

Atopic Dermatitis in Older Patients

What About Methotrexate?

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Until the 1960s–1970s...

atopic dermatitis (AD) was primarily
considered a pediatric condition



However, **AD** in older adult now...



In prospective longitudinal study, conducted over one year (2024-2025), through adults with recalcitrant AD

- **In the unit of dermatology, Antananarivo, Madagascar**
- **11/34 aged over 60**, among adult patients with severe treatment-resistant AD
- 9 men and 2 women
- **Mean age of 66.4 years**

Predominant symptoms

- Pruritus
- Erythema
- Xerosis
- Lichenified skin
- **Average SCORAD: 50,21**
- **Average DLQI scores: 6,5**



After four weeks of methotrexate therapy,
six patients (54.5%) demonstrated significant clinical
improvement

- Reduce of itching
- More supple skin
- Improved quality of life



Conclusion

- Atopic dermatitis in older patients remains **underdiagnosed**
- Methotrexate appears to **be an effective, safe, and affordable systemic treatment** option for elderly patients with severe or refractory AD