

# Treatment of multiple sclerosis with interferons Tratamiento de la esclerosis multiple con interferones

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Despite the important achievements in clinical and experimental aspects of demyelinating diseases and multiple sclerosis (MS), its pathogenesis still remains unknown. The most commonly held view is that it is an autoimmune disease, related in some way to a viral infection, that occurs in genetically susceptible hosts. Based on this, many current treatments for MS are designed to modulate the immune response and interferons are an example. Only  $\beta$  interferon (out of  $\alpha$  and  $\gamma$  interferon) has a dose dependent efficacy in phase III clinical trials, as treatment for relapsing-remitting forms. It produces a reduction in exacerbation rates and in the burden of the disease, measured by Magnetic Resonance imaging. The clinical use of  $\beta$  interferon, considering the cost and large treatment period, must be cautious, reserving it only for confirmed relapsing-remitting modalities of MS. There is no clear cut evidence that  $\beta$  interferon is useful for chronic-progressive MS.