PHOTODYNAMIC THERAPY WITH GREEN LIGHT FOR THE TREATMENT OF VULVAR LICHEN SCLEROSUS ET ATROPHICUS — AN INITIAL CLINICAL STUDY.
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Background: Vulvar lichen sclerosus et atrophicus (LSA) is a chronic inflammatory disease occurring in anogenital region of the skin. Its etiology remains unknown. Alternatively, the LSA can be treated using the photodynamic therapy (PDT) based on 5-aminolevulinic acid (5-ALA). Unfortunately, therapy with the red light is often connected with severe local pains during the illumination. The green light of shorter wavelength (535 nm) can also be characterized by its ability to initiate photodynamic reactions in cells. The aim of the study was evaluation of efficacy and tolerance of 5-ALA-PDT with green light in patients with chronic LSA characterized by severe itching.

Material and methods: The study comprised 11 patients with vulvar LSA. The diagnosis was confirmed by the routine histopathologic examination. The age of the patients ranged from 30 to 66 years (mean: 48). The disease lasted from 1.5 to 4 years. All patients were pharmacologically treated in the past with unsatisfactory effect. They finished the entire therapy composed of 3 sessions of 5-ALA-PDT with green light.

Results: No patient complained of severe pain during the sessions that would have required interruption of irradiation or local application of analgesics. Following PDT a significant improvement of local status as well as reduction of symptoms were observed.

Conclusions: Our preliminary results of using green light in PDT of skin superficial nononcological lesions are very promising but require further studies.