

Methylprednisolone application in the form of intravenous pulse therapy was prescribed collegially by an endocrinologist and an ophthalmologist individually for each patient and in total did not exceed 4.5 g recommended for the present process intensity (on average, 4.5 ± 0.5 g in both groups).

Results. The sequence in decreasing of EOP clinical signs in patients receiving combination therapy was revealed: a decrease in tremor, eyelid edema and palpebral fissure width in comparison with the initial parameters were noted already by the 3rd month of treatment, after 6 months these indicators disappeared. Lacrimation in the studied groups was not recorded by the 6th month, which can be explained by the corticosteroids application. A significant reduction in exophthalmos under developed therapy was found after 6 months, while no reduction was observed in the standard treatment group.

Conclusions. The method of EOP complex treatment, including pulse therapy with methylprednisolone in combination with selenium, pentoxifylline and magnetotherapy, was effective in the moderate severity of the disease and led to the reduction of the ophthalmopathy severity symptoms. The positive effect of the combined therapy indicates the necessity for a six-month treatment course.

Keywords: endocrine ophthalmopathy, methylprednisolone, selenium, pentoxifylline, magnetotherapy

For citation: Krinets ZhM, Krasilnikova VL. Results of comprehensive conservative treatment of patients with moderate severity endocrine ophthalmopathy. *Journal of the Grodno State Medical University.* 2022;20(1):108-115. <https://doi.org/10.25298/2221-8785-2022-20-1-108-115>.

Конфликт интересов. Авторы заявляют об отсутствии конфликта интересов.

Conflict of interest. The authors declare no conflict of interest.

Финансирование. Исследование проведено без спонсорской поддержки.

Financing. The study was performed without external funding.

Соответствие принципам этики. Исследование одобрено локальным этическим комитетом.

Conformity with the principles of ethics. The study was approved by the local ethics committee.

Об авторах / About the authors

*Кринец Жанна Михайловна / Krinets Zhanna, e-mail: ghannamix@mail.ru

Красильникова Виктория Леонидовна / Krasilnikova Viktorya, e-mail: krasilnikova_vik@mail.ru

* – автор, ответственный за переписку / corresponding author

Поступила / Received: 20.10.2021

Принята к публикации / Accepted for publication: 26.01.2022