

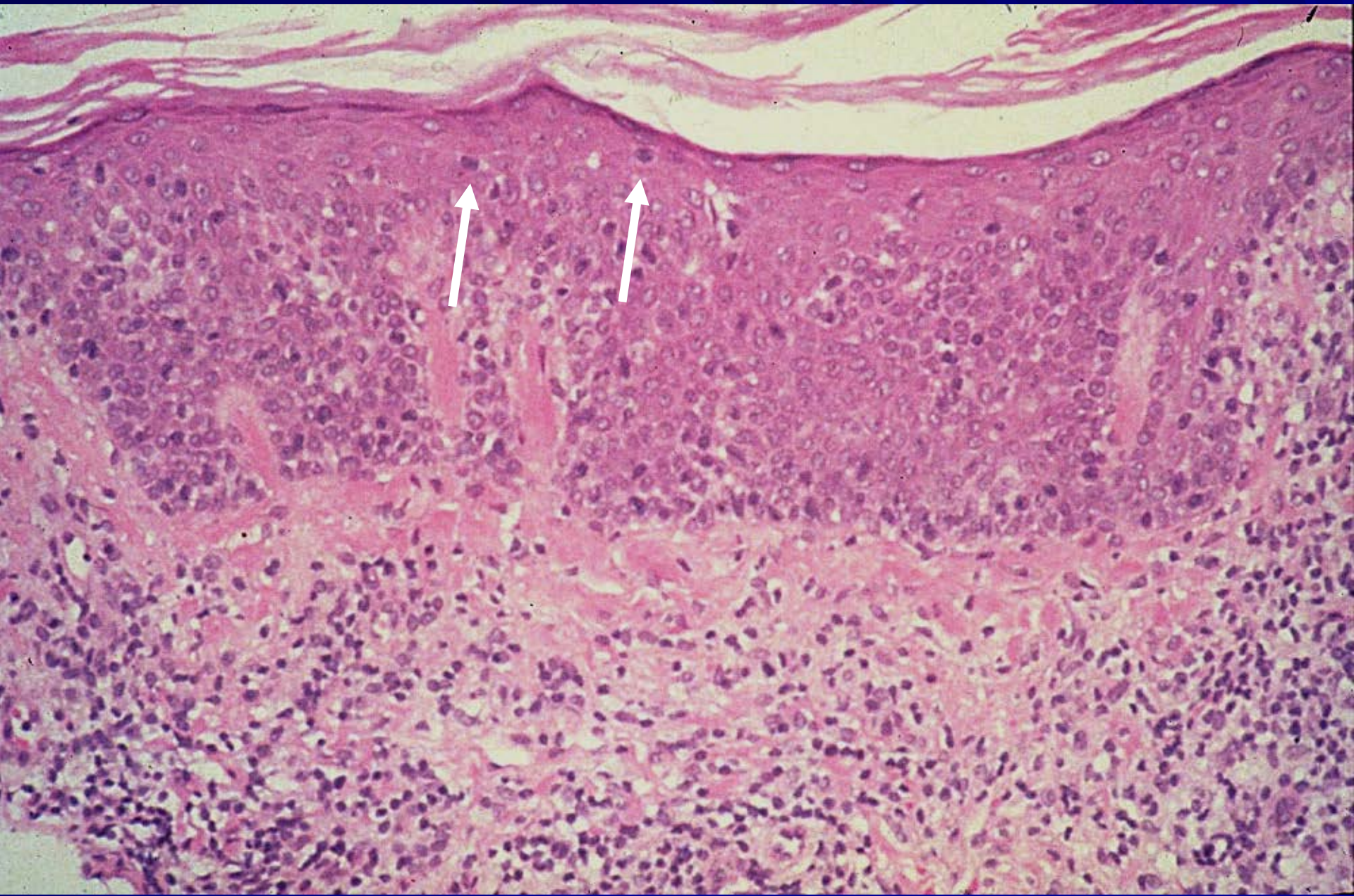
***Cutaneous Lymphoma Foundation
Patient Educational Forum
Memphis***

