

CASE STUDY

# Innovative Topical Therapy for Otic Eczema

José Miguel Ingelmo Calvo<sup>1</sup>, José Ruiz Cobo<sup>2</sup>, and Mohamed Farouk Allam<sup>3,\*</sup>

## ABSTRACT

An innovative topical treatment for psoriasis and atopic dermatitis has recently received patent approval from the Spanish Ministry of Industry, Trade, and Tourism. This topical treatment *Psorishye*, presented in the form of a lotion, includes a combination of clobetasol, papaverine hydrochloride, spironolactone, a milk-peptide complex, and propylene glycol. A 56-year-old female presented to our outpatient clinic with bilateral otic eczema. The patient had no significant past medical history and primarily complained of intense pruritus in the lesions. The patient was advised to use our recently patented lotion, *Psorishye*, once daily for 7 days. Two days after beginning the treatment, the patient experienced significant relief from itching sensations. By the 8th day, during an examination at the outpatient clinic, a notable improvement in the scaled lesions was observed. While the preliminary results exhibited by *Psorishye* in the context of this specific case are indeed promising, the imperative to establish its efficacy and reliability necessitates the initiation of further investigations characterized by more expansive sample sizes and prolonged follow-up periods.

Submitted: March 20, 2024

Published: May 17, 2024

 10.24018/ej.2024.5.3.334

<sup>1</sup>Department of Plastic Surgery, Hospital HM Malaga, Spain.

<sup>2</sup>Distrito Sanitario Costa del Sol, SUAP Torremolinos, Spain.

<sup>3</sup>Department of Family Medicine, Faculty of Medicine, Ain Shams University, Egypt.

\*Corresponding Author:

e-mail: farouk.allam@med.asu.edu.eg

**Keywords:** Malaga, Otic eczema, Topical treatment.

## 1. INTRODUCTION

Eczematous external otitis is a prevalent chronic condition that can profoundly affect the quality of life of those afflicted, causing persistent discomfort, itching, and ultimately, sleep deprivation [1].

Topical corticosteroids in the form of otic solutions have been a longstanding treatment option for otic eczema for many years [1]–[3]. Otic eczema tends to be chronic or recurrent despite treatment with topical corticosteroids [4].

The Spanish Ministry of Industry, Trade, and Tourism has recently granted patent approval (Invention patent reference number 202030824) for a ground-breaking topical treatment designed for psoriasis. This innovative treatment, presented in the form of a lotion, includes a combination of clobetasol, papaverine hydrochloride, spironolactone, a milk-peptide complex, and propylene glycol [5], [6].

We showcase a case of otic eczema that was treated using our newly patented lotion, *Psorishye*.

## 2. CASE REPORT

A 56-year-old female presented with bilateral otic eczema. The patient had no significant past medical history and primarily complained of intense pruritus in the lesions.

During the examination, crusting and scaling were observed on the front sides of both ears. Additionally, a few abrasions from scratching were identified.



Fig. 1. Right ear of a 56-year-old female patient with otic eczema before treatment.



Fig. 2. Right ear of a 56-year-old female patient with otic eczema after treatment with *Psorisbye* for 1 week.

She received the diagnosis nearly 40 years ago, and utilizing corticosteroid creams since 2016 and moisturizers for addressing dry skin.

The patient was advised to use our recently patented lotion, *Psorisbye*, once daily for a duration of 7 days.

Two days after beginning the treatment, the patient experienced significant relief from itching sensations. By the 8<sup>th</sup> day, during an examination at the outpatient clinic, a notable improvement in the scaled lesions was observed.

Figs. 1 and 2 illustrate the right ear of the patient before and after the application of *Psorisbye*, with an 8-day interval between the images.

### 3. DISCUSSION AND CONCLUSIONS

We have herein showcased a case of otic eczema successfully treated with our innovative lotion. Notably, substantial improvement was evident after only 2 days of topical application of *Psorisbye*.

The effectiveness of the innovative topical treatment was evident in the significant improvement observed, as evidenced by the disappearance of pruritus sensations and a notable reduction in the signs of otic eczema.

The outstanding outcomes observed in this case can be attributed to the synergistic effects and well-balanced dosages of the medications incorporated in *Psorisbye* [5], [6]. In our case report, we did not observe any adverse

reactions or interactions among the different molecules in the new topical treatment.

The outcomes of our case involving otic eczema align with our previously published case reports on *Psorisbye*, which have recently showcased the effectiveness of the new foaming lotion in managing moderate psoriasis in the short term [5], [6].

While the preliminary results exhibited by *Psorisbye* in the context of this specific case are indeed promising, the imperative to establish its efficacy and reliability necessitates the initiation of further investigations characterized by more expansive sample sizes and prolonged follow-up periods. Conducting such comprehensive studies will not only serve to validate the preliminary findings articulated in our current case report but also contribute to a more robust understanding of the potential long-term effectiveness and safety profile of the aforementioned topical treatment.

### ETHICAL STATEMENT

Written informed consent was obtained for the patient, treatment, and publication of this case report and the accompanying image.

### AUTHOR CONTRIBUTIONS

Study design (José Miguel Ingelmo Calvo, José Ruiz Cobo, Mohamed Farouk Allam), analysis and interpretation of data (José Miguel Ingelmo Calvo, José Ruiz Cobo), manuscript writing (José Ruiz Cobo, Mohamed Farouk Allam), collection of data (José Miguel Ingelmo Calvo, José Ruiz Cobo), critical revision (José Ruiz Cobo, Mohamed Farouk Allam).

### CONFLICT OF INTEREST

Authors declare that they do not have any conflict of interest.

### REFERENCES

- [1] Nemeth Z, Verga E, Verdolini R. Topical treatment of eczematous external otitis involving the ear canal: long-term results of a trial comparing pimecrolimus 1 per cent versus clobetasone butyrate 0.05 percent. *J Laryngol Otol*. 2022;136(7):635–8. doi: 10.1017/S002221512100445X.
- [2] Montoro V, Asensio C, Martínez Á, Lorente J, Rodríguez FJ, Montojo J, et al. Efficacy and safety of fluocinolone acetonide 0.025% otic solution in patients with otic eczema: a randomized, double-blind, placebo-controlled clinical trial. *J Int Med Res*. 2018;46(10):4050–60. doi: 10.1177/0300060518765333.
- [3] Jacobsson S, Karlsson G, Rignér P, Sanner E, Schrewelius C. Clinical efficacy of budesonide in the treatment of eczematous external otitis. *Eur Arch Otorhinolaryngol*. 1991;248(4):246–9. doi: 10.1007/BF00173665.
- [4] Yarikas M, Doner F, Dogru H, Demirci M. Asymptomatic food hypersensitivity prevalence in patients with eczematous external otitis. *Am J Otolaryngol*. 2004;25(1):1–4. doi: 10.1016/j.amjoto.2003.09.003.
- [5] Calvo JMI, Cobo JR, Allam MF. New topical treatment for psoriasis. *J Explor Res Pharmacol*. 2023;8(3):264–6. doi: 10.14218/JERP.2023.00015.
- [6] Calvo JMI, Cobo JR, Allam MF. A report of three cases with moderate psoriasis treated with new topical treatment. *Glob J Med Clin Case Rep*. 2023;3(1):16–20.