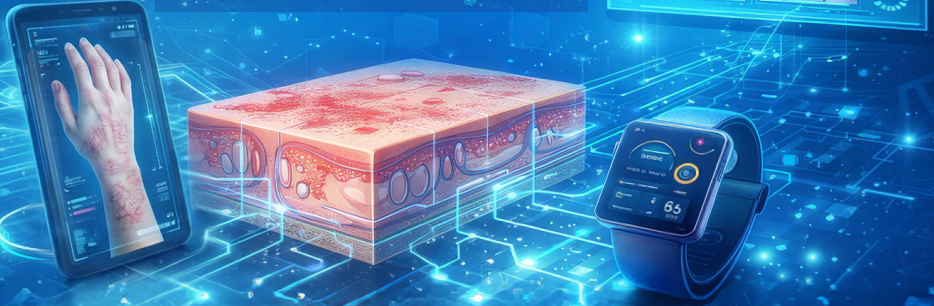


Bridging Research, Innovation, and Clinical Practice in Eczema Care



ABOUT ECZPLORE NEWSLETTER

Eczplore is a quarterly newsletter developed through a collaboration between the Emirates Dermatology Association and Jamjoom Pharma. Published every three months. The newsletter highlights the latest clinical insights, research updates, and innovations in atopic dermatitis (eczema) care, helping healthcare professionals stay informed about emerging science, digital tools, and evolving therapeutic strategies.



HOW DIGITAL TOOLS ARE TRANSFORMING ECZEMA MONITORING?

Digital technologies are opening new possibilities for monitoring eczema, helping patients capture real-world disease patterns and enabling more informed clinical discussions.

1. Smartphone apps

Dedicated eczema apps such as **EczemaWise** and **Itch Tracker** can support patients in managing their condition between clinic visits.

These tools allow patients to:

- **Log flare-ups and identify potential triggers**
- **Document skin changes through photos over time**
- **Track treatment use and adherence**
- **Share real-world symptom data during consultations**



2. Wearable tech in eczema care: What's emerging

Emerging wearable technologies are enabling continuous monitoring of eczema outside the clinic.

These small **arm-worn devices** can measure:

- **Skin hydration levels**
- **Temperature changes associated with inflammation**
- **Scratching activity during sleep**



This real-world data may help dermatologists **identify disease patterns, evaluate treatment response, and refine management strategies over time.**



3. Remote dermatology care: What clinicians should know

Teledermatology is expanding access to dermatology care through **secure video consultations and digital image sharing.**

High-resolution photos and video visits now allow dermatologists to **assess skin changes, monitor disease progression, and guide management remotely.**

Want the full evidence? Access the sources [Here](#)



WHAT'S EMERGING IN ECZEMA RESEARCH?

Several emerging research directions are attracting growing attention and may influence how eczema is managed in the future.



Probiotics and gut health:

Evidence suggests that improving gut microbiota balance may help reduce inflammatory activity associated with eczema.



"Researchers are exploring many promising areas"

Vaccines and immunotherapy:

Experimental strategies aim to retrain the immune system and reduce exaggerated immune responses.



Personalized medicine:

Advances in genetics may enable more individualized treatment approaches based on patient-specific risk factors.



Want the full evidence? Access the sources [Here](#)



DIGITAL EDUCATION SHOWS PROMISE IN REDUCING EARLY AD

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📌 Preprints (earlier versions) of this paper are available at <https://preprints.jmir.org/preprint/79559>, first published 24.Jun.2025.



Smartphone-Based Digital Eczema Education Program for Atopic Dermatitis in Children Aged 0 to 6 Years: Multicenter, Randomized, Parallel Controlled Clinical Study

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Objective

To evaluate whether a **smartphone-based patient–caregiver educational program** could reduce relapse rates in children aged **0–6 years with moderate-to-severe atopic dermatitis (AD)** compared with **standard outpatient consultation alone**.

Key results

- Among **615 randomized participants**, relapse at **12 weeks** occurred significantly less often in the digital education group compared with the control group (**16.6% vs. 24.0%**; **RR 0.69, 95% CI 0.50–0.96**; **$p=0.02$**).
- **Kaplan–Meier analysis** demonstrated **superior relapse-free survival during the first 100 days** ($p=0.03$).
- Differences in relapse rates **beyond 12 weeks** and across **secondary outcomes** were **not statistically significant**.

Conclusion

A **structured smartphone-based patient–caregiver educational intervention** significantly reduced **short-term relapse risk** in young children with **moderate-to-severe AD**, likely through **improved caregiver recognition and earlier management of disease flares**.

Access the full scientific reference [Here](#)



LATEST BREAKTHROUGH IN ATOPIC DERMATITIS

Recent **FDA actions in late 2025–early 2026** are expanding **pediatric treatment access** and advancing therapies with **novel mechanisms of action**.



Therapy	Indication update	Key benefit
Vtama (tapinarof) cream 1%	Adults + children ≥ 2 years	Nonsteroidal aryl hydrocarbon receptor agonist
Zoryve (roflumilast) cream 0.05%	Expanded to ages 2-5 years	PDE4 inhibitor, steroid-free
Opzelura (ruxolitinib) cream 1.5%	Ages 2-11 years	Topical JAK for mild-moderate AD
Nemluvio (nemolizumab)	≥ 12 years, moderate-severe + topicals	IL-31 inhibitor for itch/pruritus

Want the full evidence? Access the sources [Here](#)

[Vtama \(tapinarof\) cream 1%](#)

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[Opzelura \(ruxolitinib\) cream 1.5%](#)

[Nemluvio \(nemolizumab\)](#)

PIPELINE SIGNALS TO WATCH IN 2026

Early clinical data highlight **emerging oral therapies and next-generation biologics** that may broaden treatment options for atopic dermatitis.

- **Soquelitinib (Corvus):** Phase 1b oral **ITK inhibitor** achieved **75% EASI-75 at 8 weeks vs. 20% with placebo** (Jan 2026).

Access the sources [Here](#)

- **Amlitelimab (Sanofi):** **Positive Phase 3 results** reported in **moderate-to-severe AD** (Jan 2026).

Access the sources [Here](#)

- **Rocatinlimab (Kyowa Kirin):** Development **resumed following partnership**, targeting the **OX40L pathway** (Jan 2026).

Access the sources [Here](#)

CLINICAL RESEARCH UPDATES: ATOPIC DERMATITIS TRIALS AT UCSF

Researchers at the **University of California, San Francisco** are currently conducting **five clinical trials in atopic dermatitis**, with **three actively ongoing and two open to eligible participants**.

1. **Molecular signatures of cutaneous dupilumab response**

This study investigates how **IL-4R α blockade with dupilumab** affects immune cell activity within **atopic dermatitis skin lesions**, aiming to better understand treatment response at the molecular level.

Access the sources [Here](#)



2. Sodium in the skin and atopic dermatitis

Researchers are examining whether **dietary factors and skin barrier function** influence **skin sodium concentration**, and how these levels may relate to **disease activity and immune profiles over time**.

Access the sources [Here](#)

3. Microdevice-based drug testing for psoriasis and atopic dermatitis

This study evaluates a **microdevice capable of delivering multiple medications directly into the skin**.

The device—**approximately the size of a grain of rice**—contains **up to 20 micro-reservoirs** that release small amounts of FDA-approved drugs to study their localized effects.

Access the sources [Here](#)