



## Megadose Methyl Prednisolone for Evans Syndrome

### Evans Sendromunda Mega Doz Metil Prednizolon

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Dear Editor;

I was pleased to read Berber et al's 50 year-old patient with Evans syndrome which was published as a Letter to The Editor in the recent issue of the Journal of Turgut Ozal Medical Center (2013;20(3):289-290). But, it was surprised to me that mega dose methyl prednisolone (MDMP) treatment was not brought to attention which had been successfully used for these patients first time from our country (1,2). Although it is a type corticosteroid administration treatment, it differs by its dosage (initially 30-100 mg/kg/day), the time of administration (around 6 a.m) (orally at once, intravenously 10-15 minutes) from conventional (1-2 mg/kg) uses divided doses, pulse methyl prednisolone (1000 mg given within 4 hours any time of the day, local injections intraocularly or by inhalation. MDMP administration is not only more effective, but also has less side effects (3,4). IVIG is not only very expensive, but also potentially harmful (5).

Despite of Coombs test became negative without determination of antiplatelet antibodies (APA), the authors stated that treatment was not effective; most likely because of platelet counts (6,7). I would like to indicate that this could be rare response in patient not related to the treatment. Corticosteroid has been used for different indications in medicine over 60 years since this discovery, in different routs (i.v. inhalation local administration intra muscularly or intra articularly, intra nasal, intra ocularly starting any time all the day mostly in divided doses not respected in physiological response which seems to increase its effectivity a more importantly decrease and/or prevent of its side effects which more often prevail its long term administration

and required. Although, its first administration was a patient surreal in deficiency which required substation therapy. First time I have started to use it respecting ACTH and cortical homeostasis in 1979 for the treatment acquired a plastic anemia, mylophibrosis, Diamond Blackfan anemia, idiopathic thromboc purpura and for more than 45 indications. The whole dose is given around 6 a.m. at once i.v. in 10 or 15 minitus. Orally as methyl prednisolen (MP) which is called mega dose methyl prednisolone (MDMP) (8).

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