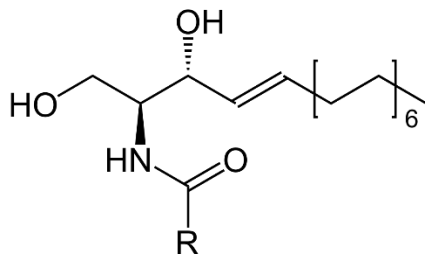


## Is there any evidence for moisturizers containing ceramide?



It has been determined that there is genetically driven skin-barrier dysfunction in patients with atopic dermatitis (AD). In normal skin, the lipid component of the stratum corneum is composed of 50% ceramides, 25% cholesterol, and 10% to 20% free fatty acids. In AD, there is a decrease in all three key lipids, especially ceramides, and this leads to increased trans-epidermal water loss and enhanced barrier permeability. (1-5) EpiCeram was developed with this in mind and contains all of the key lipids in the proper proportions. (5) CeraVe contains a combination of 3 ceramides. (6)

Although it stands to reason that CeraVe and especially EpiCeram would be very effective for moisturization in the AD patient (5), there is no reliable evidence that EpiCeram, CeraVe or indeed, any one moisturizer is better than another. (1-4) If traditional, less expensive moisturizing agents have been used with no success, CeraVe and EpiCeram may be worth trying.

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