TREATMENT OF ACUTE VASCULAR OPTIC NEUROPATHY Nataliya Konovalova¹, Olga Guzun², Nataliya Khramenko², Vera Vasyuta³

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Abstract. Acute optic vascular neuropathy is a poly etiological condition associated with damage to systemic hemocirculation in the body. The frequency of vascular diseases of the optic nerve, leading to poor vision and blindness, has increased, more often in young people.

The purpose: to determine the features of the course and treatment of patients with acute vascular optic neuropathy using the Arginine is an amino acid that belongs to the class of conditionally essential amino acids and is an active and versatile cellular regulator of numerous vital functions of the body, showing protective effects that are important in a critical state of the body.

Material and methods. Examination 85 patients with acute optic vascular neuropathy (OVN), who were divided into 2 groups: 1 group — 43 patients who, in addition to standard treatment, were prescribed Tivargin-N, 2 group — 42 patients who received only standard therapy. The observation period was 3 months. A standard ophthalmological comprehensive examination of patients with GSON was carried out. All patients underwent acuity and field of vision, ophthalmoscopy, tomography. Arginine exhibits antihypoxic, membrane-stabilizing, antioxidant, antiradical, detoxification activity

Results. After 3 months of follow-up in the group of patients with Arginine, a significant moderate relationship was found with the improvement of visual acuity (r_s =0.66, p<0.05), total field of vision (r_s =0.3, p<0.05). Volume intraocular blood circulation (r_s =0.33, p<0.05), as well as an inverse relationship with the number of relapses (r_s =-0.22, p<0.05) and complications (r_s =0.45, p<0.05).

Conclusions. The improvement of visual functions after adequate therapy with the use of arginine and pentoxifylline influenced the normalization of metabolism in nerve cells, increasing the reserve capacity of nerve fiber recovery. There was an increase in visual acuity after 3 months of observation in the group using Arginine by 2 times. Improvement of visual acuity directly correlated with improvement of hemodynamic indicators, normalization of hemostasis indicators, restoration of visual field after 3 months of observation.

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