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USE OF PREGABALIN FOR CHRONIC SURGICAL PATHOLOGY

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Chronic post-surgical pain (CPSP) remains a significant clinical problem, developing in 10-20% of patients, which reduces quality of life and complicates rehabilitation. In the perioperative period, pregabalin can be used as a means of preventive analgesia to reduce acute pain and potentially decrease the incidence of pain chronicity, as well as to reduce opioid requirements and prevent the development of CPSP.

Pregabalin is a potent and selective ligand for the specific α2-δ subunit of voltage-gated calcium channels on presynaptic neuronal membranes in the central nervous system. By binding to this subunit, it blocks the channel, leading to a reduction in the influx of calcium ions during neuronal excitation.

Nerve injury during surgery triggers a cascade of reactions that leads to "central sensitization"—a state of neuronal hyperexcitability. Pregabalin acts effectively on this state by "calming" the overexcited nervous system.

A dose-dependent effect has also been demonstrated. According to a Cochrane review, a dose of 300 mg/day of pregabalin achieved a 50% reduction in pain in 31% of patients with diabetic neuropathy (compared to 24% with placebo). Increasing the dose to 600 mg/day raised this rate to 41%.

The efficacy of the drug was confirmed in a prospective randomized study on patients undergoing thoracic surgery (thoracotomy or thoracoscopy). Pregabalin at a dose of 50 mg/day, administered from the second postoperative day for up to 3 months, demonstrated effectiveness in preventing neuropathic pain. This indicates that even relatively low doses of the drug can have a prophylactic effect.

In conclusion, pregabalin is an effective and safe tool for managing chronic pain, particularly the neuropathic component that often accompanies chronic surgical pathology. Its use not only reduces pain intensity but also improves patients' quality of life by positively influencing sleep and functional status.

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ПРОФІЛАКТИЧНА ЕФЕКТИВНІСТЬ ВІТАМІНУ D3 У ДІТЕЙ ПРИ РЕВАКЦИНАЦІЇ ПРОТИ КОРУ, ПАРОТИТУ, КРАСНУХИ

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Вітамін D бере участь у регуляції проліферації та диференціювання клітин усіх органів та тканин, у т. ч. та імунокомпетентних клітин. Відкриття рецепторів до кальцитріолу у багатьох клітинах імунної системи (на активованих Т-лімфоцитах, макрофагах, на незрілих лімфоцитах тимусу та зрілих CD8-клітинах) стало доказом участі вітаміну D у функціонуванні імунної системи [1]. Вітамін D оптимізує вплив на функціонування неспецифічних механізмів