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# Comparison of Systemic Mycophenolate Mofetil with Topical Clobetasol in Lichen Planopilaris: A Parallel-Group, Assessor- and Analyst-Blinded, Randomized Controlled Trial

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## Abstract

### Introduction

Lichen planopilaris (LPP) is the most common cause of inflammatory immune-mediated cicatricial alopecia. If not diagnosed and treated properly, it may lead to irreversible hair loss with a devastating impact on quality of life. However, treatment can be a challenge. In an area lacking these sorts of studies, we conducted a randomized controlled trial (RCT) to study the

tolerability and therapeutic effects of topical clobetasol versus systemic mycophenolate mofetil (MMF).

## Methods

A randomized, assessor- and analyst-blinded controlled trial was conducted in 60 patients with LPP in Razi Dermatology Hospital, Tehran, Iran, between February and December 2013. Patients were treated with clobetasol lotion 0.05 % applied at night or oral MMF 2 g/day and were followed for 6 months. The Lichen Planopilaris Activity Index (LPPAI) was the primary measure of response to treatment.

## Results

Systemic MMF and topical clobetasol were equally effective in reducing the LPPAI over 6 months of treatment. Treatment tolerability was excellent in both groups and no serious irreversible adverse effects were detected. Satisfaction with treatment rose in the MMF group over time; however, it declined in the clobetasol group.

## Conclusion

Given the similar efficacy profiles, topical clobetasol seems to be a more suitable and reasonable choice for treatment of LPP than MMF.

**Clinical trial registration number:** IRCT2012102111195N1.

## Concepts found in this article

[What is this?](#)

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Clobetasol

Lichen Planus

Cicatricial Alopecia

Hair Count

Latent Tuberculosis Infection

Cutaneous Lichen Planus

Erythrocyte Sedimentation Rate

Topical Clobetasol

Mycophenolate Mofetil

Isoniazid

Pull Test

Placebo

Treatment Group

High-potency Topical Corticosteroid

Related articles containing similar concepts (404 articles)

[Ciclosporin vs clobetasol in oral lichen planus](#)in *Inpharma Weekly* (2013)[Carbamazepine](#)in *Reactions Weekly* (2013)[Topical Clobetasol Propionate in the Treatment of Psoriasis](#)Feldman, S., et al. in *American Journal of Clinical Dermatology* (2012)[Microparticulate Based Topical Delivery System of Clobetasol Propionate](#)Badilli, U. · Şen, T. · Tarımcı, N. in *AAPS PharmSciTech* (2011)[Simultaneous Determination of Clobetasol Propionate and Calcipotriol in a Novel Fixed Dose Emulgel Formulation by LC-UV](#)Badilli, U. · Amasya, G. · Özkan, S., et al. in *Chromatographia* (2012)

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