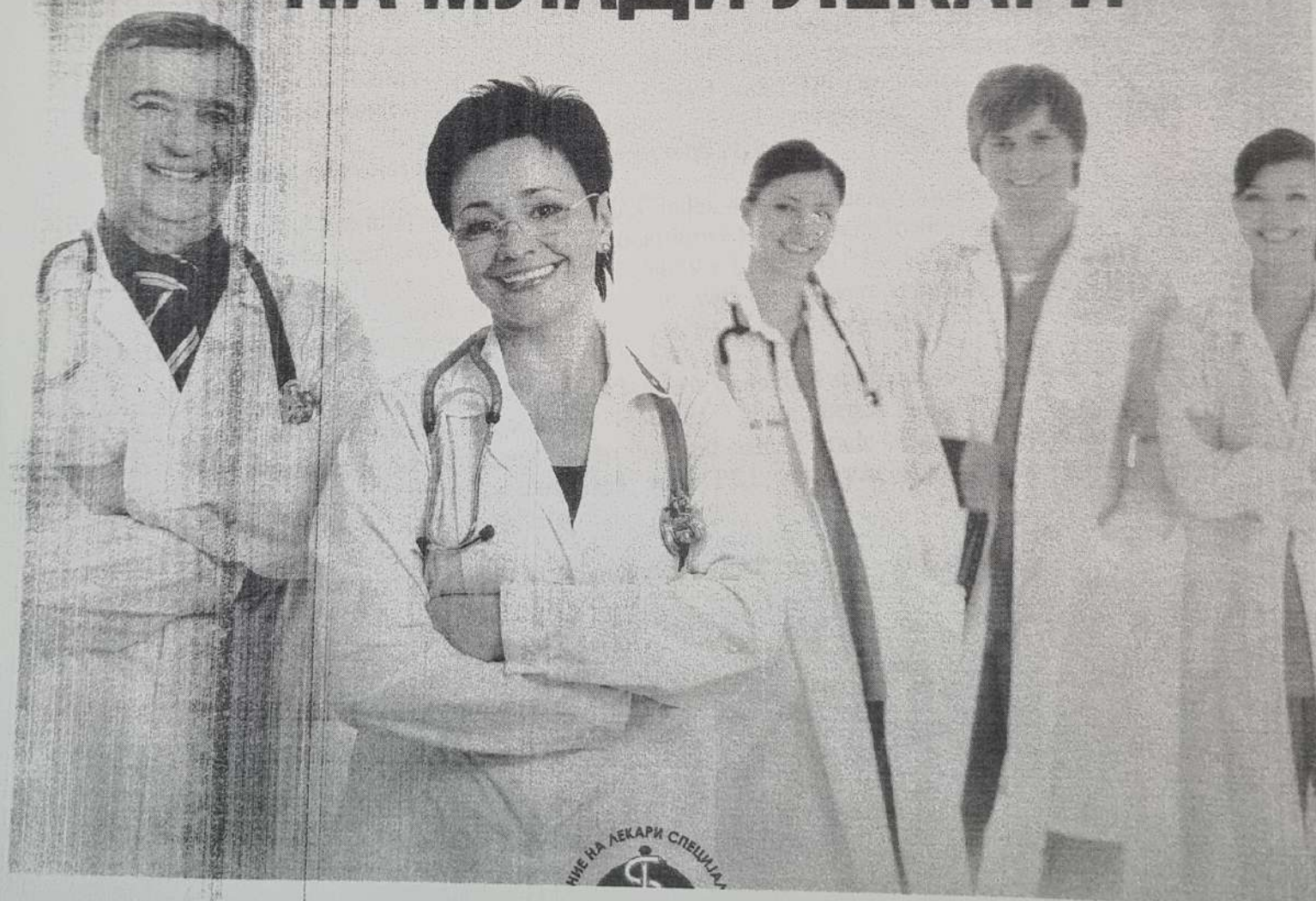


ABSTRACT BOOOK

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МНЕ НА ЛЕКАРИ СПЕЦИАЛ

Analysis of the results of treatment with PRP (platelet-rich plasma) versus viscosupplements in patients with gonarthrosis

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Introduction: Degenerative osteoarthritis or gonarthrosis is the most common form of arthritis and is a disease that reduces the quality of life of patients. Aims: To analyze the effects of the use of PRP (platelet-rich plasma) and viscosupplements in the conservative treatment of patients with different grades of gonarthrosis.

Materials and methods: The research included a total number of 151 respondents - patients with gonarthrosis. The respondents were divided into two groups; The first group: 88 patients from the first and second grade of gonarthrosis, divided into 2 subgroups: 44 patients treated with viscosupplements and 44 patients treated with PRP. The second group: 63 patients with grade three of gonarthrosis, divided into 2 subgroups: 31 patients treated with viscosupplements and 32 patients treated with PRP.

Results: The total score of the WOMAC index was significantly higher in the group of patients with mild symptoms (grade 1 and 2 gonarthrosis) treated with hyaluronan compared to patients with mild symptoms treated with PRP (54.59 ± 17.3 vs 45.79 ± 15.2). The total WOMAC score did not differ significantly between patients with more severe symptoms (grade 3 gonarthrosis) treated with both methods (65.19 ± 10.4 vs 63.56 ± 14.0 ; $p=0.6$).

Conclusion: The use of PRP, which is a new biological approach in the conservative treatment of patients with degenerative diseases, gives better results than treatment with viscosupplements in patients of the first and second grade of gonarthrosis. Treating patients with grade three of gonarthrosis with PRP and viscosupplements provide identical improvements in quality of life.

Keywords: gonarthrosis, viscosupplements, PRP (platelet - rich plasma)