

TÍTULO

Lesión medular aguda y crónica: terapias emergentes.

INTRODUCCIÓN

La lesión medular aguda es una patología tiempo-dependiente, en la que la atención precoz, tanto prehospitalaria como hospitalaria, resulta fundamental para reducir el daño secundario y mejorar el pronóstico funcional. A pesar de los avances en cuidados críticos y técnicas quirúrgicas, el pronóstico neurológico continúa dependiendo del manejo precoz e integral en la fase aguda. En los últimos años, se han ampliado las perspectivas terapéuticas más allá del abordaje clásico de esta patología.

OBJETIVOS

Revisar las estrategias terapéuticas actuales en la lesión medular aguda y crónica, con especial énfasis en la evolución del manejo quirúrgico y en los recursos terapéuticos emergentes.

MATERIAL Y MÉTODO

Se realizó una revisión narrativa de la literatura centrada en las nuevas alternativas terapéuticas para el manejo de la lesión medular traumática aguda y crónica. La búsqueda se realizó en las bases de datos electrónicas Cochrane, Uptodate y PubMed.

RESULTADOS

Estudios centrados en la presión intraespinal han impulsado un cambio en la estrategia quirúrgica, como la durotomía y la duroplastia expansiva, con el objetivo de optimizar la presión de perfusión medular y, de este modo, limitar el daño secundario.

Las terapias emergentes para la lesión medular incluyen la electroestimulación epidural, la terapia celular, como la terapia celular NC1 desarrollada por el equipo del Hospital de Hierro, y fármacos inmunomoduladores. Aunque su uso se encuentra aún en fases experimentales, los datos disponibles hasta el momento sugieren que podrían convertirse en herramientas relevantes dentro del abordaje integral del paciente con lesión medular.

CONCLUSIONES

El manejo de la lesión medular está evolucionando desde un enfoque exclusivamente descompresivo hacia un abordaje multimodal. El conocimiento creciente sobre la fisiopatología de la lesión secundaria, está modificando el paradigma quirúrgico tradicional, impulsando estrategias como la apertura dural y la duroplastia expansiva. Paralelamente, están emergiendo terapias experimentales que, aunque aún restringidas a entornos de investigación clínica, representan líneas prometedoras.

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