痤疮清热合剂加减联合超脉冲点阵CO2激光治疗寻常痤疮疗效分析

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[摘要]目的：探究痤疮清热合剂加减联合超脉冲点阵CO2激光在寻常痤疮治疗中的应用效果。方法：选取2017年1月-2019年 12月在笔者医院就诊的100例寻常痤疮患者为研究对象，随机分为观察组和对照组，每组50例。两组患者均给予超脉冲点阵 CO2激光治疗，观察组在此基础上联合痤疮清热合剂加减治疗，持续治疗3个月后比较两组患者的炎症指标、血清睾酮水平、 皮肤生理指标、中医皮损积分、痤疮瘢痕严重程度、生活质量及复发率。结果：治疗后，观察组的皮损程度、皮损数量、 皮损肿痛、皮损颜色积分均低于对照组（P＜0.05）；观察组痤疮瘢痕权重评分（échelle d'évaluation chiniquc dcs cicatrices d'acné, ECCA）均低于对照组（P＜0.05）；观察组的角质层含水量高于对照组，油脂含量及酸碱度（pH）低 于对照组（P＜0.05）；观察组的白介素-1β（IL-1β）、肿瘤坏死因子-α（TNF-α）、白介素-8（IL-8）、血清睾酮（T） 水平低于对照组（P＜0.05）；观察组的痤疮患者特异性生活质量量表（Acne-specific quality of life scale,Acne-QOL）评 分高于对照组，1年内复发率低于对照组（P＜0.05），差异均有统计学意义。结论：痤疮清热合剂加减联合超脉冲点阵CO2激光 治疗寻常痤疮，可有效缓解临床症状，改善皮肤生理状态及痤疮瘢痕，提高患者生活质量，抑制复发。 [关键词]痤疮清热合剂；超脉冲点阵CO2激光；寻常痤疮；瘢痕

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Curative Effect of Modifi ed Acne Mixture Combined with Ultra-pulse CO2 Fractional Laser on Acne Vulgaris

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Abstract: Objective To explore the application effect of modified acne mixture combined with ultra-pulse CO2 fractional laser in the treatment of acne vulgaris. Methods A total of 100 patients with acne vulgaris treated in the hospital were enrolled as the research objects between January 2017 and December 2019.They were randomly divided into observation group and control group,50 cases in each group.Both groups were treated with ultra-pulse CO2 fractional laser.On this basis,observation group was treated with modifi ed acne mixture.After 3 months of continuous treatment,infl ammation indexes,level of serum testosterone,skin physiological indexes,scores of TCM skin lesions,severity of acne and acne scars,quality of life and recurrence rate were compared between the two groups. Results After treatment,scores of skin lesions severity,skin lesions number,skin lesions swelling and skin lesions color in observation group were lower than those in control group (P＜0.05), scores of global acne grading system (GAGS) and Echelled’ Evaluation Cliniquedes Cicatrices d, acne (ECCA) were lower than those in control group (P＜0.05),water content of stratum corneum was higher than that in control group,oil content and potential of hydrogen (pH) were lower than those in control group (P<0.05).The levels of interleukin-1β (IL-1β),tumor necrosis factor-α (TNFα),interleukin-8 (IL-8) and serum testosterone (T) in observation group were lower than those in control group (P＜0.05),score of Acne-specifi c Quality of Life Questionnaire (Acne-QOL) was higher than that in control group,and recurrence rate within 1 year was lower than that in control group (P＜0.05). Conclusion The modifi ed acne mixture combined with ultra-pulse CO2 fractional laser can eff ectively relieve clinical symptoms,improve skin physiological status and acne scars,improve quality of life and inhibit acne recurrence.

Key words: acne mixture; Ultra-pulse CO2 fractional laser; acne vulgaris; scar