

ASSESSMENT OF TREATMENT EFFECTIVENESS OF CARDIAC PATIENTS WITH METABOLIC SYNDROME

D. Deev, B. Pinkhasov, V. Selyatitskaya

Laboratory of endocrinology, Research Institute of Experimental and Clinical Medicine, Russia

Purpose was to analyze treatment effectiveness of patients with cardiovascular diseases using ball assessment of metabolic syndrome (MS) components as a cluster of risk factors for development of the cardiovascular system diseases. Ball assessment of deviation degree of main (arterial hypertension, abdominal obesity, hyperglycemia, insulin resistance, hypertriglyceridemia, high-density lipoprotein low level) and additional (overweight, hyperuricemia, hypercholesterolemia, non-alcoholic fatty liver disease) MS components from reference values with assignment 1; 2; 3 balls for main and 0.5; 1; 1,5 balls for additional components was defined in 123 men. MS was diagnosed at the presence of 3 main components at least and at the sum of balls more than 6; less than 6 risk of MS development was revealed. The severity was defined at the sum of balls: light - 6-8,5; medium - 9-11,5; heavy - 12 and more. The effectiveness of treatment was assessed by change in the number of balls: significant improvement (reduction more 3,5), improvement (reduction from 1,5 to 3,5), without changes ($0\pm 1,0$), deterioration (increase from 1,5 to 3,5), significant deterioration (increase more 3,5). In 22,8% of patients risk of development was revealed, in 77,2% - MS of different severity. In 14 days after initiation of treatment, number of patients with MS decreased by 14.6%; with risk of MS development increased to 37.4%. Significant improvement was revealed in 18%, improvement - in 39%, lack of changes - in 37% and deterioration - in 6% of patients. Ball assessment allows determining the effectiveness of patients treatment with cardiovascular diseases.