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Emerging therapies in atopic dermatitis: Bridging immunology and clinical practice

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Atopic dermatitis (AD) is a chronic, relapsing inflammatory skin condition that affects millions worldwide and poses significant physical, emotional, and socioeconomic burdens. As understanding of the immunopathogenesis of AD deepens, new therapeutic avenues continue to reshape clinical management. This presentation reviews the latest advancements in targeted therapies, with emphasis on biologics, JAK inhibitors, and emerging small-molecule treatments.

The session begins with an overview of the complex interplay between epidermal barrier dysfunction, genetic predisposition, and immune dysregulation—particularly the role of Th2-driven inflammation. Recent clinical trial data on biologics such as dupilumab, tralokinumab, and new IL-13 inhibitors will be highlighted, demonstrating improvements in flare reduction, pruritus control, and quality of life. Additionally, the evolving role of JAK inhibitors—including abrocitinib and upadacitinib—will be discussed, with careful attention to safety monitoring and long-term data.

Special emphasis will be placed on personalized treatment strategies, exploring biomarkers that help predict therapeutic response and guide clinical decision-making. The session also addresses practical considerations, such as managing comorbidities, optimizing topical regimens, and improving adherence through patient education.

Emerging therapies targeting the microbiome, neuroimmune pathways, and skin-barrier strengthening will be introduced to showcase future directions in AD management. Together, these advances signal a paradigm shift toward more precise, individualized care.

Biography

Helena Sørensen is a consultant dermatologist and lecturer at the University of Copenhagen. With over 12 years of clinical experience, she specializes in inflammatory skin diseases, particularly atopic dermatitis and psoriasis. Her research focuses on translational immunodermatology and the development of targeted therapies. Dr. Sørensen has contributed to multicenter clinical trials and authored numerous publications in leading dermatology journals. She actively participates in European dermatology committees and regularly presents at international conferences.

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