

# 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 immunomodulator 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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## **Table of Contents Effektivnost Zakona Metodologiia I Konkretnye Ibledovaniia**

1. Understanding the eBook Effektivnost Zakona Metodologiia I Konkretnye Ibledovaniia
  - The Rise of Digital Reading Effektivnost Zakona Metodologiia I Konkretnye Ibledovaniia
  - Advantages of eBooks Over Traditional Books
2. Identifying Effektivnost Zakona Metodologiia I Konkretnye Ibledovaniia
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Effektivnost Zakona Metodologiia I Konkretnye Ibledovaniia
  - User-Friendly Interface
4. Exploring eBook Recommendations from Effektivnost Zakona Metodologiia I Konkretnye Ibledovaniia
  - Personalized Recommendations
  - Effektivnost Zakona Metodologiia I Konkretnye Ibledovaniia User Reviews and Ratings
  - Effektivnost Zakona Metodologiia I Konkretnye Ibledovaniia and Bestseller Lists

5. Accessing Effektivnost Zakona Metodologija I Konkretne Iblehovaniia Free and Paid eBooks
  - Effektivnost Zakona Metodologija I Konkretne Iblehovaniia Public Domain eBooks
  - Effektivnost Zakona Metodologija I Konkretne Iblehovaniia eBook Subscription Services
  - Effektivnost Zakona Metodologija I Konkretne Iblehovaniia Budget-Friendly Options
6. Navigating Effektivnost Zakona Metodologija I Konkretne Iblehovaniia eBook Formats
  - ePub, PDF, MOBI, and More
  - Effektivnost Zakona Metodologija I Konkretne Iblehovaniia Compatibility with Devices
  - Effektivnost Zakona Metodologija I Konkretne Iblehovaniia Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Effektivnost Zakona Metodologija I Konkretne Iblehovaniia
  - Highlighting and Note-Taking Effektivnost Zakona Metodologija I Konkretne Iblehovaniia
  - Interactive Elements Effektivnost Zakona Metodologija I Konkretne Iblehovaniia
8. Staying Engaged with Effektivnost Zakona Metodologija I Konkretne Iblehovaniia
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Effektivnost Zakona Metodologija I Konkretne Iblehovaniia
9. Balancing eBooks and Physical Books Effektivnost Zakona Metodologija I Konkretne Iblehovaniia
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Effektivnost Zakona Metodologija I Konkretne Iblehovaniia
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Effektivnost Zakona Metodologija I Konkretne Iblehovaniia
  - Setting Reading Goals Effektivnost Zakona Metodologija I Konkretne Iblehovaniia
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Effektivnost Zakona Metodologija I Konkretne Iblehovaniia
  - Fact-Checking eBook Content of Effektivnost Zakona Metodologija I Konkretne Iblehovaniia
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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