

Pathogenetic substantiation of induction magnetotherapy in diseases of the paranasal sinuses: acute and chronic sinusitis

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The use of physical healing factors in various forms of the inflammatory process in the paranasal sinuses (sinusitis, ethmoiditis, sphenoiditis, frontal sinusitis) requires a well-founded approach in each case. Improper use of one or another physical factor can cause not a positive therapeutic effect, but, on the contrary, a worsening of the course of the disease. The treatment of such diseases should be comprehensive, staged and differentiated for each specific case and patient. The pathogenetic rationale for therapy for sinusitis (acute and chronic) includes a set of local and general therapeutic measures aimed at providing anti-inflammatory and desensitizing effects, as well as increasing the body's defenses.

It should be noted that at present, drug treatment of sinusitis, both acute and chronic, is often ineffective even with the use of modern antibiotic therapy. The reason for this is not only the uncontrolled intake of antibiotics by the population, but also a change in the spectrum of causative agents of inflammatory diseases of the paranasal sinuses. It is also impossible not to take into account the increased, based on the literature data, the incidence of acute respiratory viral infections in the population, with a simultaneous decrease in the immunological reactivity of the body and the deterioration of the epidemiological situation. Inflammatory diseases of the paranasal sinuses are most often found in the most able-bodied part of the population from 20 to 45 years old, which allows us to consider the timely treatment of such patients as an important social task.

Among the many non-invasive physical methods for the treatment of uncomplicated sinusitis, the most promising is the use of an alternating magnetic field, which has anti-inflammatory, anti-edema, and neurotrophic effects. The therapeutic effect of physical factors, including magnetic fields, in acute inflammatory processes in the ENT organs should be gentle, which is determined by the correct choice of the therapeutic dosage. Based on this, the most optimal for the treatment of ENT pathologies is the "MINIEXPERT-DT", "MINI-EXPERT-T" equipment. Center for Intelligent Medical Systems "IMEDIS" (Moscow, Russia).

Assessment of therapeutic effectiveness application induction magnetotherapy was carried out on 28 patients aged 18 to 32 years (male and female) who were in hospital with a diagnosis of exudative frontal sinusitis. All patients were divided into two equal groups, both of which received antibiotics of the cephalosporin series, however, in the 1st group only antibiotics were used, and the 2nd group was treated with a complex method - magnetotherapy in combination with antibiotics. UMT "inductor" is located in the area of the frontal sinuses. The exposure time is 15 minutes. daily, in total for the course - from 5 to 10 procedures. The clinical efficacy of the treatment was assessed

directly during the course and in a month. The results of the treatment showed a significantly better (by 25%) therapeutic effect in the 2nd group of patients than in the 1st, which can be explained by the pronounced anti-edema and anti-inflammatory effect of induction magnetotherapy.

In accordance with the preliminary results obtained with the use of induction programs in the treatment of frontal sinusitis, it is possible to make a well-founded conclusion about the effectiveness of their use in the ENT clinic. In the therapeutic effectiveness of induction magnetotherapy, an important role is played by the choice of a fixed frequency of an alternating magnetic field, the location of the inductor, the time and magnitude of the magnetic field. With an appropriate selection of these characteristics, induction magnetic therapy becomes an effective and even irreplaceable non-invasive method of treating uncomplicated frontal sinusitis in both children and adults. It has been shown that an alternating magnetic field relieves pain syndrome, shortens the duration of treatment, has a positive effect on the dynamics of the disease and increases the body's immunological reactivity.

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