A case of mycosis fungoides treated with photodynamic therapy using methyl-aminolevulinate
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Mycosis fungoides (MF) is one of the most common cutaneous T cell lymphoma. There are various treatment modalities for mycosis fungoides including topical steroids, topical chemotherapy, phototherapy, and spot radiation therapy. However, these modalities not always show best effect depending on the size, numbers, or location of the lesion. The photodynamic therapy (PDT) is a recently introduced therapeutic modality that has proved effective in some subsets of nonmelanoma skin cancers and their precursors. According to preliminary records, it might also be useful in patients with MF. A 58-year-old woman presented with a seven-year history of pruritic erythematous scaly patch on her right thigh. Through skin biopsy we could verified the lesion mycosis fungoides. The lesion did not respond well to the topical steroid. Because, it was unilesional mycosis fungoides, we opted for topical PDT with methyl-aminolevulinate (MAL) rather than narrow band UVB therapy to avoid useless UV exposure. MAL cream was applied and covered with occlusive dressing for 4 hours on lesion. Irradiation was done with red light with a wavelength of 570-670nm, 37J/cm², and 70mW/cm². Two sessions were done, separated by five weeks. Lesion was clinically improved after the treatment without acute side effects. In conclusion, PDT using MAL could be considered as an effective and tolerable treatment for mycosis fungoides.

Keyword: Methyl-aminolevulinate, Mycosis fungoides, Photodynamic therapy