or even problems of sun disease. 2 capsules (250 mg) of GliSODin were administered per day for 2 months. For preventive purposes, the treatment began 15 days before sun exposure

- **THE CRITERIA FOR NON INCLUSION** were respected:

- no known allergic diathesis (besides possible sun allergy)
- no topical treatments (corticoids...)
- no treatment with general administration in progress (antihistaminics...)

- **THE POPULATION CHARACTERISTICS:**

None of the patients presented a profession at risk (allergenic or toxic contacts) or disease in progress.

- **THE CLINICAL ASSESSMENT ON D.0** indicated :

? the past solar history:

- flush as of the first exposure
- sunburn more or less accompanied by pruritus
- LEB type sun allergy
- seborrheic dermatitis of the face associated with erythema

? habits in the sun:

- during the trial, the patients maintained their habits in the sun with regards to their means of protection (index from 30 to 100), their time of exposure (from 18 to 60 days of strong sunshine, then normal sunshine the other days), or their place of vacation (sea or mountain)

? the state of the skin:

- sensitive or dry skin
- fair skin, easily irritated
- erythema or blotchiness

- **THE CLINICAL ASSESSMENT AT D. 60:**

After 3 to 8 weeks of intense sunshine, the skin situation was very satisfactory in all volunteers.

As opposed to the previous summers, they did not present:

- sunburn
- flush
- pruritus
- allergic rash

- **GENERAL STATE ON D. 60:**

As regards the “quality of life”, the 15 patients felt a general well-being that they qualified as “good condition” without being able to describe the different symptoms.

The questioning specified:

- an improvement in the quality of sleep in 6 patients
- a reduction in articular and muscular pain in 8 patients
- a better ability to concentrate in 7 patients and an increase in memory in 3 patients
- faster recovery after athletic exertion in 5 patients
- an increase in visual acuity in 3 patients

In conclusion, the GliSODin trial carried out for 2 months with 2 capsules per day in 15 adult patients was fully satisfactory. The results demonstrated undeniable cutaneous and general comfort.

All of the patients expressed a desire to continue the treatment.