OXYGEN-OZONE THERAPY IN INFLAMMATORY BOWEL DISEASES

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RESUMO

Introduction. Oxygen-ozone therapy is gaining attention for its potential benefits in managinginflammatory bowel diseases (IBDs), such as Crohn's disease and ulcerative colitis. Thistherapeutic approach utilizes a mixture of oxygen and ozone to modulate the immune responseand reduce inflammation. Oxygen-ozone therapy can help modulate oxidative stress andinflammatory processes, which are central to the pathology of IBDs. The therapy's anti-inflammatory effects are primarily due to its ability to stimulate the production of antioxidantenzymes and reduce pro-inflammatory cytokines like TNF-α, IL-1β, and IL-6.The aim of this work was to study the effect of ozone in the treatment of inflammatory boweldiseases.Material and methods. 98 patients, aged between 55 - 89 years (mean 74±2.5 years), withsuspected inflammatory bowel disease (IBD) were examined. Endoscopic investigations andinterventions were performed at an expert qualitative level, on the Olympus® Evis Exera IIIendoscopic system. In all cases, the meticulous examination of the mucosa was carried out usingadvanced imaging: HD-Near Focus-WLE-NBI+. The patients received combined treatment ofmajor autohemotherapy and rectal insufflation per visit. The numbers of visits were three timesper week for eight weeks followed by twice per week for twelve weeks. Investigations wererepeated after 12 and 24 weeks of treatment.Results. According to biopsy results, ulcerative colitis was present in 75% of patients (n=73).Crohn’s disease was detected in 23% of patients (n=23), in 2% (n=2) the intestinal mucosa waswithout pathology. Diverticular disease was present in 42 % of the patient group, withdiverticular bleeding being the most common complication to mimic IBD. The patients showedsignificant improvement in clinical symptoms and a reduction in inflammatory markers afterozone therapy, in 45% after 8 weeks and in 89% after 24 weeks.In conclusion, oxygen-ozone therapy shows potential treatment for inflammatory boweldiseases, offering anti-inflammatory and immune-modulating benefits. Continued research willhelp clarify its role and ensure it can be safely and effectively integrated into clinical practice formanaging IBD.

PALAVRAS-CHAVE: Oxygen-ozone treatment, Crohn&#39, s disease, ulcerative colitis, major autohemotherapy, rectal insufflation

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