

Subject: Length of Therapy on the Aron Regime for Treatment of Eczema

The Aron Regime should not be viewed in the same context as a course of oral steroids, antibiotics, immunosuppressants, or phototherapy, with a finite end point. It is not a 'course' of therapy, but rather a management programme for atopic dermatitis that consists of a specific treatment designed by Dr. Aron (the compound cream) and a method of application that is guided by Dr. Aron using his particular clinical judgment and expertise.

This management therapy is NOT curative because eczema CANNOT be cured. Some patients will achieve a remission from the disease for extended periods of time (perhaps lifelong in some cases), but the tendency towards AD will never disappear nor will the potential to flare (albeit nothing like before therapy) if in contact with a trigger. The ultimate goal of this therapy is MANAGEMENT of the eczema: keeping the itch and the rash suppressed and the skin healthy using a safe and minimal amount of medicine.

Consequently, the 'length of therapy' will vary widely from patient to patient, just as the history, presentation and pattern of eczema varies widely from patient to patient. Some patients will stop using all creams after six months, or a year. Many patients will be down to less than one application of cream per day within six months. Some will experience no flares or setbacks during treatment, but many will. Some will experience long periods of remission and then return to the cream mixture either for a short spell to treat a flare or for a longer maintenance period to get the skin back in check. There is no one answer to the question, "how long?". There is only a noticeable pattern: patients improve and use less and less of the medicated cream over time, and the eczema does not return to its pre-treatment state.