

Topical vitamin D may ease CKD-associated pruritus

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(HealthDay)—Topical vitamin D may be an effective and well-tolerated treatment for pruritus associated with chronic kidney disease (CKD-aP), according to research published in the August issue of the *Journal of Dermatology*.

Kyung Eun Jung, M.D., of the Eulji University Hospital in Daejeon, South Korea, and colleagues enrolled 23 patients with CKD-aP in a single-center, open-label study to compare the efficacy and safety of topical vitamin D versus vehicle solution applied twice daily for one month.

The researchers found that dry dermoscopic findings showed significant improvement of scale (skin dryness) in the topical vitamin D group compared with the vehicle solution group. The validated modified pruritus assessment score and the visual analog scale score were significantly decreased at two weeks and at four weeks in the topical vitamin D group compared with the vehicle solution group. No clinically significant side effects were observed.

"Topical vitamin D may be one of the safe and effective therapeutic candidates for CKD-aP," the authors write.

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