

OUR EXPERIENCE IN TREATMENT OF CHILDISH ALLERGIC RHINOSINUITIS WITH HYDROCORTISON-PHONOPHORESIS

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The conservative treatment of childish allergic rhinosinuitis is a difficult and complex problem. Some authors (St. Bussariev — 1963; Hr. Donchev, D. Dimov, St. Bussarov — 1977; V. P. Nikolaevskaya, V. A. Malosolov — 1970) consider the phonophoresis as an effective method with antiinflammatory influence, improving the trophic functions of nervous system and increasing oxy-reductive degenerative processes, periphery blood-circulation and lymph-current. Certain positive results in adults are reported but we cannot find any data in the available literature concerning the phonophoresis-application in children as a conservative method of treatment.

Therefore, we suggest our method of treatment of childish allergic rhinosinuitis by using a hydrocortison-phonophoresis:

We put cotton tampons in both nasal cavities; they are placed along the nostrils, tightening the septum and side walls. The tampons are soaked in hydrocortison-collir (1 fl. of 5 cc for any procedure). Contact medium is cortimycin-unguentum. Ultrasonic apparatus US (DDR) is used with an intensity of 0,1 V/cm², duration 3—5 minutes. The regimen of the performance is constant. After the procedure ends, the tampons stay 2 hours in both nostrils. Total course of treatment — 6—7 procedures.

The suggested method was applied in our clinic recently (only 1—2 years ago) and we have tested it over 40 children, age 5—14 years. The patients are registered with clinical and laboratory symptoms indicating allergic rhinosinuitis.

All patients were successfully subjected to our method; no side-effects and contraindications were reported. After 3—4 procedures the mucosa and conchae lose their swelling which can be established even indirectly, specially in older children. 21 patients shew a considerable improvement (even normalization) of their nose breathing 6 months later. Their X-rays examination shew no disorders compared to the initial ones where the sinuites was bilateral (or unilateral in 7 cases). 17 patients were reported to have a decreased eosinophilia in their blood-smears of lower conchae and cyto-counting too. Shorter effect (about 2 months) was established with 12 cases, whereas 7 patients were not influenced by the applied treatment. The latter can be explained by the considerable hyperplasia of lower conchae which requires a long-term desensibilization.

In order to register all results of the applied treatment all children were subjected to a thorough investigation (rhinoscopy; X-rays graphy, specially of paranasal cavities; rhinocytogram; differential cell counting; microflora in nasal and sinus spaces; etc.). 6 months later, after the end of treatment, the same indexes were studied again. Successful result of the applied method was considered only if those indexes were considerably improved for the 6-month period.

There is a certain effect of the application of our method. It is a simple and easy-performed one. It can be applied in all clinics and polyclinics where there is an ultrasonic therapeutic apparatus.

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НАШ ОПЫТ ЛЕЧЕНИЯ АЛЛЕРГИЧЕСКИХ РИНОСИНУИТОВ В ДЕТСКОМ ВОЗРАСТЕ ПРИ ПОМОЩИ ФОНОФЕРЕЗА ГИДРОКОРТИЗОНОМ

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РЕЗЮМЕ

Впервые у нас авторы проследили лечебный эффект применения консервативного лечения аллергических риносинуситов в детском возрасте при помощи фонофореза гидрокортизоном. Методика применялась на 40 детях, больных респираторными аллергиями. Установлено улучшение у 17 детей до 6 месяцев и у 12 детей по 12 месяцев. Хорошими результатами считаются те, при которых контрольные показатели (ДКК, цитомазок, рентгенография околоносовых полостей) улучшались до 6 месяцев. Наилучшим показателем является улучшенное носовое дыхание, соответствующее нормализованной риноскопической картине.