

MODERN TREATING AND PREVENTING OF INFLUENZA A H1N1

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Influenza is a highly contagious acute viral disease of the respiratory tract, characterized by a short incubation period (1-2 days) and rapid cycling course (3-5 days). It affects all age groups living in different geographical conditions. High risk of complications from influenza have children < 4 year, adults > 65 year, people with chronic medical disorders, women in the 2nd or 3rd trimester of pregnancy, patients with disorders that impair handling of respiratory secretions, patients ≤ 18 year taking aspirin.

There are three variants of the virus antigen: serotypes A, B and C. One of the most active type A virus is a virus strain AH1N1 California, which today is a global pandemic with severe clinical course.

Early diagnosis of influenza AH1N1 California using rapid methods (immunofluorescence and immunochromatography analysis) improves the efficiency of pharmacotherapy aimed to reduce morbidity and to prevent complications. Treatment of influenza A H1N1 California start with general activities for the treatment of influenza (prescription of bed rest, excessive drinking, holding hygiene measures, wet cleaning), as well as the appointment of medication (anti-viral drugs: Amizon, Arbidol, Aflubin, Oseltamivir, Zanamivir; vitamin C; antipyretics: mefenamic acid, ibuprofen, paracetamol, anti-allergics: cetirizine, desloratadine, loratadine, fexofenadine, etc.)

One of the best anti-influenza drugs recommended WHO, are Oseltamivir (Tamiflu) and Zanamivir (Relenza). These drugs directly reduce the activity of neuraminidase of the viral envelope, thereby reducing the ability of the virus to penetrate into the cells and out of the infected cells. The advantages of Oseltamivir believe that it can be used to treat and prevent pregnant women and children from 1 year, and Zanamivir – an inhaled route of administration, high bioavailability, rapid onset of effect and low systemic concentrations.

For prevention of influenza AH1N1 and its severe consequences the most effective way is to carry out the vaccination. There are 2 types of vaccine: trivalent inactivated influenza vaccine (is given by intramuscular injection), live-attenuated influenza vaccine (is given intranasally). In Ukraine are allowed to use these vaccines as Influxac, Fluarix, Intasa, Vaxigrip. Thus, successful practices for preventing influenza A H1N1 is vaccination, and treatment – drug therapy.