

局部应用沙利度胺治愈顽固性下唇盘状红斑狼疮1例

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[摘要] 全身应用沙利度胺治疗顽固性慢性盘状红斑狼疮具有较好的效果, 但目前国内外尚未见局部使用沙利度胺治疗顽固性慢性盘状红斑狼疮的相关报道。四川大学华西口腔医院黏膜科局部应用沙利度胺治愈1例顽固性下唇盘状红斑狼疮。

[关键词] 慢性盘状红斑狼疮; 沙利度胺; 局部用药

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Topical Thalidomide Having Good Effect on Refractory Chronic Discoid Lupus Erythematosus: A Case Report NI Chen-zhong, SONG Hui-yun, ZHOU Hong-mei. (Dept. of Oral Medicine, West China College of Stomatology, Sichuan University, Chengdu 610041, China)

[Abstract] Systemic thalidomide has good effect on refractory chronic discoid lupus erythematosus(CDLE) whereas topical regimen of it has not been reported previously. In this paper, a case of refractory CDLE cured with topical thalidomide in clinic was reported and the feasibility of topical therapy was reviewed.

[Key words] chronic discoid lupus erythematosus; thalidomide; topical administration

慢性盘状红斑狼疮(chronic discoid lupus erythematosus, CDLE)是一种慢性皮肤-黏膜结缔组织疾病,以下唇为好发部位。CDLE临床损害特点为圆形或椭圆形糜烂面,病损区凹下似盘状,周边有较短的白色条纹呈放射状排列,唇红皮肤交界不清^[1]。CDLE的常规治疗方法包括糖皮质激素局部注射或涂擦,口服氯喹、沙利度胺等药物,通过全身治疗结合局部治疗,大多数病例可得到控制。2006年9月四川大学华西口腔医院黏膜科收治1例顽固性下唇CDLE患者,唇部糜烂经常规局部注射和涂擦糖皮质激素治疗后无效,遂试用沙利度胺局部涂擦,病损愈合,现报道如下。

1 病例报告

患者男性,41岁,于2006年9月因下唇反复溃烂3年多、加重数月就诊。3年多前患者晒太阳后下唇出现溃烂、出血,当地医院诊断为“唇炎”,给予含漱剂和口服抗生素、中药(不详)等无效,遂来四川大学华西口腔医院黏膜科求治。检查:下唇中份见2 mm×5 mm大小糜烂面,结薄痂,轻揭痂皮后

出血。糜烂面靠黏膜侧见放射状细短白纹,唇红皮肤交界尚清,伴黑色素沉着。面部皮肤及口内黏膜未见明显异常。诊断:下唇CDLE。治疗:鉴于患者患有甲亢且肾功能较差,故避免全身用药,予以曲安奈德混悬液局部封闭,并嘱用口泰湿敷唇部加地塞米松糊剂涂擦,每天3次。1周后复诊,病损无明显改善,遂再次行局部封闭,1次/周,连续3次,同时用醋酸泼尼松龙混悬液涂擦,每天3次。治疗1月后仍无明显效果。患者诉用药期间有2~3 d病损接近愈合,但随后又复发。试用沙利度胺50 mg研细后均匀混入15 g地塞米松糊剂中,涂擦病损,每天3次。1周后复诊,糜烂愈合,白纹变淡,追踪2月未见复发。

2 讨论

沙利度胺俗称反应停,是一种人工合成的谷氨酸衍生物,主要具有中枢镇静、抗炎、免疫调节等作用。全身应用沙利度胺治疗慢性盘状红斑狼疮具有较好的效果,尤其是对常规治疗无效的顽固性病例,但目前国内外尚未见局部使用沙利度胺的相关报道。

Tavares等^[2]在体外培养的巨噬细胞中加入脂多糖和沙利度胺,发现沙利度胺可明显降低由脂多糖

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诱发的肿瘤坏死因子- 增加。McHugh等^[3]以Th1 (T helper cell type 1)细胞产物干扰素- 和Th2细胞产物白细胞介素- 4为指标, 观察沙利度胺对体外培养的人外周血单个核细胞的作用, 结果发现沙利度胺能单独刺激白细胞介素- 4的生成, 并抑制干扰素- 的产生。上述体外实验均提示, 沙利度胺并不需要在体内代谢后才具有生物活性, 其原药可直接作用于靶细胞而发挥抗炎和免疫调节作用, 这为局部应用沙利度胺治疗CDLE等口腔黏膜疾病提供了实验依据。

本文病例经局部应用沙利度胺治疗取得了较好的疗效, 由于口腔局部用药具有使用方便、用药量小、局部药物浓度高、全身毒副作用小等优点, 笔者认为对于CDLE可以考虑行沙利度胺局部涂擦治

疗的正规临床试验。

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