

ФУФЛОМИЦИН: ИНСТРУКЦИЯ ПО ПРИМЕНЕНИЮ



Татьяна Фролова

Институт цитологии и генетики СО РАН

Доказательная медицина

- Использование только лечебных, профилактических и диагностических действий с доказанной эффективностью
- В основе лежит клиническая эпидемиология
- Основной инструмент - статистика

Как она работает:

- Контроли (эффект плацебо, «ослепление»)
- Значимость (мета-анализ, рандомизированное клиническое исследование)
- Доказательность (уровень результата клинического испытания и класс доказательности принятых рекомендаций)
- Смещение, или систематические ошибки (ошибки репрезентативности, пациентское смещение, ошибки регистрации, заинтересованность)
- «Рождение сверхновых»

Где искать действительно работающие лекарства

- Кокрейн (*Cochrane Collaboration*)
- FDA (*U.S. Food and Drug Administration*)
- NCBI
- PubMed
- MeSH

Если препарат не смог попасть в эти базы данных, то его польза не доказана или отсутствует.

Данные аудита российского фармацевтического рынка в 2016 году (DSM Group)

№	Бренд	Стоимостный объем, млрд руб.	Прирост стоимостного объема	Доля
1	Ингавирин	5,2	68,80%	0,80%
2	Кагоцел	5	16,80%	0,80%
3	Нурофен	4,4	6,50%	0,70%
4	Конкор	4,1	0,60%	0,70%
5	Эссенциале	4,1	-12,00%	0,70%
6	Актовегин	3,7	-7,60%	0,60%
7	Кардиомагнил	3,5	8,90%	0,60%
8	Детралекс	3,4	21,10%	0,60%
9	Терафлю	3,3	19,40%	0,50%
10	Мирамистин	3,2	27,20%	0,50%
11	Лозап	3	3,00%	0,50%
12	Мексидол	3	2,30%	0,50%
13	Пенталгин	2,9	7,90%	0,50%
14	Найз	2,9	-0,20%	0,50%
15	Эргоферон	2,9	51,20%	0,50%
16	Линекс	2,7	8,60%	0,40%
17	Канефрон	2,5	18,80%	0,40%
18	Виагра	2,5	9,00%	0,40%
19	Арбидол	2,5	25,00%	0,40%
20	Вольтарен	2,5	-1,20%	0,40%

Наиболее известные группы ~~без~~действующих препаратов

- гомеопатические
- противовирусные
- иммуномодуляторы
- нейропротекторы (антиоксиданты)
- ноотропы
- гепатопротекторы
- биологически активные добавки
- классические (валерьянка, римантадин)

Гомеопатические

«Пациент, который забыл принять гомеопатическое средство, умер от передозировки»

Основные принципы:

1. подобное лечится подобным
2. сильное разведение препаратов



Противовирусные

- Рекордсмен по продажам: Арбидол, 3 252 млн рублей (2016 год, данные ПАО «Отисифарм»)

[Ter Arkh](#). 2015;87(1):88-96. doi: 10.17116/terarkh201587188-96.

[Clinical efficacy of arbidol (umifenovir) in the therapy of influenza in adults: preliminary results of the multicenter double-blind randomized placebo-controlled study ARBITR].

[Article in Russian; Abstract available in Russian from the publisher]

[Kiselev OI](#)¹, [Maleev VV](#)², [Deeva EG](#)¹, [Leneva IA](#)³, [Selkova EP](#)⁴, [Osipova EA](#)⁵, [Obukhov AA](#)⁶, [Nadorov SA](#)⁶, [Kulikova EV](#)⁶.

⊕ Author information

Abstract in English, [Russian](#)

AIM: To evaluate the efficacy and safety of Arbidol (umifenovir) in adult patients with influenza.

SUBJECTS AND METHODS: The analysis of the preliminary results of the multicenter double-blind randomized placebo-controlled post-marketing study ARBITR was performed. A total of 293 adults aged 18 to 65 years with influenza or acute respiratory tract infection of no more than 36 hours' duration were enrolled in the study. Individuals were randomized into 2 treatment groups: oral umifenovir 200 mg four times daily for 5 days or placebo four times daily for 5 days. The efficacy endpoints were time to resolution of all symptoms, severity of symptoms and illness, durations of virus shedding.

