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DYNAMICS OF PSYCHOEMOTIONAL DISORDERS UNDER THE ROSUVASTATIN INFLUENCE AT PATIENTS WITH METABOLIC SYNDROM AND MILD HYPERTENSION

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Aim: to research prevalence of psychoemotional disorders under the rosuvastatine influence at patients with mild hypertension and metabolic syndrome. **Methods:** 58 patients with hypertension I-II stages, metabolic syndrome and SCORE risk 1-4% were randomized in 2 groups. Patients in Group I took rosuvastatin 20 mg daily, patients of Group II took none of hypolipidemic agents. The mean age was 54,1±2,1 and 55,3±2,0 y.o., correspondingly. We used both HADS and Zung Questionnaires for psychoemotional disorders estimation. We also studied levels of serotonin, endotheline, epinephrine and norepinephrine in both Groups. We performed examination at randomization and after 3 month. **Results:** We revealed significant decreasing both total cholesterol and low-density lipoproteins level from 7,2±0,3 to 5,6±0,2 mmol/l and from 4,9±0,2 to 3,8±0,2 mmol/l, correspondingly in Group I (p0,05). In Group II all above mentioned parameters no changed significantly (p0,05). We revealed clinically significant anxiety at 42% patients of Group I and at 30% - in Group II, depression – at 8% and 20%, correspondingly, according to HADS Questionnaire (p0,05) and at 8% and 10%, correspondingly - according to Zung Questionnaire, correspondingly at I test (p0,05). We didn't reveal any significant changes of psychoemotional disorders prevalence in both Groups after 3 month (p0,05). We performed correlation analysis with the calculation of the Spearman coefficient. It was established that there was no correlation between the presence and severity of both anxiety and depression and the lipid profile of the blood for I and II tests (p 0,05). After 3-month course of rosuvastatin the prevalence of low serotonin level in patients with mild hypertension and initial hypercholesterolemia did not increase, but, on the contrary, decreased 3-fold – from 35% to 14%. We not found any correlation between the serotonin level and the severity of depression (p 0,05). We also not found any significant difference in endothelin, epinephrine and norepinephrine level in both groups (p0,05).



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