Evidence-based treatment in Behcet’s diseases

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Behçet’s disease (BD) is a chronic, relapsing, systemic vasculitis of unknown etiology with the clinical features of mucocutaneous lesions, ocular, vascular, articular, gastrointestinal, urogenital, pulmonary, and neurologic involvement. Mucocutaneous lesions figure prominently in the presentation and diagnosis, and may be considered the hallmarks of BD. Therefore, their recognition may permit earlier diagnosis and treatment. Although, the treatment has become much more effective in recent years, BD is still associated with severe morbidity and considerable mortality. The main aim of the treatment should be the prevention of irreversible organ damage. Therefore, close monitoring, early and appropriate treatment is mandatory to reduce morbidity and mortality. Traditional and current treatments with topical, paraocular and systemic corticosteroids, colchicine, dapsone, cyclosporine, azathioprine, methotrexate, cyclophosphamide and chlorambucil are summarized and recent insights into the Clinical & Experimental Dermatology and effects of thalidomide, tacrolimus (FK-506), interferon-α, anti-TNF-α blocking monoclonal autoantibody (infliximab) and soluble TNF receptor (etanercept) are reviewed. The current state of knowledge regarding the therapeutic approaches for BD was reviewed and a stepwise, symptom-based, algorithmic approach was designed, mainly based on controlled studies and clinical experience in this field to provide a rational framework for selecting the appropriate therapy along the various treatment choices. Key clinical investigations with the status of ongoing clinical trials aimed at addressing the drug’s efficacy, surgical care, and studies that have raised the possibility of new therapeutic uses are also presented. The challenges posed by the drug’s teratogenicity and adverse effects are also considered, if present.

Biography

Ümit Türsen graduated from Gazi University Faculty of Medicine as Medical Doctor. He completed the residency period of Dermatology in Ankara University, Faculty of Medicine, Department of Dermatology between 1995-1999. He has been working in Mersin University, School of Medicine, and Department of Dermatology since 2000. He is the Director of Mersin University, School of Medicine, Dermatology Department. He has published more than 80 papers in reputed journals, also books and serving as an editorial board member of repute. He won Behçet’s disease research award of “The scientific and technical research council of Turkey (TUBITAK)” in 1999.

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