RESULTS: The efficacy of umifenovir was evaluated in the group of 119 (40.6%) patients with influenza: 45 patients with laboratory-confirmed influenza and 74 patients whom diagnosis of influenza was made based on clinical and epidemiological data. Umifenovir had influence on the time to resolution of all symptoms. All symptoms were resolved within the first 60 hours after therapy initiation in 23.8% patients with laboratory-confirmed influenza in the umifenovir group and it was 5.7 times greater compared to placebo group (4.2%) ($p < 0.05$). Severity of illness, catarrhal symptoms and intoxication was reduced with umifenovir compared to placebo, reducing of severity was most evidently observed within the first 2-3 days following the therapy initiation. Umifenovir had a significant effect on viral shedding. The proportion of patients still shedding influenza virus on day 4 was significantly reduced in the umifenovir group compared to placebo (25 vs 53%, respectively; $p < 0.05$).

CONCLUSION: It was found that the effect of umifenovir in the treatment of influenza in adults is most pronounced in the acute stage of the disease and appears in the reduction of time to resolution of all symptoms of the disease, reducing the severity of symptoms of the disease and durations of virus shedding.

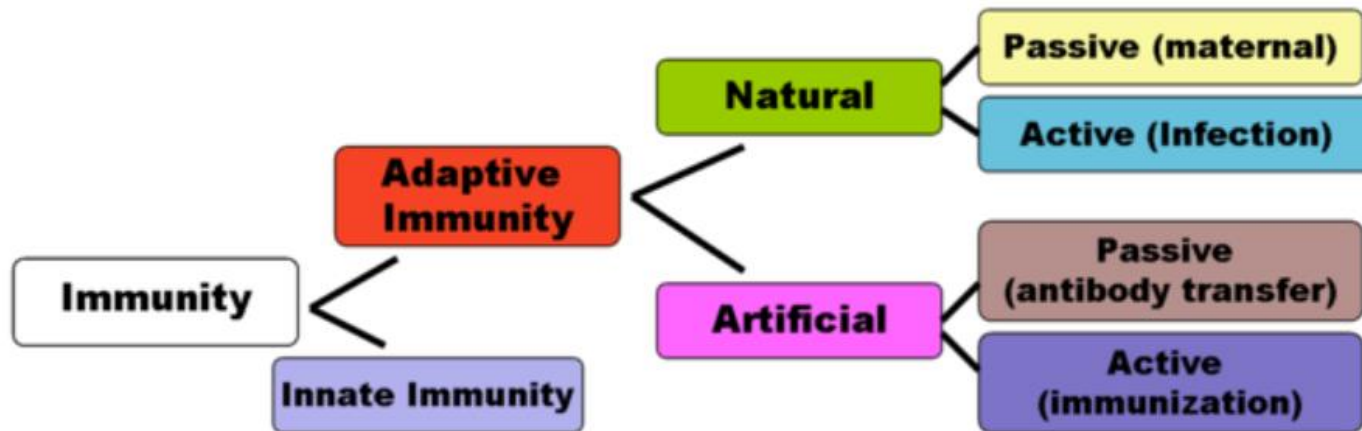
PMID: 25823275



Иммуномодуляторы

«Сама концепция «понижения иммунитета» и возможности его «повышения» есть уродливое упрощение знаний о сложной иммунной системе»

Член ВОЗ, д.м.н., проф. В. В. Власов



Ноотропы



COCHRANE EVIDENCE - Published 19 Apr 2008

Glutamatergic drugs for schizophrenia

Schizophrenia is a severe psychiatric disease characterised by positive symptoms such as hallucinations and delusions and negative symptoms such as blunted affect and emotional withdrawal. People with schizophrenia may also suffer from cognitive deficits. Current medication is effective in reducing positive symptoms, but negative and cognitive symptoms ...

