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ANTIMICROBIAL TREATMENT OF LACUNAR TONSILLITIS FOR ADULTS

Tonsillitis is an acute inflammation of the palatine tonsils. It is quite rarely observed. The incidence rate of tonsillitis among adults makes up 4-5%, among children – more than 6% (V.T. Palchun, N.A. Preobrazhenskiy, 1978). There are primary and secondary tonsillitides. The most frequently occurred primary tonsillitides are catarrhal, follicular and lacunar. The gravest one is lacunar tonsillitis. For tonsillitis treatment different general and local acting agents are used. Flamifix (cefixime) is a modern peroral cephalosporin antibiotic of the 3rd generation for treatment of bacterial infections. The drug is characterized by a wide spectrum of antimicrobial activity and a high activity as to Gram-negative microorganisms. The drug is also active against Gram-positive bacteria.

Flamifix is used for treatment of many infectious diseases, including infections of the ENT organs (rhinosinusitis, otitis, acute and chronic tonsillitis, adenoiditis). We used this drug in treatment of lacunar tonsillitis for adults. Flamifix is represented in the pharmaceutical market by *Ananta Medicare* company (the UK); it is issued in the form of capsules of 100 mg and 200 mg №10; it is used 1-2 times a day. For adults and children over 12 years old with a body weight more than 50 kg this drug is prescribed in a dose of 400 mg once a day or 200 mg twice a day. The daily dose for children aged 7 to 12 is 100 mg twice a day or 200 mg once a day. The treatment course is from 3 to 10 days. 36 patients with lacunar tonsillitis, aged 20 to 39, were kept under our observation. The patients complained of a headache and an elevation of the body temperature (38,2-39,2⁰C), difficulty in swallowing. Pain radiation to an ear and excessive salivation were often observed. Pharyngoscopic observations marked the hyperemia, the enlargement of the palatine tonsils, and the yellow-white thickening in the tonsillar lacunae. Corynebacteria diphtheria in a nasal smear and a throat swab weren't detected. The patients were divided into 2 groups – main (25 patients) and control (11 patients). The groups were matched according to the age and the disease course. The main group of patients was taking Flamifix and was treated in a common way; the control group got only common treatment. Flamifix was prescribed internally in a dose of 1 capsule (200 mg) twice a day for 7 days.

The efficacy endpoints of the treatment were: subjective assessment of the therapy by the patients (influence on a headache and difficulty in swallowing), pharyngoscopic pattern (color and consistence of the mucous membrane of the palatine tonsils, absence of thickening in the tonsillar lacunae), and body temperature.

A more intensive regression of the tonsillitis symptoms was observed in the main group of patients when the results of the treatment were analyzed. All the patients from this group noted the disappearance of a headache, 22 out of 25 noted the disappearance of the difficulty in swallowing and 3 patients marked the pain abatement in swallowing (on the 5th – 6th day of the treatment). These indices were much lower in the control group.

The normalization of the pharyngoscopic pattern was observed on the 5th day of the treatment in 23 cases of the main group. The mucous membrane of the palatine tonsils was pink and had normal consistence; there was no thickening in the tonsillar lacunae. In the control group the normalization of the pharyngoscopic pattern was observed on the 5th – 6th day of the treatment in 7 out of 11 cases.

The body temperature of all patients in the main group normalized on the 5th day of the treatment. In the control group the body temperature of only 7 patients normalized on the 5th day of the treatment.

Flamifix drug was tolerated well by all the patients; the patients didn't have allergic reactions or other adverse events.

Thus, the application of antibacterial drug Flamifix (*Ananta Medicare* company) in the treatment of lacunar tonsillitis for adults turned out to be effective. The obtained results permit to recommend it as an antimicrobial drug for general treatment of adult patients with lacunar tonsillitis.

