

The comparative study of fatigue in patients suffered from multiple sclerosis after 6 months treatment with cinnovex and betaferon referred to Ghaem hospital

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Introduction: Multiple sclerosis (MS) is one of the central nervous system disorders that usually affect young females. One of the common symptoms of this disease is fatigue that it greatly interferes with the patients' quality of life. Because of the fact that interferons are known as protective agents against MS symptoms, in this study we aimed to evaluate the effectiveness of these agents in fatigue of these patients and compare the potency of two commonly used interferon (Cinnovex and Betaferon) on fatigue of MS patients.

Method: In this cohort study 62 patients who received betaferon or cinnovex as their disease modifying treatment were evaluated. Fatigue was evaluated according to fatigue severity scale (FSS). After 6 months treatment with cinnovex and betaferon, FSS scores were compared between two therapeutic groups. P value lesser than 0.05 was considered significant.

Result: The study was performed with 62 patients, 32 patients treated with Cinnovex and 30 patients treated with Betaferon. The average sex was 78.5% in female and 24.2% in male. The mean age was 29.24 ± 6.02 . FSS at first was 3.88 ± 0.12 in betaferon group and 3.82 ± 0.11 in cinnovex group. After 6 months, FSS was 2.9 ± 0.11 in betaferon and 2.99 ± 0.09 in cinnovex group. The mean average in expanded disability status scale (EDSS) at first was 3.25 ± 0.7 and 2.93 ± 0.56 in betaferon and cinnovex groups respectively. After 6 months EDSS was 2.5 ± 0.56 in betaferon and 2.3 ± 0.59 in cinnovex group that show decreasing in EDSS and FSS during 6 months treatment.

Conclusion: It seems that both cinnovex and betaferon are equally effective in treatment of fatigue in MS patients with approximately similar side effects. The lower price and easier accessibility of the cinnovex in Iran, this study suggests that cinnovex might be a good choice for the treatment of MS patients.

Keywords: multiple sclerosis, betaferon, cinnovex, fatigue, fatigue severity scale, expanded disability status scale.