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МАКЕДОНСКО ЗДРУЖЕНИЕ ЗА АЛЕРГОЛОГИЈА И КЛИНИЧКА ИМУНОЛОГИЈА

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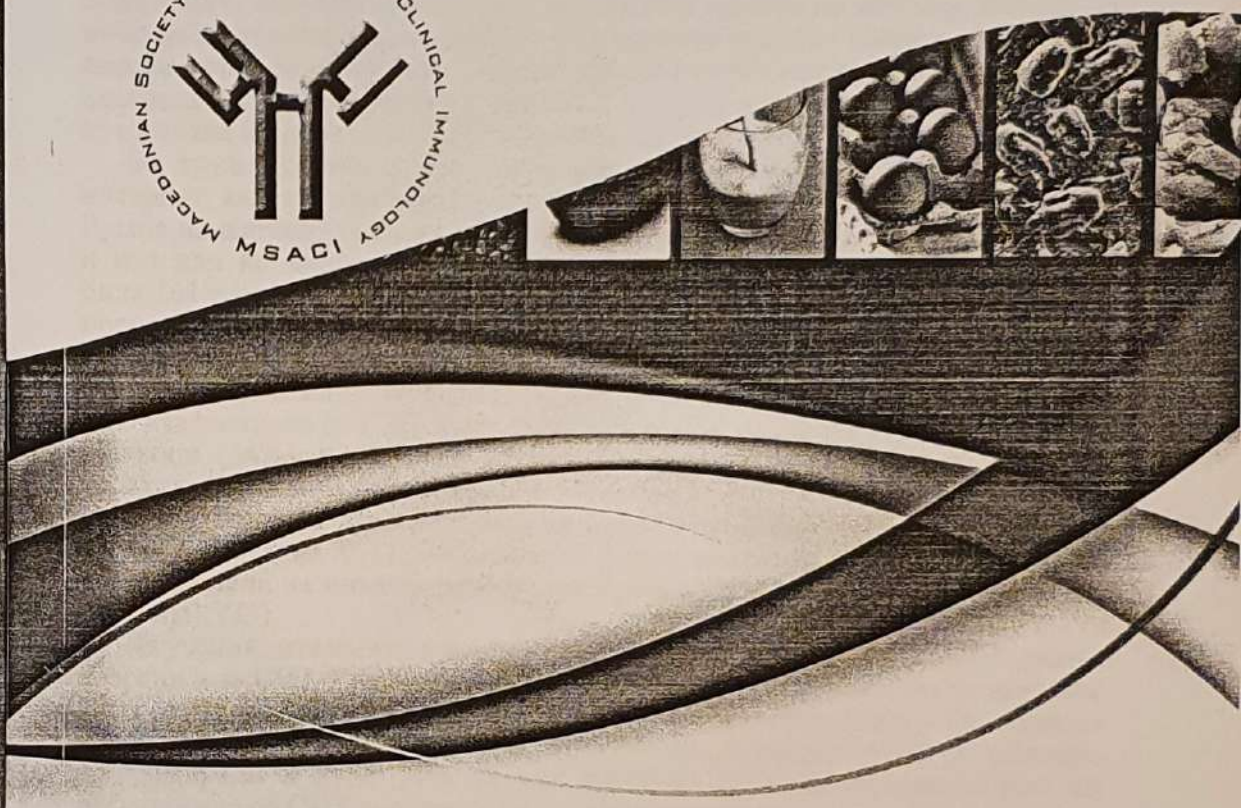

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EVALUATION OF IL-5 AND MEF75 IN PATIENTS WITH SEVERE ASTHMA WHO WERE TREATED WITH COMBINED THERAPY OF ICSS /LABAS

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Introduction: Asthma is a chronic inflammation disease in which many cells play a role with secreting a variety of mediators. IL-5 is one of many cytokines which is increased in most of allergic diseases including asthma.

The aim of this study was to determine the effect of combined therapy of ICSs/ LABAs in patients with severe asthma, by analyzing of IL-5 and maximal expiratory flow - MEF75 at the beginning and after 6 months of therapy.

Method: The study included 27 patients with severe asthma. In each of them were measured serum IL-5 levels by the ELISA method and spirometry parameter -MEF75 which is specific for small airways obstruction. They were treated with combined therapy of inhaled corticosteroids and long-acting beta2-agonists-ICSs/LABAs (500/50mcg) twice a day in duration of 6 months.

Results: the results were statistically elaborated according to the T-test for Dependent Samples. The obtained results of IL-5 showed that the level of IL-5 before the start of therapy were much higher and that treatment significantly reduces their value ($t=6.77$; $p=0.000$, $p<0.05$). The results of MEF75 showed that the difference in the average value of MEF75 before and after therapy were statistically significant ($t= -3,213$, $p=0.003$, $p<0.05$).

Conclusion: The concentration of IL-5 is closely related with airway obstruction in patients with asthma and may serve as a marker for evaluating the severity of airway inflammation. Monitoring of lung function with spirometry test and analyzed values of MEF75, may suggests on early small airways obstruction. Regular and appropriate therapy with ICSs/LABAs can prevent progression, airway remodeling and also suppression of IL-5 production.