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**INTERNATIONAL SCIENTIFIC  
AND PRACTICAL CONFERENCE  
"TRENDS IN THE DEVELOPMENT OF QUALITY  
TRAINING OF FUTURE SPECIALISTS"**

**Oslo, Norway**

**May 21 - 24, 2024**

**ISBN 979-8-89372-180-5**

**DOI 10.46299/ISG.2024.1.20**

**UDC 01.1**

The 20th International scientific and practical conference “Trends in the development of quality training of future specialists” (May 21 – 24, 2024) Oslo, Norway. International Science Group. 2024. 392 p.

**ISBN – 979-8-89372-180-5**

**DOI – 10.46299/ISG.2024.1.20**

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## **THE FEATURES OF METABOLIC THERAPY IN PATIENTS WITH ARTERIAL HYPERTENSION AND CONCOMITANT CORONARY ARTERY DISEASE**

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The use of metabolo-tropic drugs shows the effects of cardio- and vasoprotection in addition to the basic therapy, remains an urgent issue in determination an effective strategy for the integrated treatment of cardiovascular diseases, considering the etiopathogenetic approach [1-9].

The aim was to reveal the clinical features of the additive application of meldonium in hypertensive patients with concomitant coronary artery disease.

This study was planned as a cohort, 6-week, mono centric, double-blinded, randomized, in parallel groups. There were examined 100 hypertensive patients with chronic forms of coronary artery disease in the study. 50 patients were included in the first group, who received basic therapy and 50 patients in the second group, who were administered with 500mg of meldonium for 6 weeks along with the basic therapy.

A significant reduction in systemic blood pressure based on the results of daily monitoring was evident in both the groups: the level of systolic, diastolic, mean and pulse blood pressure decreased by 14,7 % ( $p < 0,05$ ), 7,84 % ( $p < 0,05$ ), 11,6 % ( $p < 0,05$ ) and 23,65 % ( $p < 0,05$ ) respectively in the first clinical group, whereas in the second one these data decreased more significantly - by 19,99 % ( $p < 0,05$ ), 11,05 % ( $p < 0,05$ ), 13,94 % ( $p < 0,05$ ) and 31,66 % ( $p < 0,05$ ) respectively.

Thus, the additive meldonium administration at daily dose of 500 mg along with the standardized therapy promotes potentiation of the effects of cardio- and

vasoprotection in hypertensive patients with coronary artery disease, modifying the chronic disorders of cerebral circulation, increasing the tolerance to physical load as well.

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