

Recalcitrant Scalp Psoriasis Successfully Treated with Once-Daily Roflumilast Cream 0.3%

Erik Domingues, MD¹

¹University of Massachusetts Chan Medical School, Department of Dermatology;
Modern Dermatology of Massachusetts, PLLC

INTRODUCTION

- Scalp psoriasis is a chronic immune skin disease with variable phenotypes¹ and is expected to affect almost 80% of patients who suffer from psoriasis.²
- Undertreated scalp psoriasis can result in a significant impact on a patient's quality of life.³
- Management of scalp psoriasis is difficult due to the location making topical application difficult.¹
- Treatments include topical corticosteroids, keratolytics, tar, anthralin, vitamin D analogues and retinoids. Systemic agents include methotrexate, cyclosporine, oral retinoids, injectable biologics and oral small molecules.¹
- Roflumilast cream 0.3% is a potent topical phosphodiesterase-4 (PDE4) inhibitor approved in 2022 by the FDA for the treatment of psoriasis, including intertriginous disease
 - A phase 3 study investigating roflumilast foam 0.3% in patients with scalp and body psoriasis demonstrated that once daily treatment resulted in significant clearance of affected areas, rapid improvement in pruritus, and was well-tolerated [EADV reference]
 - Roflumilast has demonstrated a higher affinity for binding to PDE4 relative to other approved PDE4 inhibitors resulting in greater potency.⁴
- Here we report a case of recalcitrant scalp psoriasis successfully treated with roflumilast cream 0.3% once daily after 5 days.

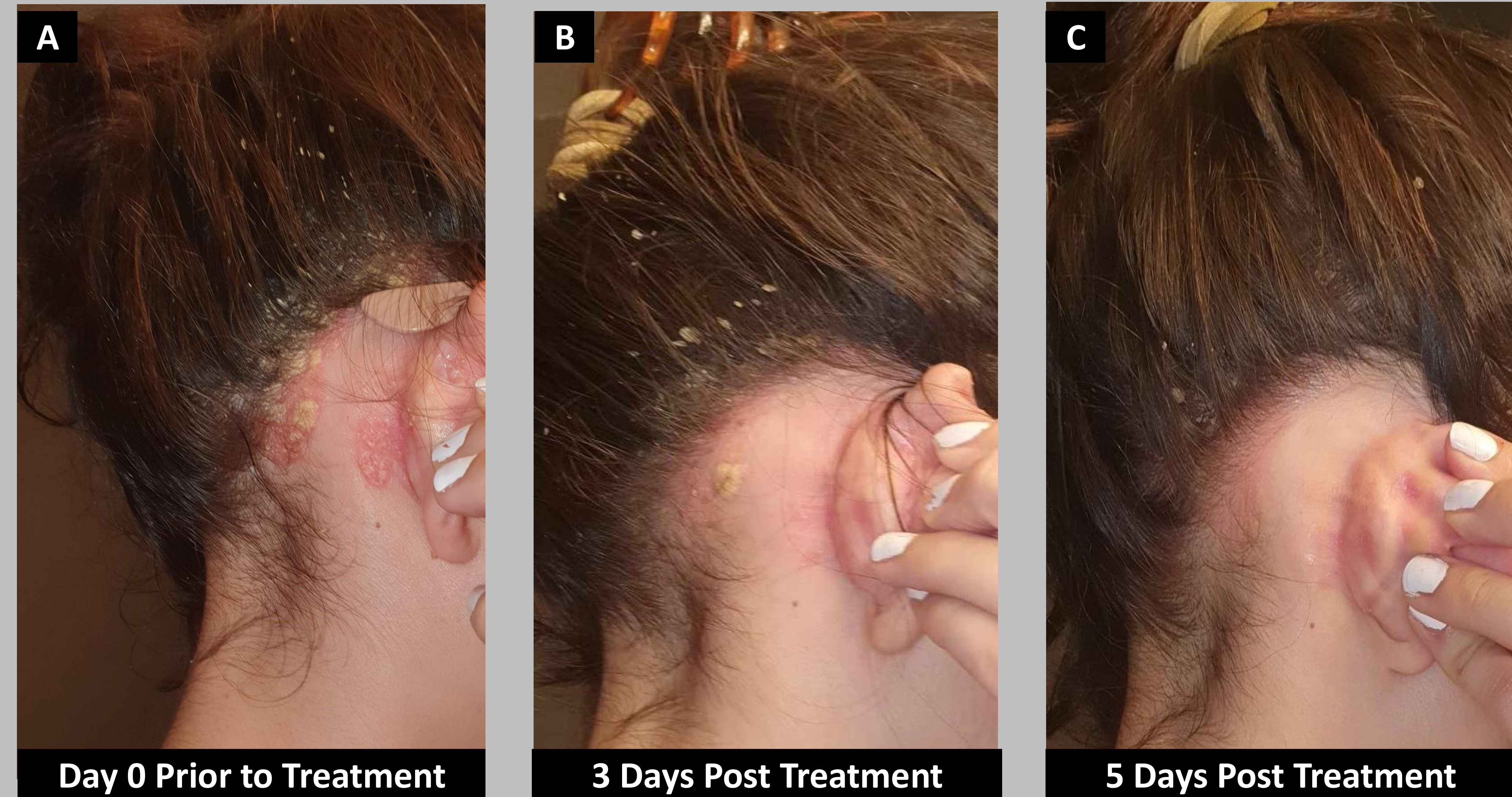
CASE PRESENTATION

- A 28-year-old white, female presented to clinic with a past medical history of psoriasis involving the scalp, nails, abdomen, and intertriginous areas.
- Psoriasis was refractory and uncontrolled for 10 years despite prior treatments (Figure 1A).
 - Prior treatments included calcipotriene (ineffective), tacrolimus (discontinued due to stinging), coal tar shampoo (ineffective), and apremilast (discontinued due to night terrors and depression).
- The patient was reluctant to try systemic therapy due to history of side effects.
- Roflumilast cream 0.3% once daily was initiated resulting in rapid improvement of scalp psoriasis in 5 days (Figure 1B,C).
- Upon clearance of lesions, the patient discontinued application of roflumilast cream, and lesions remained clear for several weeks and applies only as needed with any recurrence.

CONCLUSIONS

- We report the case of a 28-year-old female with recalcitrant scalp psoriasis successfully treated with roflumilast cream 0.3% once daily.
- Treatment with roflumilast cream 0.3% was well tolerated compared to discontinued therapies and improvement was documented as early as 3 days post treatment (Figure 1B).
- This report suggests that reduction of inflammation with roflumilast cream 0.3% can be an alternate treatment option for scalp psoriasis, however, further clinical evaluation is required.

FIGURE 1. Scalp Psoriasis Before and After Treatment with Roflumilast Cream 0.3%



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DISCLOSURES

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