

INTRAVENOUS AND ORAL THERAPY BY MEGA DOSES OF METHYLPREDNISOLONE IN SYSTEMIC RHEUMATIC DISEASES

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Summary. The purpose of work – to study changes of oxygen maintenance of tissues (OMT) under influence of per oral (pPT) and intravenous pulse therapy (vPT) in patients with systemic rheumatic diseases and to find their value as additional not clinical criteria for selection of patients and estimations of efficiency of such treatment. 28 patients with systemic lupus erythematosus and rheumatoid arthritis among which at 14 patients applied pPT, at 14 – vPT are surveyed. As a whole on clinical efficiency and frequency of development of side effects pPT and vPT essentially did not differ, however at pPT in a spectrum of side effects functional disorders of a gastroenteric path prevailed, and at vPT – vegetovascular dysfunctions. At the same time more significant dynamics ESR, proteinuria testified to higher efficiency pPT. Owing to PT on a background of reduction of power inputs of system the OMT oxygen consumption by peripheral tissues basically raised due to de-blocking of microcirculation, and also improvement oxygen transport functions of arterial blood. Higher efficiency of pPT associated with decrease of intensity of tissue's breath and permeability of membrane structures. Increase of speed of capillary – tissue dif-

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fusion and oxygen utilization are the precondition for reception of significant medical effect PT. Lengthening of time of capillary – tissue diffusion of oxygen is objective criterion of therapeutic efficiency PT.

Keywords: *rheumatic diseases, pulse-therapy, oxygen maintenance of tissues.*

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