

desde entonces. Dado el impacto de su aparición en los pacientes con EM, no se debería escatimar en recursos para su adecuado manejo.

Sin embargo, en la actualidad, ante la falta de muestras más amplias y debido también a la complejidad de desarrollar estudios con grupos de control debido a consideraciones éticas, es muy difícil extraer conclusiones que apoyen o rebatan el uso de estos fármacos⁵⁹.

En base a los efectos adversos ocasionados a los pacientes, es recomendable no pautar, o hacerlo al menos de modo temporal, ni Fenitoína, ni Ácido Valproico, y usar la dosis más baja posible que resulte eficaz de los fármacos más habituales, Carbamacepina y Oxcarbazepina, puesto que puede ocasionar un empeoramiento importante de la enfermedad.

CONCLUSIONES

La ausencia de estudios con amplias muestras que ofrezcan resultados concluyentes hace que se desconozca cuál es la medicación más eficaz en cada caso para los pacientes con EM que padecen NT. Los únicos fármacos con evidencia A o B son la Carbamacepina y la Oxcarbazepina, sin embargo, sus efectos secundarios pueden aconsejar el empleo de otros medicamentos con una evidencia limitada. Debido a ello, la intervención quirúrgica puede ser una alternativa interesante en los casos en los que la terapia farmacológica no haya dado resultado, siempre y cuando el estado del paciente lo permita.

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