

## Interleukina-6 como biomarcador de éxito de tratamiento para trastornos temporomandibulares articulares

### Interleukin-6 as a biomarker of treatment success for temporomandibular joint disorders

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#### RESUMEN

**Objetivo:** Evaluar si cambia el nivel de IL-6 en líquido sinovial (LS) de articulación temporomandibular (ATM), post tratamiento de trastornos temporomandibulares (TTM) articulares. Específicos: Conocer los tratamientos efectivos para TTM articulares y explorar si existen cambios de nivel de IL-6 en LS post tratamiento de TTM articulares.

**Materiales y métodos:** En una primera búsqueda se utilizaron términos MeSH en Pubmed. La segunda fue realizada en Pubmed y Cochrane Library, con términos MeSH y palabras claves en búsqueda avanzada. Criterios de inclusión: Revisiones sistemáticas desde 2015 sobre tratamientos para TTM articulares. Estudios clínicos desde 2015, donde se mida nivel de IL-6 en LS post tratamiento de TTM articulares. Criterios de exclusión: Estudios donde midan los niveles de IL-6 plasmáticos o en tejido articular.

**Resultados:** En la primera búsqueda se encontraron 41 resultados; por título y resumen quedan 15 revisiones sistemáticas cumpliendo los criterios de inclusión. En la segunda 35 resultados; 28 fueron excluidos por título y resumen al no ser atingentes. Luego de lectura completa, quedan 3 estudios clínicos aleatorizados cumpliendo los criterios de inclusión.

**Conclusión:** Es preciso seguir estudiando, buscando estrategias terapéuticas que puedan disminuir niveles de citoquinas proinflamatorias, siendo IL-6 un posible biomarcador en TTM articulares.

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**PALABRAS CLAVE:**

Interleukina-6; Trastornos Temporomandibulares; Tratamiento

**KEYWORDS:**

Interleukin-6;  
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**ABSTRACT**

**Objective:** To evaluate IL-6 level changes in synovial fluid (SF) in the temporomandibular joint (TMJ) post-treatment of temporomandibular disorders (TMD).

**Material and Methods:** In a first search, MeSH terms were used in Pubmed. A second one was conducted in Pubmed and the Cochrane Library, with MeSH terms and keywords in an advanced search. Inclusion criteria were all systematic reviews since 2015 on treatments for TMD, and clinical studies since 2015 where IL-6 levels were measured in SF post-treatment of TMD. Exclusion criteria were all studies where IL-6 levels were measured in plasma or joint tissue.

**Results:** In the first search, 41 results were obtained per title and abstract, of which 15 systematic reviews remained meeting the inclusion criteria. In a second search, 35 results were obtained, of which 28 were excluded by title and abstract as they were not pertinent. After full reading, three randomized clinical studies remained that met the inclusion criteria.

**Conclusion:** It is necessary to continue considering new therapeutic strategies to decrease levels of pro-inflammatory cytokines, where IL-6 might become a possible biomarker in TMD.

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