

ASSESSMENT OF CLINICAL EFFICIENCY OF DYNAMIC ELECTRONEUROSTIMULATION IN PATIENTS WITH ESSENTIAL HYPERTENSION OF 2-3 STAGE

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High importance in reduction of blood pressure is attached to non-drug therapy. A specific non-drug therapy can become an initial treatment stage of patients with slight blood hypertension, and prevent hypertension development in patients with a high risk of cardiovascular complications. In addition, non-drug methods enable one to control BP under lower doses of hypotensive preparations.

Purpose of the research: To assess clinical efficiency of dynamic electroneurostimulation (DENS) in complex treatment of patients with essential hypertension of 2-3 stage.

Patients and methods. The main group (Main gr.) consisted of 25 people of the age from 48 to 65 years, average age - 53±1.7; 15 men (60 %) and 10 women (40 %). The control group (Control gr.) consisted of 25 people. The groups correlated by age, gender and duration of the disease. Concurrent pathology in both groups: CHD, angina pectoris of 2nd-3rd functional class; some patients had in their past history coronary stenting or coronary artery grafting, and pancreatic diabetes of the 2nd type —subcompensated form in more than 50 % of cases.

All patients had general clinical investigation, EKG, daily EKG and BP monitoring, veloergometry (VEM) according to standard order of procedures.

Patients of both groups had standard basic hypotensive therapy: APF inhibitors in medium-therapeutic doses, beta-blockers, diuretics.

Additionally the main group had DENS by standard methods (combination of corporal zones and auricular points). Duration of the treatment course was 10 days.

Results and discussion.

1. By the data of daily monitoring in the main group, inclusion of DENS-therapy into complex treatment of patients with essential hypertension resulted in the reduction of the average BP in 88 % of patients without changing the basis therapy. The degree of reduction of the daily average pressure in patients was from 10 mmHg to 20 mmHg and more. The results :

	10-20 mmHg		More than 20 mmHg		Without dynamics	
	Main gr.	Control gr.	Main gr.	Control gr.	Main gr.	Control gr.
Average daily blood pressure	20	6	2	-	3	19
Systolic blood pressure	15	5	5	1	5	20
Diastolic blood pressure	19	6	1	-	5	19

The majority of patients had an average BP stabilized during course treatment within the limits of up to 20 mmHg. No changes in the BP level in the control group were registered in 19 patients, whereas in the main group, which had additional treatment with DENS, only 3 patients did not have their BP changed.

2. Analysis of the data of daily EKG monitoring has revealed that patients who have additional dynamic electroneurostimulation of corporal zones and auricular points had a reduced number of heart rate disorders by 56 %. And in the control group who had only basis treatment, reduction of the amount of disorders was registered in only 24 % of cases.

3. Clinically all patients noted good tolerance of procedures, improvement of the general state of health and sleep. No negative effects and side effects were registered.

Thus, at regular course application of DENS, stabilization of the course of essential hypertension and improvement of the patient's quality of life can be achieved.