

# Эффективность применения глюкозаминилмурамилдипептида и лактулозы в комплексной терапии ишемической болезни сердца у больных пожилого возраста

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**Резюме.** Проанализирована эффективность применения иммуномодулятора глюкозаминилмурамилдипептида – ГМДП (ликопид) и пребиотика лактулозы в комплексной терапии ишемической болезни сердца (ИБС) у 160 больных пожилого возраста со стабильным течением стенокардии II и III функционального класса (NYHA, 2002), рандомизированных на 4 группы в зависимости от схем терапии. Больные I-й группы получали стандартную терапию ИБС.

Специальные схемы терапии помимо стандартного лечения включали либо лактулозу по 10 мл 1 раз в сутки, либо ГМДП по 1 мг 1 раз в сутки, или комбинацию лактулозы с ГМДП в тех же дозах. В работе использованы клинико-инструментальные (эхокардиография, тест с 6-минутной ходьбой), лабораторно-биохимические методы исследования, в том числе анализ кала на дисбиоз. Эффективность лечения определялась через 2 нед после лечения в группах в целом и при делении их на больных с относительно низким (<3,5) и высоким (>3,5) коэффициентом атерогенности (КА). Применение лактулозы и ГМДП в комплексной терапии ИБС у больных сопровождалось более выраженными клиническими эффектами по сравнению со стандартной терапией, особенно у больных с исходным значением КА<3,5. Полученные показатели связаны с воздействием данных препаратов на такие важные патогенетические звенья атеросклероза, как иммунное воспаление и микробиоценоз толстого кишечника, ассоциированные с нарушениями липидного обмена.

**Ключевые слова:** ишемическая болезнь сердца, пожилой возраст, лактулоза, ГМДП, микробиоценоз толстого кишечника, коэффициент атерогенности.

## Efficiency of application glucosaminilmuramildipeptides and lactuloses in complex therapy of an ischemic heart disease at patients of advanced age

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**Summary.** Efficiency of application immunodulator glucosaminilmuramildipeptides – GMDP (licopid) and prebiotic lactuloses in complex therapy of an ischemic heart disease at 160 sick advanced ages with a stable current of a angina pectoris II and III functional class, randomized on 4 groups depending on therapy schemes is analysed. Sick 1 groups received standard therapy of an ischemic heart disease. Special schemes of therapy besides standard treatment switched on or a lactulose on 10 ml, 1 time a day; or GMDP on 1 mg, 1 time a day; or a combination of a lactulose with GMDP in the same doses. In job are used clinico-tool (an echocardiography, the test with 6-minute walking), laboratory-biochemical methods of research, including the feces analysis on disbiosis. Efficiency of treatment was defined in 2 weeks after treatment in groups as a whole and at their division into patients with rather low (<3,5) and high (>3,5) coefficient of atherogenesis (KA). Application of a lactulose and GMDP in complex therapy of an ischemic heart disease at the elderly was accompanied by more expressed clinical effects in comparison with standard therapy, especially at patients with reference value KA<3,5. The obtained data is bound to influence of the given preparations on such important pathogenetic links of an atherosclerosis, as an immune inflammation and a microbiocenosis of a thick intestine, association with disturbances of a lipid exchange.

**Key words:** coronary heart disease, advanced age, lactulose, GMDP, stout intestines microbiocenosis of thick intestine, coefficient of atherogenesis.

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