EVALUATION OF BALNEO-PHOTO-THERAPY OF PSORIASIS IN SAFAGA - RED SEA

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ABSTRACT

Name : Ghada Mohamed Farag Kaf
Title : Evaluation of Balneo-photo-therapy of psoriasis in Safaga-Red Sea
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Balneo-photo-therapy of psoriasis in Red sea-Safaga is just bathing in the sea then gradual exposure to the sun. 150 patients were assessed clinically by PASI score, skin biopsies and laboratory investigations included complete blood picture, urea, SGPT, SGOT and bilirubin were done to all patients before and after the program. The mean % reduction of PASI score was 71.58% which considered a good improvement. Female patients showed better improvement than male patients. Younger patients got more clinical benefit from the program than older patients. No side effects detected in all patient group. Patients have erythrodermic and pustular psoriasis are not suitable candidate for balneophotherapy.
The improvement of psoriasis in Safaga may be related to UVA of the sun, the relative high salinity of sea, no environment pollution and psychological factor.

Key words:
Balneophototherapy-balneology-climatotherapy-psoriasis-PASI score-Red Sea-Safaga-UVA.

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