



Savremeni principi terapije prehlade i gripa

Modern Principles of Cold and Flu Therapy

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Apstrakt

Obična prehlada i grip u početnom stadijumu mogu imati sličnu simptomatologiju, mada različiti virusi uzrokuju ova dva stanja. I prehlada i grip imaju nekoliko uobičajenih simptoma: kijavicu, curenje nosa ili začepljen nos, bolove u telu, opštu malaksalost. Međutim, simptomi gripa se intenziviraju vrlo brzo, uz razvoj zdravstvenih komplikacija, kao što su infekcije sinusa i uha, upale pluća, pa čak i sepse. Veoma je važno uraditi dodatne dijagnostičke testove koji će pomoći u postavljanju tačne dijagnoze.

U terapiji obične prehlade koriste se lekovi koji se kupuju bez recepta (tzv. OTC preparati), a koji uključuju dekongestive, antihistaminike, antipiretike, analgetike, antitusike i ekspektoranse, kao i vitamine. Često se koriste fiksne kombinacije ovih supstanci zbog čega je važno da se uvek pročita sastav i uputstvo ovih preparata da bi se izbeglo predoziranje, kao i mogućnost preosetljivosti na pojedine komponente. Poseban oprez je potreban kod pacijenata sa hipertenzijom, ako se koriste preparati koji sadrže simpatikomimetike (pseudoefedrin), a teške forme koronarne bolesti i hipertenzije su kontraindikacije za njihovu primenu.

Epidemije gripa koje izazivaju virusi influence A i B mogu dovesti do značajnog morbiditeta i mortaliteta. Prema istraživanjima u SAD-u, incidenca sezonskog simptomatskog gripa među svim uzrastima varira 3–11%. Populacije pacijenata sa posebnim rizikom od infekcije virusom gripa su: deca mlađa od 2 godine, stariji od 65 godina, trudnice, porodilje u toku 2 nedelje nakon porođaja, pacijenti sa neurološkim poremećajima i drugim hroničnim oboljenjima (metabolička, plućna, kardiovaskularna), kao i osobe sa imunodeficijencijom (transplantacije, HIV infekcija, imunosupresivna terapija, hemioterapija itd.). Zbog rizika od razvoja ozbiljnih komplikacija gripa, upravo je kod ovih populacija pacijenata indikovana primena antivirusne terapije. U terapiji influence koriste se lekovi iz grupe inhibitora neuraminidaze, kao što su oseltamivir, zanamivir i perimavir. Lečenje treba započeti što je moguće pre, najbolje u roku od 2 dana po pojavi simptoma gripa. Za adolescente i odrasle preporučena doza oseltamavira je 75 mg, dva puta dnevno, u toku 5 dana. Oseltamivir je registrovan i kao suspenzija za oralnu primenu, kod dece od 2 do 12 godina. Zanamivir se koristi u obliku oralne inhalacije.

Ovi lekovi se koriste i u prevenciji gripa (nakon bliskog kontakta sa inficiranom osobom) u manjoj dozi, npr. 75 mg oseltamavira jednom dnevno, u toku 10 dana, kod odraslih. Peramivir je jedini intravenski antivirusni lek odobren za rano lečenje nekomplikovanog gripa kod ambulantnih pacijenata koji su stariji od 2 godine. Baloksavir marboksil je novi lek za terapiju gripa, iz grupe inhibitora nukleaze, odobren za pri-

Abstract

The common cold and the flu in their early stages can have similar symptoms, although different viruses cause these two conditions. Both cold and flu have a few common symptoms: sneezing, runny or stuffy nose, body aches, general malaise. However, flu symptoms intensify very quickly, along with the development of health complications, such as sinus and ear infections, pneumonia, and even sepsis. It is very important to do additional diagnostic tests that will help in making an accurate diagnosis.

