

ASSESSMENT OF THE MANAGEMENT OF PATIENTS WITH CARDIOVASCULAR DISEASE AND CONCOMITANT ABDOMINAL OBESITY

L. Voropaeva, E. Firova

Cardiology, FSBSI "The Institute of experimental medicine", Russia

Purpose: To analyze of treatment of patients with cardiovascular disease and obesity. Methods: Analysis 30 male patients with abdominal obesity aged from 24 to 53 years. Results: During the initial analysis of the case histories revealed: -overweight 20% -obesity 80% (I degree – 43%, II degree – 20%, III degree - 17%). Obesity associated with increased cholesterol 93%; triglycerides, 70%; LDL 90% and reduce LDL is 83%. 50% of the patients marked increase in the level of glucose, and 38% hypertension. When treatment was assigned: a personalized diet, therapeutic exercise, the procedure myostimulation device "ESMA". The mainstay of medical therapy was – diuretics, statins and fibrates, beta-blockers, ACE inhibitors, calcium channel blockers, antagonist RAAS. In the course of non-drug therapy in 98% of patients dropped the weight and BMI, WC, HC. Drug therapy has allowed patients to stabilize hypertension, normalize lipid metabolism in 9%, carbohydrate metabolism at 18.7%. After the end of treatment followed by a re-analysis of BMI. Revealed a decrease in the number of obese patients by 17%. While 6% of patients with obesity I degree moved to the group with a BMI from 25.0 to 30.0 (overweight), and 10% of patients with obesity of II degree was moved to the group with a BMI 30,0-35,0 (grade I obesity). Conclusions: The study found that obesity combined with hypertension in 38% of cases, diabetes in 50%. After completion of treatment in 87% of cases there was a correction of body weight, WC reduction, normalization of lipid exchange that characterizes inpatient treatment positively.