

Use of Essential Fatty Acid Oral Supplementation in the Management of Wounds of Epidermolysis Bullosa (EB): A Case Series

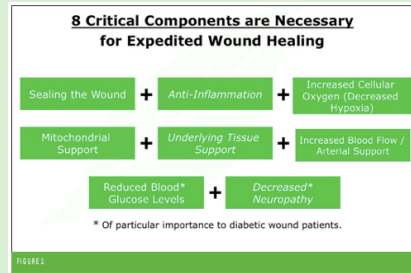
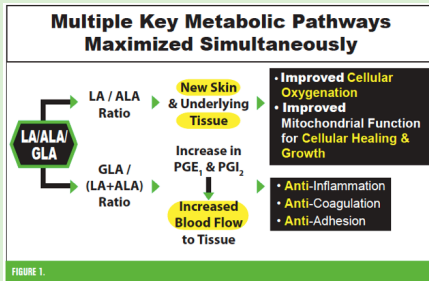
Dr. Jeffrey Matheson, MDCM

Purpose

To demonstrate the real-world effectiveness of Essential Fatty Acids (EFAs) in the role of complex wound management

Introduction

Current wound care has focused mostly on building a better dressing. Nutritional concerns are rarely considered. Skin is mainly composed of the Omega-6 fatty acid Linoleic Acid (LA) with minor amounts of Omega-3 alpha-linolenic Acid (ALA). Gamma-Linolenic Acid (GLA) enhances production of PGE1 (prostaglandin E1) that enhances blood flow and is a potent anti-inflammatory. There is no DHA/EPA in the skin. Increased blood flow and oxygen transport are essential to proper wound healing. Fatty acids work on multiple levels to improve both these issues (see Figures 1 and 2).



Methods

A plant-based supplement was given to 3 consecutive patients with Epidermolysis Bullosa at weight-based dosing of ½ teaspoon per 30 lbs body weight orally or via G-tube. The results were monitored both pictorially and in comments via survey every 2 weeks by the patients or their parents. The results presented are at 0 and 6 weeks of treatment. These are real-world results not influenced by providers outside their normal visits. Product was provided without charge.

Oral Supplementation was graciously provided by Pure Life Science Inc.

Results

CASE 1 – 27-year-old Female with Dystrophic Epidermolysis Bullosa

"I've found the oil extremely helpful. It's really been helping my wounds heal at a rate that I've never seen before. As I've been monitoring the process, I've noticed that a lot of my new sores or scrapes have healed at record time that I've never found before. The wounds are looking great although my skin still breaks down with trauma, I'm pleased to report turnaround healing has increased exponentially."



CASE 2 – 3-year-old Female with Epidermolysis Bullosa Simplex

"Huge positives. Skin seems less fragile, less blisters appearing. Wounds healing faster. Skin less dry"



Results Cont'd

CASE 3 – 18-month-old Male with Epidermolysis Bullosa Simplex

"Less blistering to the feet and ankles", "I am happy that in boldly blistered areas (an inch high or more" the skin is able to adhere back and not sluff off", "Skin reconnecting. Decrease in pain during wound care", "He has done to over 50 blisters a day ... down to 5."

Child went from not walking due to blistered feet to walking normally within 2 weeks.



Conclusion

This is the first real world study studying wound healing with oral supplementation in this very resistant population. The very positive results deserve further study as this could represent a breakthrough in wound care in general.

References

- 1) Peskin, Brian Scott, UTILIZING PLANT-BASED TREATMENT FOR ACCELERATED HEALING OF CHRONIC & SURGICAL WOUNDS IN THE OUTPATIENT CLINIC, Today's Wound Clinic, November 2016