In the treatment of the common cold, over-the-counter drugs (so-called OTC preparations) are used, which include decongestants, antihistamines, antipyretics, analgesics, antitussives and expectorants, as well as vitamins. Fixed combinations of these substances are often used, which is why it is important to always read the composition and instructions of these preparations in order to avoid overdose, as well as the possibility of hypersensitivity to individual components. Special caution is required in patients with hypertension, if preparations containing sympathomimetics (pseudoephedrine) are used, and severe forms of coronary disease and hypertension are contraindications for their use.

Influenza epidemics caused by influenza A and B viruses can result in significant morbidity and mortality. According to research in the USA, the incidence of seasonal symptomatic influenza among all ages ranges from 3–11%. Patient populations with a special risk of infection with the influenza virus are: children under 2 years old, older than 65 years, pregnant women, women giving birth within 2 weeks after giving birth, patients with neurological disorders and other chronic diseases (metabolic, pulmonary, cardiovascular), as well as people with immunodeficiency (transplantation, HIV infection, immunosuppressive therapy, chemotherapy, etc.). Because of the risk of developing serious flu complications, antiviral therapy is indicated for these patient populations. Medicines from the group of neuraminidase inhibitors, such as oseltamivir, zanamivir and perimavir, are used in influenza therapy. Treatment should be started as soon as possible, preferably within 2 days of the onset of flu symptoms. For adolescents and adults, the recommended dose of oseltamavir is 75 mg, twice a day, for 5 days. Oseltamivir is also registered as a suspension for oral administration in children aged 2 to 12 years. Zanamivir is used in the form of oral inhalation.

These drugs are also used in the prevention of influenza (after close contact with an infected person) in a smaller dose, e.g. 75 mg oseltamavir once daily for 10 days in adults. Peramivir is the only intravenous antiviral drug approved for the early treatment of uncomplicated influenza in outpatients who are

menu akutnog nekomplikovanog gripa kod pacijenata starijih od 12 godina. U kliničkim istraživanjima je pokazano da ovaj lek značajno smanjuje potrebu za sistemskom primenom antibiotika, kao i komplikacije gripa. O bezbednosti primene antivirusnih lekova kod trudnica postoje ograničeni podaci iz retrospektivnih opservacionih izveštaja koji ne upućuju na direktno ili indirektno štetno dejstvo na embrio/fetalni ili postnatalni razvoj. Stav je da trudnice mogu primiti oseltamivir, nakon uzimanja u obzir dostupnih bezbednosnih podataka, patogenosti cirkulišućeg soja virusa influence i osnovnog stanja trudnice. Antibiotička terapija je indikovana za lečenje bakterijske koinfekcije kod pacijenata čija se bolest inicijalno manifestuje teškom kliničkom slikom (masivna pneumonija, respiratorni distres, hipotenzija, stanje šoka), uz istovremenu primenu antivirotika. Najefikasnija mera prevencije gripa je vakcinacija i preporučuje se svim osobama koje su u povećanom riziku od razvoja komplikacija.

2 years of age or older. Baloxavir marboxil is a new drug for the treatment of influenza, from the group of nuclease inhibitors, approved for the use of acute uncomplicated influenza in patients older than 12 years. Clinical research has shown that this drug significantly reduces the need for systemic antibiotic administration, as well as flu complications. There are limited data on the safety of the use of antiviral drugs in pregnant women from retrospective observational reports that do not indicate a direct or indirect adverse effect on the embryo/fetal or postnatal development. The position is that pregnant women can receive oseltamivir, after taking into account the available safety data, the pathogenicity of the circulating influenza virus strain and the underlying condition of the pregnant woman. Antibiotic therapy is indicated for the treatment of bacterial co-infection in patients whose disease initially manifests with a severe clinical picture (massive pneumonia, respiratory distress, hypotension, shock state), with simultaneous use of antiviral drugs. The most effective measure to prevent influenza is vaccination and it is recommended for all persons who are at increased risk of developing complications..