COCHRANE EVIDENCE - Published 19 Dec 2014

Creatine for women in pregnancy for neuroprotection of the fetus

This review did not find any randomised controlled trials that looked at whether creatine, given to a mother in pregnancy, can help protect her baby's brain. The developing fetal brain is very vulnerable to injury, which may arise from infection in the uterus, insufficient blood flow to the placenta, and long-term reduced oxygen in the baby's blood. ...

COCHRANE EVIDENCE - Published 12 Dec 2012

Breastfeeding or breast milk for procedural pain in neonates

Breastfeeding provides pain relief for newborn babies undergoing painful procedures. Medicine for pain relief is commonly given for major painful procedures, but may not be given for minor painful procedures such as blood sampling (by heel prick or venepuncture). There are different forms of non-pharmacological strategies that may be used to reduce ...

New - COCHRANE EVIDENCE - Published 23 Nov 2017

Powdered vitamins and minerals added to foods at the point-of-use reduces anaemia and iron deficiency in preschool- and school-age children

Background to the question Approximately one billion people worldwide are deficient in at least one vitamin or mineral (also known of micronutrients). Iron, vitamin A, zinc and iodine deficiencies are very frequent among children of preschool (aged 24 months to less than 5 years) and school age (5 to 12 years of age), limiting their health and daily ...

COCHRANE EVIDENCE - Published 28 Oct 2015

Growth factors for treating diabetic foot ulcers

What are diabetic foot ulcers? People who suffer from diabetes mellitus (usually referred to as 'diabetes') can develop wounds (ulcers) on their feet and ankles. These diabetic foot ulcers can take a long time to heal, and affect quality of life for people with diabetes. In some people, failure of these ulcers to heal can contribute to the need for ...

Нейропротекторы (антиоксиданты)

2 search results for "Solcoseryl"

Current search: Solcoseryl [Reset](#)

Filter your results:

Health topics

- Blood disorders (1)
- Child health (1)
- Complementary & alternative medicine (1)
- Genetic disorders (1)
- Pregnancy & childbirth (1)
- Skin disorders (1)
- Wounds (1)

Type

- ☐ Cochrane Evidence (2)

Show advanced filters

Cochrane EvidenceResourcesHandbooks & ManualsTraining & Workshops [News](#)All Cochrane sites

Sort by... ☐ Hide descriptions [Subscribe to this search](#)

COCHRANE EVIDENCE • Published 20 Jan 2003

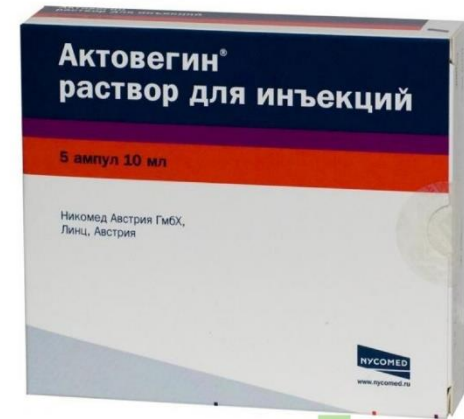
Maternal nutrient supplementation for suspected impaired fetal growth

Too little evidence to show whether extra carnitine, solcoseryl, glucose or galactose for pregnant women benefits babies in the womb who are smaller than expected. Babies growing more slowly than expected in the womb (impaired fetal growth) may be receiving too few nutrients from their mothers. Some nutrients thought to improve an unborn baby's growth ...

COCHRANE EVIDENCE • Published 8 Dec 2014

Treatments for leg ulcers in people with sickle cell disease

Leg ulcers are a chronic complication for people living with sickle cell disease. Ulcers tend to be difficult to treat successfully, healing slowly over months or years. They can severely disrupt quality of life, increase disability, require extended absence from the workplace, and place a high burden of care on healthcare systems. We looked at wheth



ИА Интернет-Аптека

Authors' conclusions:

There is not enough evidence to evaluate the use of nutrient therapy for suspected impaired fetal growth. The studies were too small to assess clinical outcomes adequately.