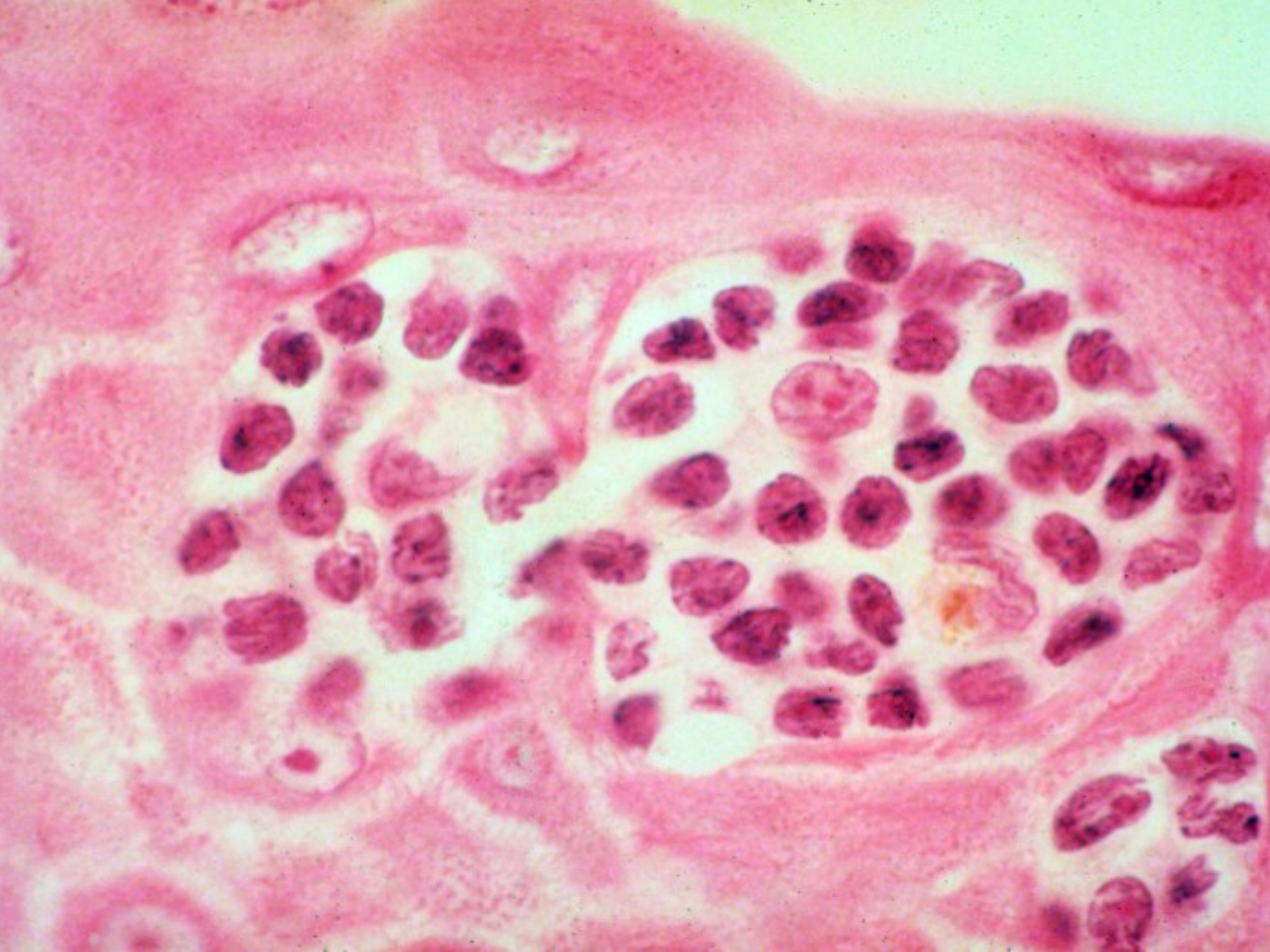
***Topical Treatment Options
for Mycosis Fungoides***

