

POSSIBILITIES OF CORRECTION OF INTRAOCULAR PRESSURE WITH A HELP OF ANTIHYPERTENSIVE DRUG IN COMBINATION WITH A NEUROPROTECTANT FOUND IN PATIENTS WITH DIAGNOSED GLAUCOMA OF PSEUDONORMAL PRESSURE FOR THE FIRST TIME

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Glaucoma is one of the most common eye diseases that leads to serious and irreversible changes in the organ of vision, up to blindness. According to WHO, there are more than 60 million people suffering from glaucoma in the world. It is projected that the number will increase 10 million in the next 10 years. According to various reports, there are more than 1.5 million patients with glaucoma in Russia.

The purpose of our study was to assess the efficiency of complex therapy in patients with first found glaucoma of pseudonormal pressure. With the help of anti-hypertensive drug Prolatan in combination with neuroprotectant Mexidol on the course of the disease and on the quality of life.

MATERIALS AND METHODS: There were 25 examined female patients, age $47,2 \pm 2.3$ with a diagnosed glaucoma of pseudonormal pressure in the initial stage. Diagnosis was carried out according to accepted standards. Objective evaluation criteria included the dynamics of visual acuity, the level of intraocular pressure (IOP), the data of perimetry, (HRT) and a survey of the quality of life (SF-36). The IOP level did not exceed 21 millimeter of mercury. All patients had frequent headaches and low blood pressure.

All patients were prescribed: instillation drug Prolatan, 1 time a day at night for 6 months, the drug Mexidol (inside), 1 pill 3 times a day for 1 month (two courses of medication).

There was observed positive dynamics thanks to the therapy. The level of IOP was reduced by 30% from baseline. The results of tomography of the optic nerve showed an increase of area and volume of a disc rim band, which indicates stabilization of the glaucomatous process. According to perimetry, contraction of visual fields, enlargement of blind spots, increase relative and absolute scotoes was not determined. On the background of the therapy, all patients didn't have headaches, had visual acuity and the quality of life was improved.

In conclusion, integrated therapy is an efficient basic method to treat glaucoma of pseudonormal pressure.

It provides reduction and stabilization of IOP throughout the treatment, improves the quality of life and prevents the progression of glaucoma.

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