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## Combined effects of silymarin and methylsulfonylmethane in the management of rosacea: clinical and instrumental evaluation.

Berardesca E, Cameli N, Cavallotti C, Levy JL, Piérard GE, de Paoli Ambrosi G.

Source: San Gallicano Dermatological Institute, Rome, Italy. berardesca@berardesca.it

### Abstract

**OBJECTIVE:** This study aims to evaluate a topical treatment based on silymarin/methylsulfonylmethane (S-MSM) to improve erythematous-telangiectatic rosacea.

**METHODS:** Forty-six patients affected by stage I-III rosacea entered this double-blind, placebo-controlled study. Subjects were treated for 1 month. Clinical and instrumental evaluations were done at baseline, after 10 and 20 days, and at the end of the study. Itching, stinging, erythema, and papules were investigated clinically as well as hydration and erythema instrumentally with capacitance and color measurements.

**RESULTS:** A statistically significant improvement was observed in many clinical and instrumental parameters investigated ( $P < 0.001$ ). In particular, improvement of skin redness, papules, itching, hydration, and skin color occurred.

**CONCLUSIONS:** The combination of silymarin and S-MSM can be useful in managing symptoms and condition of rosacea skin, especially in the rosacea subtype 1 erythemato-telangiectatic phase. The action can be considered multicentric and multiphase because of the direct modulating action on cytokines and angiokines normally involved and up-regulated in the case of such skin condition.

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