[Read the full abstract...](#)



0 search results for "Actovegin"

Current search: Actovegin [Reset](#)

Filter your results:

Cochrane EvidenceResourcesHandbooks & ManualsTraining & Workshops [News](#)All Cochrane sites

Гепатопротекторы



Cochrane Database Syst Rev. 2006 Apr 19;(2):CD002235.

S-adenosyl-L-methionine for alcoholic liver diseases.

Rambaldi A¹, Gluud C.

Ⓜ Author information

Update in

WITHDRAWN: S-adenosyl-L-methionine for alcoholic liver diseases. [Cochrane Database Syst Rev. 2015]

Abstract

BACKGROUND: Alcohol is a major cause of liver disease and disrupts methionine and oxidative balances. S-adenosyl-L-methionine (SAME) acts as a methyl donor for methylation reactions and participates in the synthesis of glutathione, the main cellular antioxidant. Randomised clinical trials have addressed the question whether SAME may benefit patients with alcoholic liver diseases.

OBJECTIVES: To evaluate the beneficial and harmful effects of SAME for patients with alcoholic liver diseases.

SEARCH STRATEGY: We searched The Cochrane Hepato-Biliary Group Controlled Trials Register (May 2005), The Cochrane Central Register of Controlled Trials in The Cochrane Library (Issue 2, 2005), MEDLINE (1950 to May 2005), EMBASE (1980 to May 2005), and Science Citation Index Expanded (searched May 2005).

SELECTION CRITERIA: We included randomised clinical trials studying patients with alcoholic liver diseases. Interventions encompassed per oral or parenteral administration of SAME at any dose versus placebo or no intervention.

DATA COLLECTION AND ANALYSIS: We performed all analyses according to the intention-to-treat method using RevMan Analyses provided by the Cochrane Collaboration. We evaluated the methodological quality of the randomised clinical trials by quality components.

MAIN RESULTS: We identified nine randomised clinical trials including a heterogeneous sample of 434 patients with alcoholic liver diseases. The methodological quality regarding randomisation was generally low, but 8 out of 9 trials were placebo controlled. Only one trial including 123 patients with alcoholic cirrhosis used adequate methodology and reported clearly on all-cause mortality and liver transplantation. We found no significant effects of SAME on all-cause mortality (relative risks (RR) 0.62, 95% confidence interval (CI) 0.30 to 1.26), liver-related mortality (RR 0.68, 95% CI 0.31 to 1.48), all-cause mortality or liver transplantation (RR 0.55; 95% CI 0.27 to 1.09), or complications (RR 1.35, 95% CI 0.84 to 2.16), but the analysis is based mostly on one trial only. SAME was not significantly associated with non-serious adverse events (RR 4.92; 95% CI 0.59 to 40.89) and no serious adverse events were reported.

AUTHORS' CONCLUSIONS: We could not find evidence supporting or refuting the use of SAME for patients with alcoholic liver diseases. We need more long-term, high-quality randomised trials on SAME for these patients before SAME may be recommended for clinical practice.

0 search results for "Ademetionine"

Current search:

Ademetionine Ⓜ

Reset

Filter your results:

Cochrane Evidence

Resources

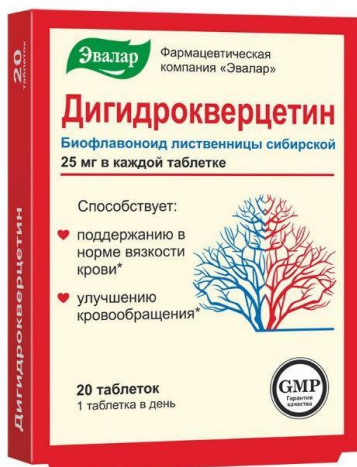
Handbooks & Manuals

Training & Workshops

News

All Cochrane sites

Биологически активные добавки



1 search result for "betulin"

Current search: [Reset](#)

Filter your results:

Health topics: ☐ Hide descriptions [Subscribe to this search](#)

Cancer (1)

Skin disorders (1)

Type

☐ Cochrane Evidence (1)

[Show advanced filters](#)

COCHRANE EVIDENCE - Published 12 Dec 2012

Interventions for actinic keratoses

Actinic keratoses are a skin disease caused by long-term sun exposure. Damaged skin shows small, red, rough, scaly, flat spots called actinic keratoses or lesions, which feel like patches of dry skin. Symptoms such as bleeding and pain can be associated with actinic keratoses. Moreover, actinic keratoses have the potential to develop into skin cancer ...

