

Omalizumab for severe atopic dermatitis in 4- to 19-year-olds: the ADAPT RCT

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Plain English summary

The ADAPT RCT

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Plain English summary

Eczema causes dry, red, itchy and scaly skin. It affects around 1 out of every 10 children in the UK and can be very uncomfortable for the child. This can have a big effect on both the child and their family.

Most eczema can be treated with creams. However, there are a small number of children whose eczema is so bad that the usual creams do not work. These children may have to take tablets or injections to help their skin. These medicines can have unwanted side effects.

The Atopic Dermatitis Anti-IgE Paediatric Trial (ADAPT), a children's eczema study, sought to examine whether or not a new medication could help these children. Eczema can be linked to allergies. People with allergies have extra antibodies, called immunoglobulin E (IgE), in their blood. Xolair® (Novartis Pharmaceuticals UK Ltd, Frimley, UK) (which is also known as omalizumab) is given by injection to remove the extra IgE. Omalizumab has been safely used in patients with asthma and other skin conditions.

In ADAPT, half of the children and young people were treated with omalizumab and the other half were treated with an inactive medicine, known as a placebo. Participants visited the hospital to receive their medicine for 6 months and were also asked to come back when they finished their treatment. The results of the two groups of children and young people were compared.

This trial showed that omalizumab may help to improve eczema in children and young people. The participants reported that they felt better after treatment with omalizumab. It seems that children and young people who use omalizumab need to use less steroid cream and may also need fewer other medicines for their eczema. However, as this was a small trial, more research is needed to fully understand how omalizumab can help children and young people with eczema.

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This report

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