Efficacy and tolerance of probiotic *E. lactis SF68®* in subjects with sebum production alterations.

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BACKGROUND

Relationship between gut microbiota and skin has been supposed since 30's by 2 dermatologists. Dr. Stokes and Dr. Pillsbury.

Gut microbiota is demonstrated to influence systemic inflammation, oxidative stress, tissue lipid content: all this has significant implications in some skin diseases (like acne, seborrheic dermatitis, atopic dermatitis, psoriasis). In many acne patients has been demonstrated qualitative and quantitative alteration of microbiota.

OBJECTIVE

Demonstrate efficacy and safety of Cerbios proprietary probiotic strain *E. lactis* SF68 on management of acne and seborrheic dermatitis and improvements of signs and symptoms of pathology.

MATERIALS AND METHODS

25 patients, presenting sebum production skin alteration as seborrheic dermatitis, impure skin (acne-prone skin), vulgaris acne (mild-moderate grade), not in therapy, were enrolled.

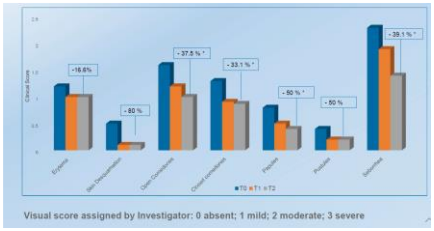
The spontaneous single arm study has been performed in one single centre, in Italy.

Patients' signs and symptoms were evaluated clinically and instrumentally.

RESULTS

Clinical outcomes of treatment are summarized in below graphic;

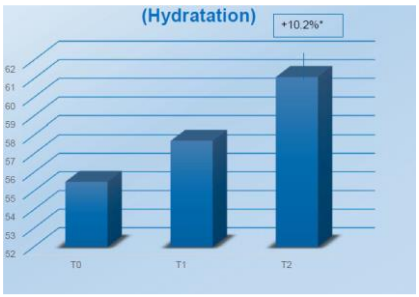
Significant reduction of:



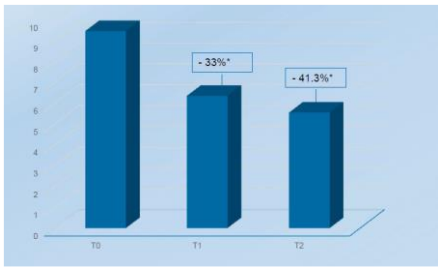
- Erythema
- Skin desquamation
- Comedones
- Papules
- Pustules
- Seborrhea

Instrumental outcomes of treatment are summarized in below graphics:

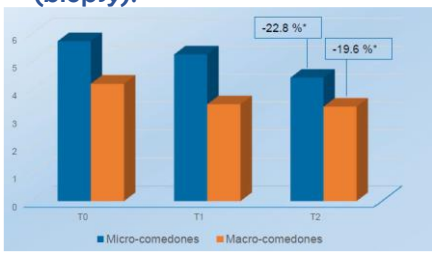
- Skin electrical capacitance (Corneometer):



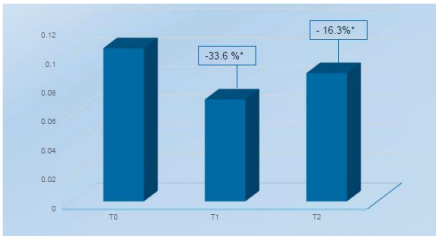
-Sebum normalizing activity (Sebutape™):



- Comedolitic efficacy (biopsy):



-Cutaneous desquamation (D-Squame™)



CONCLUSION

Probiotic strain *E. lactis SF68®* demonstrated a significant capacity to improve sign and symptoms of acne and seborrheic dermatitis in subjects with alteration of sebum production, mild to moderate acne and seborrheic dermatitis, associated with symptoms of intestinal dysmicrobism.

Results obtained lasted for 3 months after last assumption of probiotic.

REFERENCES

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Iman Salem,1 Amy Ramser, et al. 2108

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Glycemic load and acne. N F Agamia[1], D M Abdallah 2, O Sorour 1, B Mourad 3, D N Younan

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