Authors' conclusions:

For individual lesions, photodynamic therapy appears more effective and has a better cosmetic outcome than cryotherapy. For field-directed treatments, diclofenac, 5-fluorouracil, imiquimod, and ingenol mebutate had similar efficacy, but their associated adverse events and cosmetic outcomes are different. More direct comparisons between these treatments are needed to determine the best therapeutic approach.

0 search results for "Dihydroquercetin"

Current search: [Reset](#)

Классические

3 search results for "valerian"

Current search:

Reset

Filter your results:

Cochrane Evidence

Resources

Handbooks & Manuals

Training & Workshops

News

All Cochrane sites

Health topics

Sort by...

☐ Hide descriptions

Subscribe to this search

Child health (1)

Complementary & alternative medicine (2)

Gynaecology (1)

Mental health (1)

Pain & anaesthesia (1)

Type

☐ Cochrane Evidence (3)

Show advanced filters

COCHRANE EVIDENCE • Published 18 Oct 2006

Valerian for anxiety disorders

Anxiety disorders are a very common mental health problem in the community. Most of the medications used to treat anxiety have side effects. Valerian is a phytotherapeutic medication frequently used for insomnia. The aim of this study was to investigate the efficacy and safety of valerian for anxiety disorders. Only one study was identified, involving ...

COCHRANE EVIDENCE • Published 22 Mar 2016

Dietary supplements for pain during menstruation

Review question Cochrane authors reviewed the evidence of the effect of dietary supplements (e.g. vitamins, minerals, herbs) on period pain (dysmenorrhoea). Background Dietary supplements have been used in the treatment of period pain. It is important to explore their benefits and harms. We investigated the effectiveness of dietary supplements compared ...

COCHRANE EVIDENCE • Published 6 Oct 2015

Non-drug treatments for promoting sleep in adults in the intensive care unit

Review question We reviewed the evidence on non-pharmacological interventions (i.e. non-drug treatments) for improving sleep in critically ill adults. Background Sleep is essential to enable adults in the intensive care unit (ICU) to recover from their illnesses. However, adults in the ICU often suffer from frequently disturbed sleep or a lack of ...

Authors' conclusions:

Since only one small study is currently available, there is insufficient evidence to draw any conclusions about the efficacy or safety of valerian compared with placebo or diazepam for anxiety disorders. RCTs involving larger samples and comparing valerian with placebo or other interventions used to treat anxiety disorders, such as antidepressants, are needed.

Read the full abstract...



Authors' conclusions:

The quality of existing evidence relating to the use of non-pharmacological interventions for promoting sleep in adults in the ICU was low or very low. We found some evidence that the use of earplugs or eye masks or both may have beneficial effects on sleep and the incidence of delirium in this population, although the quality of the evidence was low. Further high-quality research is needed to strengthen the evidence base.

Read the full abstract...



Инструкция по применению

«Дорогое плацебо помогает лучше, чем дешёвое»

Из отсутствия доказательств эффективности *прямо* не следует, что вещество неэффективно

Все эти «лекарства» безвредны и вполне могут использоваться лишь ради успокоения пациентов

Да, от любого из этих препаратов вам может стать легче



Благодарности

к. б. н., н. с. Баеву Дмитрию Сергеевичу

(лаборатория фармакологических исследований,
Новосибирский институт органической химии СО РАН)

Для подготовки презентации использованы
материалы из Encyclopedia Pathologica
(<http://encyclopatia.ru/wiki/Welcome>)