confounders include increased exposure to tobacco smoke and increased respiratory symptoms before the study in the children randomly assigned to the probiotic group. Additional studies are required to assess probiotic use in children with a personal or family history of atopic disease.

The Efficacy and Safety of a Chinese Herbal Product (Xiao-Feng-San) for the Treatment of Refractory Atopic Dermatitis: A Randomized, Double-Blind, Placebo-Controlled Trial

Cheng HM, Chiang LC, Jan YM, Chen GW, Li TC. Int Arch Allergy Immunol. 2011;155(2):141–148

PURPOSE OF THE STUDY. To determine if the Chinese herbal product Xiao-Feng-San (XFS) taken orally could significantly improve symptoms of severe intractable atopic dermatitis.

STUDY POPULATION. A total of 71 Taiwanese subjects (age range: 8.4–22.6 years [median: 13.1 years]) with history of severe, refractory atopic dermatitis and poor response to eczema medications (topical steroids, oral antihistamines) were enrolled.

METHODS. This was a prospective, double-blind, placebo-controlled trial in which patients were randomly assigned at a ratio of 2:1 to receive XFS or placebo over 8 weeks. There were 47 (median age: 12.2 years) given XFS and 24 (median age: 13.6 years) given placebo. Participants were matched according to gender, height, weight, BMI, age, duration of illness, and symptom scores. Patients were given varying doses depending on age. Laboratory studies were performed and total lesion score, erythema score, surface damage score, pruritis score, and sleep scores were calculated at 4-week intervals up to 12 weeks.

RESULTS. A total of 56 subjects completed the entire study. There was a statistically significant improvement in total lesion scores among those in the treatment group compared to those of the placebo group (79.7 ± 5.8% vs 13.5 ± 7.64%; P < .001). There was also statistically significant improvement in all symptom scores for those on treatment compared to those on placebo. Four weeks after the treatment was discontinued, the mean improvement in the clinical lesion score for the XFS group was still significantly better than that of the placebo group. Patients reported no adverse effects except unpalatability for some. Treatment did not affect total serum immunoglobulin E level, eosinophil counts, or interleukin 5, interleukin 13, or eosinophil cationic protein levels.

The traditional Chinese herbal medication XFS might be an alternative choice of therapy for severe, refractory, extensive, nonexudative atopic dermatitis.

CONCLUSIONS.愉快。
The Efficacy and Safety of a Chinese Herbal Product (Xiao-Feng-San) for the Treatment of Refractory Atopic Dermatitis: A Randomized, Double-Blind, Placebo-Controlled Trial
Joann H. Lin
*Pediatrics* 2011;128;S140
DOI: 10.1542/peds.2011-2107BBBB

<table>
<thead>
<tr>
<th>Updated Information &amp; Services</th>
<th>including high resolution figures, can be found at: [<a href="http://pediatrics.aappublications.org/content/128/Supplement_3/S140">http://pediatrics.aappublications.org/content/128/Supplement_3/S140</a> .1](<a href="http://pediatrics.aappublications.org/content/128/Supplement_3/S140">http://pediatrics.aappublications.org/content/128/Supplement_3/S140</a> .1)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Subspecialty Collections</td>
<td>This article, along with others on similar topics, appears in the following collection(s): <a href="http://www.aappublications.org/cgi/collection/allergy:immunology_sub">Allergy/Immunology</a></td>
</tr>
<tr>
<td>Permissions &amp; Licensing</td>
<td>Information about reproducing this article in parts (figures, tables) or in its entirety can be found online at: <a href="http://www.aappublications.org/site/misc/Permissions.xhtml">http://www.aappublications.org/site/misc/Permissions.xhtml</a></td>
</tr>
<tr>
<td>Reprints</td>
<td>Information about ordering reprints can be found online: <a href="http://www.aappublications.org/site/misc/reprints.xhtml">http://www.aappublications.org/site/misc/reprints.xhtml</a></td>
</tr>
</tbody>
</table>
The Efficacy and Safety of a Chinese Herbal Product (Xiao-Feng-San) for the Treatment of Refractory Atopic Dermatitis: A Randomized, Double-Blind, Placebo-Controlled Trial

Joann H. Lin

Pediatrics 2011;128;S140
DOI: 10.1542/peds.2011-2107BB

The online version of this article, along with updated information and services, is located on the World Wide Web at:
http://pediatrics.aappublications.org/content/128/Supplement_3/S140.1