



Dead Sea is doing better and longer for Psoriasis

The percentage of patients achieving PASI 75 after 1 month and remission time after Climatotherapy at the Dead Sea in Psoriasis patients

Published in the International Journal of Dermatology,
(Int J Dermatol 2007, 46, 1087-1091)

Background:

The Dead Sea and Arava Research Center has been involved for over a decade in the evaluation of the health effects in a variety of chronic diseases in which exposure to the natural resources available at the Dead Sea has been shown to be therapeutically effective. Among skin diseases, Psoriasis, being the most frequent one of the responding diseases, has been studied in detail.

After having established in previously published studies the optimum duration of climatotherapy (sun exposure), its relative effect to thalassotherapy (immersion in sea water), the nature of the mechanism of action at the cellular and immunological level and after establishing the lack of skin carcinogenesis as a result of prolonged exposure to the Dead Sea sun, the following represents the first study in which psoriasis patients were subsequently followed up on a regular basis for twelve months in their home country.

The data show that the treatment was highly effective and free of side effects, while the duration of the therapeutic effect lasted, in terms of major reappearance lesion, deep into the second half of the first year after exposure.

The price paid per week remission achieved with Dead Sea Climatotherapy to other ones, which have been calculated in another study, compares favorably with most other modes of treatment. These last ones, such as the immunosuppressive and PUVA treatment, can be accompanied by serious side effects while others such as the recently introduced biologicals are presently prohibitively expensive.

The percentage of patients achieving PASI 75 after 1 month and remission time after Climatotherapy at the Dead Sea in Psoriasis patients.

The data provided in the following text are self-explanatory; should you have additional questions the authors named below will gladly respond to e-mails.

The following document represents a resume of a study on the effectiveness and the length of the clinical remission of plaque-type psoriasis patients exposed to Dead Sea climatotherapy. The study was conducted in collaboration between Israeli Physician from the Dead Sea area and German Physicians practicing in the state of Saxony:

This study included 64 German psoriasis patients who were exposed to a 28-day climatological treatment at the Dead Sea, which included a daily sun exposure in the morning and afternoon. The exposure time was calculated according to personal parameters and based on measurements of ambient solar irradiation. Thalassotherapy included a gradual increase of immersion in the Dead Sea water.

The patients underwent a PASI evaluation (a quantitative measure of skin involvement in psoriasis) on arrival and at departure, with a subsequent follow up examination for twelve month in Germany, during which they were reexamined when reporting on the reappearance of new skin lesions. A PASI evaluation was subsequently performed periodically.

Evaluation:

The time of reappearance of a skin lesion after total or near total clearance at the end of climatotherapy was defined as “duration of remission time”.

The time elapsed until a 50% relapse of the initial PASI clearance occurred was considered as “duration of the therapeutic effect”.

Results:

Climatotherapy effect: The PASI value showed an average decline from 31,7 before to 1,4 at the termination of treatment, representing a 95% improvement.

The median length of remission was 23,1 weeks, and the medium period of the therapeutic effect was 33,6 weeks.

Statistical multivariate analysis of data revealed that a longer period of remission was observed in younger patients.

This study establishes that a four-week course of Dead Sea climatotherapy provides an effective mode of treatment for patients with plaque-type psoriasis. The results compare favorably with other modes of treatment, having the advantage of being practically devoid of side effects and allowing patients to undergo this treatment in a vacation-like atmosphere interacting with vacation seeking hotel guests, which contributes to an improvement of their quality of life as shown in a other studies.

Dr Marco Harari, dmz@lothotel.co.il

Professor Shimon W. Moses, moses@bgu.ac.il

Dead Sea and Arava Research Center