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Summary. With a three-year interval examined 63 hypertensive patients with mild to moderate arterial hypertension (AH), who during the given period took medications occasionally. At baseline examination, patients did not have concomitant cardiovascular diseases and complications of diabetes. During this time, the dynamics of blood pressure was uneven: for 12.7% of the patients it decreased, for 38.1% stayed unchanged and for 49.2% - it increased. Increase of wall thickness and left ventricular mass over three years period were observed not only in patients whose blood pressure has increased, but when there were no significant changes. These data suggest that the decision on AH progression presence/absence it is important to take into account dynamics of not only arterial tension, but of target organs damage symptoms, including signs of left ventricular hypertrophy.

Keywords: hypertensive disease, left ventricular hypertrophy, longitudinal study.