

PREVENTION OF STROKE IN PATIENTS WITH CHRONIC CEREBRAL ISCHEMIA IN THE BACKGROUND OF ISOLATED SYSTOLIC HYPERTENSION

M A Bakhadirova, S O Bahadirov, M O Alimukhamedova and D Kh Akilov

Neurorehabilitation Department, Tashkent Institute of Postgraduate Medical Education, Uzbekistan

Chronic cerebral ischemia (CCI) is a form of chronic progressive cerebrovascular disease characterized by multifocal or diffuse brain damage and is manifested in the form of complex neurological and neuropsychological disorders. The main manifestations of CCI are impairment of cognitive (recognition) function, affective disorders and movement disorders polymorphic. The main etiological factor of cerebral microangiopathy is hypertension, which causes arteriosclerosis (lipogialinoz) of small penetrating arteries and arterioles. Although patients with CCI prefer to focus on such subjective symptoms like headache, dizziness, tinnitus, fatigue, the core clinical CCI determining the severity of the condition of patients is increasing restriction of neuropsychological, motor functions. The result of neuropsychological disorders in CCI is the development of vascular dementia. We observed 766 people (300 women, 466 men; mean age 65 ± 105 years), held in-patient treatment in the Clinical Hospital of Tashkent in the period from November 2013 to December 2015. All patients were followed-up visit, which included a neurological examination: ECG, Doppler ultrasound, EEG and a set of neuropsychological tests. Patients were divided into two groups: I group consists of standard therapy of CCI + nitrendipine 10-40 mg / day + alzepil 5 mg/day at morning 6 months. II group consists of CCI standard therapy. Repeated study of patients had clinically significant achievement of target blood pressure, as well as significantly improvement of cognitive functions in the first group of patients. There were 4 cases of stroke during the next two years in the first group of patients (atherothrombotic origin). In the second group of patients there were 19 cases of stroke, 3 of them repeated. Use of the drug nitrendipine for the correction of blood pressure in elderly patients significantly lowers the risk of stroke and gross cognitive impairment

Biography

Munisa Bakhadirova has graduated from Tashkent Medical Institute (1988 – 1994) and completed her Residentsip in Neurology (1994 – 1996) at Tashkent Medical Institute. In 2002 she completed her PhD on Rates of cerebrovascular flow at different stages of stroke rehabilitation. Since 2004 she has been an Assistant Professor, Neurerehabilitation department, Tashkent Institute of Postgraduate medical education.

akilov.dj@gmail.com