

Results and discussion. After the treatment with the inclusion of chondroprotectors in the form of soybean and avocado Piaskledin 300 along with NSAIDs in women in the menopausal period suffering from OA of the knee joints, the intensity of the pain syndrome according to VAS decreased by 26.6% ($p < 0.05$) and the WOMAC index decreased by 29.2% ($p < 0.05$) in all positions: the pain severity decreased by 31.5%, stiffness by 37.5%, the functional insufficiency by 14.7% compared with the group of patients who received standard medication.

Treatment with the administration of the drug from soybeans and avocado increases the mobility of the knee joints by 25% ($p < 0.05$) and decreases inflammation in women in the menopausal period suffering from OA of the knee joints by 30% compared with group I who received standard medication.

Proceeding from the data obtained of therapy with inclusion of the drug from soybeans and avocado is the most effective and expedient in the given category of patients.

THE UNDIFFERENTIATED CONNECTIVE-TISSUE DYSPLASIA SYNDROME AS A PREDISPOSITION OF VARICOSE VEINS OF THE LEGS IN YOUNG WOMEN

A.A. Zazdravnov, K.Yu. Parkhomenko

Kharkiv National Medical University

The undifferentiated connective-tissue dysplasia syndromes (UCTDS) is a very common disease with a variety of clinical manifestation in different organs. Varicose veins of the legs (VVL) refers to the most frequent vascular pathology in young people. According to some phlebologists, connective-tissue dysplasia is the main cause of VVL, especially in young people. Disturbances in the metabolism of collagen and elastin in individuals with UCTDS can cause changes in the mechanical properties of the vascular wall and venous valves.

The purpose of research. To investigate:

- the frequency of phenotypic signs of connective tissue dysplasia in young women with VVL.
- the condition of the cardiovascular system in young women with VVL and UCTDS.

Methods. 21 women with varicose veins of the lower extremities were examined. The mean age of the patients was 22 ± 1.08 years. Clinical examination, anthropometric measurements, ultrasound examination of veins and echocar-

diography were performed for all patients. UCTDS was diagnosed by Brighton criteria, 1998.

Results. The UCTDS was diagnosed in 18 (81.8%) patients with VVL. The diagnosis of UCTDS preceded the appearance of the first signs of varicose veins in all cases. A further study was conducted in the group of patients with established diagnosis of UCTDS (18 women). Signs of autonomic dysfunction of the nervous system were detected in 100% of patients. Hypotonic type of autonomic dysfunction was most frequent — 9 of 18 patients, hypertensive type of autonomic dysfunction was established in 2 women. A positive «thumb test» (independent thumb fixation across the palm exist and the nail phalanx of the thumb goes beyond the ulnar edge of the palm) was the most frequent (15 patients — 83.3% of cases) phenotypic symptom in women with UCDTS and VVL. A positive wrist test (Walker — Murdoch test) was detected in 9 (50%) patients. Hypermobility of the elbow joints was observed in 9 (50%) patients, hypermobility of the knee joints — in 3 (16.7%) patients. Scoliosis was diagnosed in 6 (33.3%) patients, flat feet — in 6 (33.3%) patients, varus or valgus deformity of the legs — in 6 (33.3%) patients, chest deformity — in 4 (22.2%) women. By ultrasound examination of veins, we determined the «normality» of the anatomical structure of the great saphenous vein on the thigh. We calculated the ratio of the diameter of the great saphenous vein in the lower third of the thigh to the diameter in the upper third (the index of hypoplasia of the great saphenous vein on the thigh) in clinostasis. In all cases, the index of hypoplasia was abnormal (more than 1). By echocardiography examination, small heart abnormalities (prolapse of the mitral valve, additional chords in the left ventricular cavity, ectopic chord fixation) were detected in 7 (38.9%) women. Each of the patients with UCTDS and VVL had five or more phenotypic signs of connective tissue dysplasia.

Conclusions. In young women VVL are associated with the UCTDS. Positive «thumb test», positive wrist test and hypermobility of the elbow joints are the frequent phenotypic symptom in women with UCDTS and VVL. The presence of five or more phenotypic signs of connective tissue dysplasia can be a negative predictor for genesis and progression of varicose veins of the legs in young women. Hypoplasia of veins (exemplified by the great saphenous vein) was inherent in the patients. A defect in the formation of connective tissue can cause a disruption in the structure of the vein wall and its valvular apparatus.