

OZONE THERAPY IN THE TREATMENT OF ELDERLY PATIENTS SUFFERING FROM PARKINSON'S SYNDROMES.

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Parkinson's syndromes are present frequently in the third age, with a high tendency to produce disability. The aim of this paper is to study the effectiveness of ozone therapy in the improvement of the elderly autonomy, as well as the quality of life of patients suffering of Parkinson's disease, taking into account some therapeutical properties of ozone (increase of the antioxidant defense system, enhancement in the tissue oxygenation, metabolic modulation, improvement of the neuroplasticity phenomenon, etc.). A sample of 80 patients with Parkinson's syndromes of different nature were treated with rectal ozone (during 15 sessions) and physiotherapy. A complete neurologic and psychometric examination (Minimental test, Katz index, multidimensional evaluation, etc.) was performed in each patient, at the beginning and at the end of the treatment. The results demonstrated that all symptoms and signs studied improved after the treatment, fundamentally the rigidity (95.7 %), the gait (95.3 %) and the bradiphrasia (88.8 %). The Daily Life Activities improved in 95 % of the treated patients. Any side-effect or intolerance were observed during the treatment. In general, an improvement in the quality of life of these patients, increasing their autonomy for a much longer period was achieved.