

IMMUNOTHERAPY FOR SEASONAL AND PERENNIAL ALLERGIC RHINITIS

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Allergic diseases every year attract more and more close attention of doctors of different specialties. Despite the fact that allergic diseases have been known to man for more than two and a half thousand years, in the modern world, the problems associated with the issues of diagnosis, therapy and prevention of allergic pathology remain very relevant. Over the past decades, the problem of allergology has assumed the scale of a global medical and social problem. Allergy is called the "disease of civilization". In highly developed countries, the percentage of those suffering from allergies (mainly among the young population) is much higher than in developing countries. Pollution of the environment with industrial waste, unfavorable social conditions, increased consumption of various drugs, intensive use of disinfectants in everyday life and at work, the use of pesticides and herbicides in agriculture, changes in the quality of lithium, the use of genetically modified products - the combined effect of these factors on modern human organism creates conditions for high allergenic loads.

As additional studies have shown, over the past 30 years, the prevalence of allergic diseases has doubled every 10 years everywhere. Currently, the problem of allergic rhinitis can be considered one of the most relevant. In terms of prevalence, medical and social significance, impact on health and quality of life of AR patients, it occupies the first place among other allergic diseases. Over the past few decades, there has been a steady increase in the number of patients suffering from this pathology in European countries. In the structure of allergopathology, the share of AR is very high (60-70%).

According to the results of epidemiological studies, about 20% of the population of all age groups suffer from AR. The distribution of allergologists in most European countries ranges from 10 to 32%, in the UK - 30%, in Sweden - 28%, in New Zealand and Australia - 40%, in South Africa - 17%. In Russia, up to 25% of the population has symptoms of rhinitis. In the US, more than 35 million people present with symptoms of AR each year (27.89 D 39.50). AR limits patients "in the physical, psychological and social aspects of life. AR is the cause of a decrease in the quality of life. Often this is due to the fact that rhinitis often precedes the development

of bronchial asthma (BA) (in 32-49% of patients), worsens its course, significantly increasing the number of emergency calls.

Modern AR therapy involves the elimination of etiologically significant allergens, allergen-specific immunotherapy (ASIT), pharmacotherapy, and patient education. ASIT occupies a leading position in the treatment of atopic diseases. However, the existing certain inconveniences associated with frequent visits to an allergist, the possibility of developing systemic adverse reactions, and the existing group of people who are contraindicated for ASIT are a prerequisite for finding new effective and safe drugs for the treatment of AR.

In this regard, it seems relevant to use the polypeptide drug Ruzam (nasal drops) in the treatment of AR, obtained from a thermophilically active strain of *Staphylococcus aureus* and having anti-allergic and anComparative characteristics of two methods of allergen-specific immunotherapy with domestic allergens and allergoids indicate the advantages of year-round immunotherapy by the intranasal method. The clinical efficacy and safety of ISIT has been proven, a positive trend in the course of clinical manifestations of year-round allergic rhinitis has been registered, and control over the course of BA has been achieved. A scheme of allergen-specific intranasal immunotherapy with allergoids for seasonal and year-round AR has been developed and applied. The positive effect of ISIT on allergic inflammation was studied, as evidenced by changes in the content of ECP, IgE, sIgA, IL-4 in nasal lavage secretion. The positive effect of ISIT on the change in functional parameters of the respiratory function of the lungs, nasal and bronchial reactivity was analyzed; a correlation relationship of clinical, functional, laboratory parameters in AR and BA was established against the background of the therapy.

Practical significance. A scheme for the use of intranasal specific immunotherapy with domestic allergens and allergoids has been developed, its clinical efficacy and safety have been proven, a positive effect on the symptoms of mild AR and the course of its accompanying mild BA has been noted. The introduction of ISIT into clinical practice expands the range of prevention and treatment of seasonal and year-round mild AR and persistent and intermittent mild asthma.

Implementation into practice. The results of these studies have found practical application in the work of the allergological department of City Clinical Hospital No. 52 and the polyclinic advisory allergological center based on City Clinical Hospital No. 52, and are also included in the materials of lectures and practical classes at the Department of Clinical Allergology of the Russian Medical Academy of Postgraduate Education.ti-inflammatory effects.

