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**ASSESSMENT OF IMMEDIATE AND REMOTE CONSEQUENCES OF A
COMPREHENSIVE TREATMENT OF PATIENTS WITH ACNE VULGARIS USING
IMMUNOTROPIC DRUG AND MULTIPROBIOTIC**

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Acne simplex (acne vulgaris) is the most spread chronic dermatosis among young people. Dermatosis is manifested by diffuse skin rash involving face. It is characterized by a long chronic course, frequent development of stable cosmetic skin changes (post-acne), which is a reason of psychoemotional changes of patients and decrease of their life quality. Therefore, improvement of treatment of patients suffering from acne is an urgent medical-social issue today.

Acne vulgaris is found to be multi-factor dermatosis. Immune disorders play an important value in its development, since they are secondary against the ground of chronic infectious foci, and colon dysbiosis in particular. It stipulates administration of immunotropic drugs and probiotics in a comprehensive treatment of patients with acne. Objective of the study was to assess the immediate and remote results of a comprehensive treatment of patients suffering from acne vulgaris using immunotropic drugs and probiotics.

84 patients suffering from acne vulgaris were examined including 43 women and 41 men aged from 18 to 25. According to the severity of acne criteria mild form was diagnosed in 25 (29,8%) patients, moderate form – in 38 (45,2%) and severe form of dermatosis – in 21 (25,0%) individuals. To evaluate the immune system state in patients suffering from acne vulgaris immunologic methods of examinations were applied. Colon biocenosis was examined by means of bacteriological method. The control group included 28 practically healthy individuals (donors) of a correlated age. The data obtained were statistically processed by means of application of the packages of the licensed programs «Microsoft Excel» and «STATISTICA 6.0».

According to the results of the study, before treatment of patients suffering from acne vulgaris a moderate ($p < 0,05$) decrease of CD3+/T-lymphocytes and CD3+CD4+/T-helper lymphocytes was found, as well as more considerable ($p < 0,001$) decrease of phagocytic activity (PA) and neutrophil phagocytic index (PI). In the majority of patients (73,8%) suffering from acne vulgaris colon dysbiosis of II degree mainly (46,4%) was detected. In the process of treatment patients suffering from acne vulgaris were distributed into 2 representative groups: a comparative group (43 patients), who received a standard treatment for acne, and the main group (41 patients), who additionally received immunotropic remedy containing glucosamine muramyl dipeptide Liastenum, and multiprobiotic containing Bifidobacterium, Lactobacillus, Lactococcus and Propionibacterium – Symbiter acidophilic. After treatment of patients with acne vulgaris from the main group reliable positive dynamics of the examined indices considering the systemic immunity, phagocytosis and colon biocenosis was found. The comparative group was characterized by a tendency to normalization only. 2 months later after treatment the condition of clinical recovery was determined among 24 (58,5%) patients from the main group, considerable improvement – in 12 (29,3%) individuals, improvement – in 5 (12,2%) patients. Similar indices were found among the patients from the comparative group: in 13 (30,2%), 16 (37,2%) and 14 (34,9%) individuals respectively. During a year observation relapses of acne vulgaris were found in 7 (17,1%) patients from the main group, which is reliably less concerning the comparative group – in 19 (44,2%) individuals ($\chi^2 = 7,22$ with a critical value of the index – 3,84).

Thus, administration of the immunotropic remedy containing glucosamine muramyl dipeptide Liastenum, and multiprobiotic containing Bifidobacterium, Lactobacillus, Lactococcus and Propionibacterium – Symbiter acidophilic promotes normalization or a tendency to normalization of the systemic immunity indices and the state of colon biocenosis, and improves the immediate and remote clinical results of therapy.