Introduction to the Aron Regimen™ for the treatment of atopic eczema

PREPARED BY A GROUP OF PATIENTS (AND PARENTS OF) OF DR RICHARD ARON, CONSULTANT DERMATOLOGIST
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Who is Dr Richard Aron

- Health Professions Council of South Africa (HPCSA) as a specialist in Dermatology, registration number MP 0110817
- M.B. Ch.B. M.Med. (Derm) U.C.T.
- Practising Consultant Dermatologist for over 40 years
- Current clinic: South Africa: Christiaan Barnard Memorial Hospital, Cape Town 8001
- Online consultation service commenced in 2008; over 10,000 patients treated to date
- More information on the online service can be found at www.draron.com
- The map shows just some of Dr Aron’s patients around the world
Fundamentals of the Aron Regimen

Extract from Dr Aron’s website www.draron.com:

“I believe that the single most important factor causing the inflammation in Atopic Eczema and contributing to flares is the presence of bacterial infection (Staphylococcus Aureus) in a large percentage of cases.

A common flaw in conventional therapy is the use of potent steroids in short bursts followed by so called steroid holidays. This results in eczema rebound on a regular basis. The Aron Regimen uses significantly diluted steroids for longer periods. The steroid dilution allows for more frequent mixture application with reductions when control is achieved. This reduces the potential for rebound.”

Reference: NATURE 2013 Nov 21; 503:397 Blaming the staph – the role of delta toxin in Atopic Dermatitis – Nakamura Y et al.
Case Series Study of the Efficacy of Compounded Antibacterial, Steroid, and Moisturizer in Atopic Dermatitis

Fatima Lakhani, B.S., Kachiu Lee, M.D., M.P.H.,† and Peter A. Lio, M.D

“Our findings suggest that CASM (compounded antibacterial, steroid, and moisturizer [CASM]) is an effective therapy in treating patients with AD, including those previously using medium-potency or stronger corticosteroids or systemic agents. The reduction in eczema severity and extent in these patients suggests that CASM may be more effective than some conventional approaches.

CASM contains mupirocin, a moisturizer, and a medium-potency corticosteroid, resulting in significantly lower corticosteroid potency. Despite this lower potency, almost 70% of the patients previously taking medium-potency steroids or stronger responded to CASM. Although there are many unknowns, it is possible that this approach could have a lower risk of corticosteroid side effects.”

ACKNOWLEDGMENTS
We are indebted to Dr. Richard Aron for stimulating the idea for this report.

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The Aron Regimen in practice

• For most patients, the treatment will involve applying a compound cream combining a topical steroid, antibiotic and moisturiser.

• The components and concentrations will be tailored to each patient but typically the amount of moisturiser will be 9-12 times the amount of steroid in the compound cream.

• The cream is typically applied 4-6 times per day in the first week, with the number of applications quickly tapering down over time.

• The speed of the tapering down will depend on the severity of the eczema and how the eczema responds to the Aron Regimen.

• For example, after 6 months some patients have been able to stop regular use of the cream completely and others are able to maintain control of the eczema on a single application of the cream daily, every second day or 2 to 3 times weekly.

• The antibiotic element is essential in the first phase of treatment but it may be possible to remove the antibiotic from the mix at a future point.
## Patient case studies

There are over 50 CASE STUDIES. To view visit [http://eczemasense.org/pdf/dr-aron-case-studies.pdf](http://eczemasense.org/pdf/dr-aron-case-studies.pdf)

### CASE STUDY 1

#### Case study 1 (Dec 2014)

**Female, aged 20 months when started on Aron Regimen**

| Age when diagnosed with eczema severity | 9 months |
| Under treatment of GP or Dermatologist prior to commencing Aron Regimen | GP |
| Most recent treatment prior to commencing Aron Regimen (during previous year) | Topical corticosteroids: Dieperone 1% |
| Any hospital admissions or elective admissions related to eczema severity (skin, eyes, nose, ears, etc) | Yes |
| Any advice from school due to eczema other than clinic appointments | N/A |
| Data started on Aron Regimen | Feb 2014 |

#### Photos before commencing Aron regime

**Note from parents:**
She was covered head to ankle and could not sleep more than 2 hours at a time. We were all miserable.

#### Photos after commencing Aron regime

**Note from parents:**
She sleeps all night, every night. Flares are manageable and she is happy.

### CASE STUDY 2

#### Case study 2 (Dec 2014)

**Female, aged 12 when started on Aron Regimen**

| Age when diagnosed with eczema severity | 3 months |
| Under treatment of GP or Dermatologist prior to commencing Aron Regimen | Dermatologist: Dieperone 1% |
| Most recent treatment prior to commencing Aron Regimen (during previous year) | Topical corticosteroids: Dieperone 1% |
| Any hospital admissions or elective admissions related to eczema severity (skin, eyes, nose, ears, etc) | Yes, 8 admissions |
| Any advice from school due to eczema other than clinic appointments | Yes |
| Data started on Aron Regimen | Jan 2014 |

#### Photos before commencing Aron regime

**Note from parents:**

#### Photos after commencing Aron regime

**Note from parents:**
Between 2014 and 2016, Dr. Aron gathered patient feedback via anonymous online forms which asked the patient (or their parent) how things were immediately before treatment on the Aron Regimen began and 2 weeks, 1 month, 3 months, 6 months and 1 year after treatment began.

The patient (or their parent) was asked to rate 8 factors (appearance of the skin, degree of itch, quality of sleep etc) from 0 to 10, with 0 being the least troublesome and 10 the most troublesome.

Responses from over 900 patients were received to date. The graph opposite gives a high level summary of the results.

To read further information regarding the graph: http://eczemasense.org/pdf/ar-feedback-summary-to-1-year.pdf
More information

If you are a medical professional and have questions or would like more information then you can contact Dr Aron via aronregimen@gmail.com.

Website: www.daron.com

Facebook (patient-run):
Information page: https://www.facebook.com/daronpage
Support group: https://www.facebook.com/groups/daron/