Bronchial asthma is one of the most common diseases affecting about 10-15% of children and 8-10% of adults in different countries. In the structure of allergic diseases in Russia, BA is 23% - 60%, allergic rhinitis - 10% - 70% . The data of epidemiological studies confirm the large variability in the frequency of symptoms of the disease not only in different countries, but also in their individual regions, which, according to researchers, is associated with

environmental, socio-economic and ethnic differences. Thus, the prevalence of BA among the child population varies within 15-fold, and among adults - 8-fold values.

Over the past 2-3 decades, the prevalence of bronchial asthma has increased especially among children and young people. Since 1960, the number of patients with asthma in the United States has increased from 6 to 10 million people; increased 4 times and amounted to 459,000 patients per year .

Despite significant advances in medicine, a more in-depth study of the nature of allergies and the creation of new methods of anti-allergic treatment and prevention, there is a worsening of the course of allergic diseases, which inevitably leads to an increase in the level of temporary disability and a decrease in the quality of life. If in 1992 mild forms of AR prevailed in Russia, then in 2001 the number of children with severe AR increased by 1.5 times. According to an assessment conducted in various health systems.

US and UK, BA is one of the main causes of absenteeism and comes at a significant cost. In Canada, France, Germany, the United States, the annual costs associated with AD are 1-6 billion dollars, with the cost of treating one patient in the range of 140-2500 dollars. Studies conducted in certain regions of Russia have shown that the cost per patient, depending on the severity of the disease, amounts to an amount equivalent to 54–1478 dollars per year.

AR in 32% - 49% precedes the development of asthma, worsens its course and significantly increases the number of emergency calls. The prevalence of allergic rhinitis among the population of different countries exceeds 20%. In the US, AR is one of the top 10 reasons for visiting general practitioners. Over the past 15 years, the incidence of AR in Russia has increased 4-6 times. AR is not a threatening condition, however, it leads to a significant decrease in the quality of life of patients. The current assessment of health system spending on the AR indicates a high economic impact. The total cost of disease in the world in 1987. amounted to 1.23 billion US dollars, and in 1998 it already amounted to 4.5 billion dollars. According to data for 2003, in Russia, the direct costs associated with the treatment of one patient suffering from persistent AR amounted to 2000 rubles per year, the intermittent course - about 800 rubles per month [16]. Thus, in terms of prevalence, medical and social significance, the problem of AR can be considered one of the most urgent.

Conducted standardized epidemiological studies ISSAC (International Study Asthma and Allergies in Childhood) and ECRHS (European Community Respiratory Health Survey) show that the prevalence of BA and AR in Russia, both among adults and children, is similar to most European countries and significantly exceeds the data of official medical statistics. The analysis carried out by A.G. Chuchalin, shows that the actual number of patients.

Asthma in Russia is about 7 million people, data on which only in one of seven cases fall into the statistical reporting.

The organization of highly qualified care for patients with AR and BA is impossible without knowing the true prevalence of diseases, identifying factors that affect the risk of developing diseases and factors that provoke the onset of symptoms.

Epidemiological observations have shown that environmental factors are more important for the clinical manifestations of allergic respiratory diseases than genetic predisposition. Changes in the environment, lifestyle and everyday habits of residents of different countries, when a modern city dweller spends up to 90% of his time in closed spaces of offices and apartments, leads to an increase in the time of human contact with air pollutants. This fact is of decisive importance in the increase in the incidence of allergic respiratory diseases in recent decades. The most common indoor allergenic factor that a person encounters on a daily basis is KDP. A comparative analysis of the results of faunistic studies conducted in many countries of the world indicates that the house dust acarocomplex has regional specifics, which is reflected in the structure of allergen exposure in residential premises and the panel of allergovaccines, which is necessary.

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The organization of highly qualified care for patients with AR and BA is impossible without knowing the true prevalence of diseases, identifying factors that affect the risk of developing diseases and factors that provoke the onset of symptoms.

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