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MYCOSIS FUNGOIDES

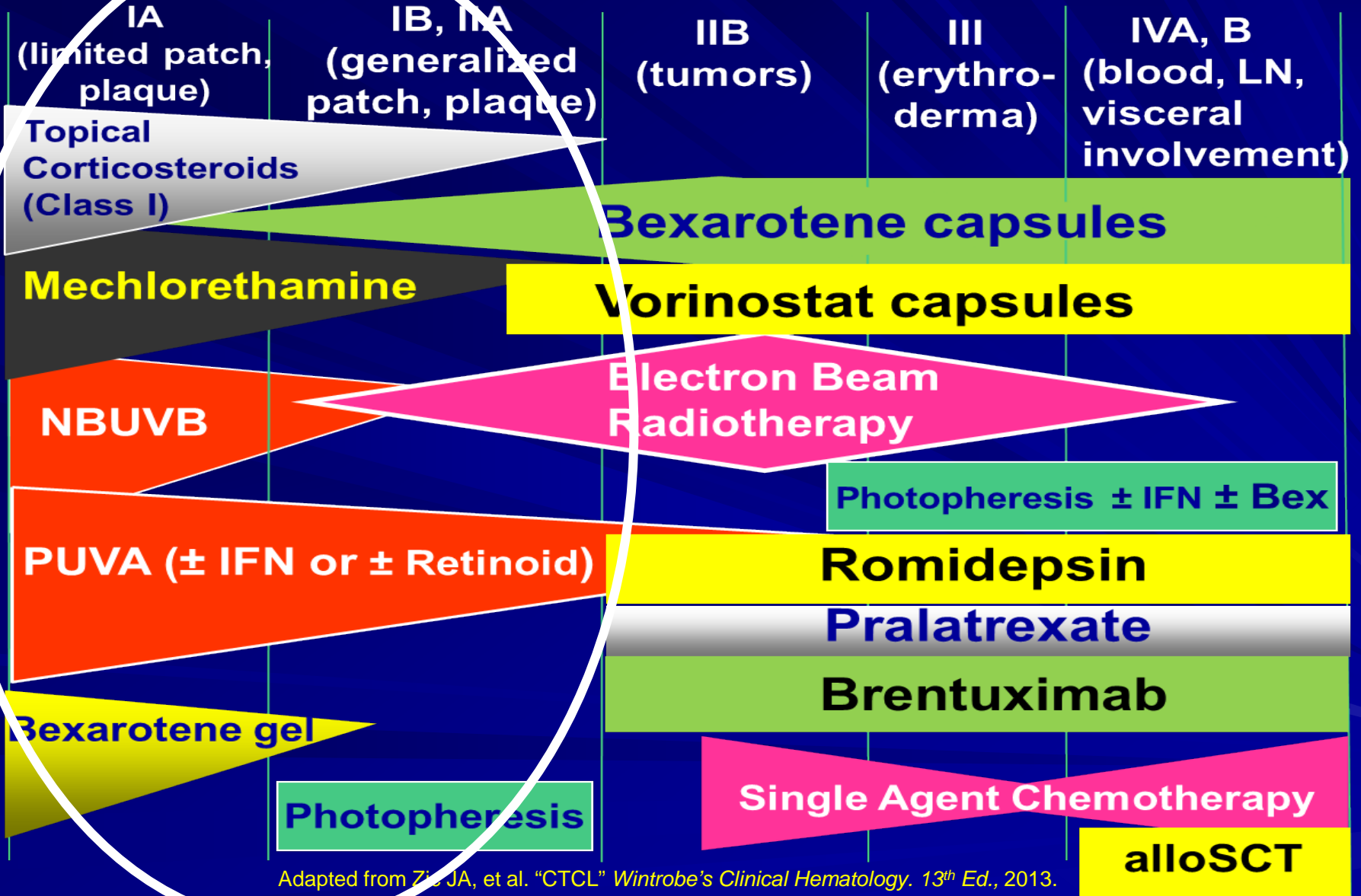




The words of CTCL

- **Patch** = flat discoloration > 1 cm
- **Plaque** = raised flat-topped discoloration
> 1cm
“thicker than a tie”
- **Tumor** = raised dome shaped lesion > 1 cm
- **Erythroderma** = redness spread > 80%
body

MF/SS Treatment Algorithm



Adapted from Zinz JA, et al. "CTCL" *Wintrobe's Clinical Hematology*. 13th Ed., 2013.

Super Potent Topical Steroids (Clobetasol or Betamethasone)

Pros

- Less expensive
- Twice daily application
- Usually for 8 weeks
- Great for limited patches

Cons

- May thin the skin
- Helps itching temporarily
- Greasy
- Not too effective for plaques
- Not a good option for widespread lesions
- Does not prevent new lesions

Bexarotene 1% Gel

Pros

- No skin thinning

Cons

- More expensive
- May take months to respond
- Irritation, redness
- Applied 3-4x daily
- Not a good option for widespread lesions
- Does not prevent new lesions

Topical Nitrogen Mustard*

(Compounded ointment or Valchlor Gel)

Pros

- Once daily application
- Very good for limited patches or thin plaques
- No skin thinning

* Mechlorethamine

Cons

- More expensive
- May take months to respond
- Not too effective for thick plaques
- Irritation
- Minority of patients develop allergic rash
- Does not prevent new lesions

Phototherapy

Narrowband UVB & PUVA

Pros

- Treats entire skin
- Prevent new lesions
- NBUVB great for patches
- PUVA great for thin plaques

Cons

- Expensive co-pays
- Travel to office
- Increased skin cancer risk (PUVA)
- Sunburn reactions
- Psoralen pills → nausea

Electron Beam Radiation

Localized & Total Skin

Pros

- Highly effective
- Treats tumors and thick plaques
- Great option for widespread lesions
- New lower dose regimens (12-15 visits for total skin)

Cons

- Sunburn-like skin pain
- Expensive
- Limited availability for total skin radiation
- Travel to cancer center for daily treatments
- Relapse is common

Summary Topical Treatments for Mycosis Fungoides

- **Limited Patches**: Topical steroids or nitrogen mustard
- **Limited Plaques**: Topical nitrogen mustard, PUVA phototherapy, Localized radiation
- **Widespread patches**: Narrow band UVB phototherapy
- **Widespread plaques**: PUVA phototherapy, Total skin electron beam radiation, other systemic treatments