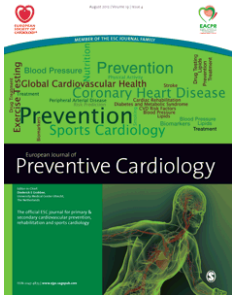
MEDICINA

Področje: 3.07 Metabolne in hormonske motnje

1)Subtherapeutic, low-dose fluvastatin improves functional and morphological arterial wall properties in apparently healthy, middle-aged males - a pilot study. Lunder M, Janić M, Habjan S, Sabovič M. Atherosclerosis; 2011; Vol. 215, no. 2; str. 446-451

2)Reduction of age-associated arterial wall changes by low-dose valsartan. Lunder M, janic M, sabovic M. Eur J Cardiovasc Prev Rehabil. 2011 Sep 20



1) In 77% of subjects, impaired endothelial function was revealed at inclusion in the study. All the parameters were improved already after 14 days, and after 30 days of low-dose fluvastatin treatment. During the study the lipid profile remained unchanged, thus the beneficial effects obtained were attributed to the pleiotropic effects of fluvastatin.

2) Intervention resulted in FMD increase (154.2 ± 20.1 %; $p < 0.001$) and PWV and β-stiffness decrease compared to initial values (-6.9 ± 1.0 % and -13.2 ± 1.4 %; both $p < 0.01$) whereas values in the untreated group ($p < 0.001$ for all parameters) remained unchanged throughout the study. The beneficial effects were ascribed to valsartan's pleiotropic effects, as no blood pressure changes were recorded

Such new and original approaches could be valuable in cardiovascular prevention.

Med zbolelimi za kardiovaskularnimi dogodki opazujemo tudi mnogo bolnikov, pri katerih je ocena ogroženosti po „Framingham risk score“ nizka, kar nakazuje, da vključeni dejavniki tveganja ne zagotavljajo dovolj velike senzitivnosti pri presejanju. Glede na podatek, da je funkcionalna okvara žilne stene neodvisni dejavnik za nastanek miokardnega infarkta[1] , je skupina dokazala funkcionalno žilno okvaro pri „zdravih moških“ z nizkim izračunanim tveganjem za kardiovaskularne dogodke. Hkrati je dokazala, da je ta okvara lahko reverzibilna z zdravljenjem z inhibitorji renin-angiotenzin sistema in/ali statini in to v subterapevtskih odmerkih – to odpira nove možnosti zgodnje detekcije in prevencije.

[1] Erzen B, Sabovic M, Sebestjen M, Poredos P: Endothelial dysfunction, intima-media thickness, ankle-brachial pressure index, and pulse pressure in young post-myocardial infarction patients with various expressions of classical risk factors. *Heart Vessels* 2007, 22(4):215–222.