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**VASOPROTECTIVE EFFECT OF THE JERUSALEM**  
**ARTICHOKE IN PATIENT WITH MILD FORM OF DIABETES**  
**MELLITUS TYPE 2**

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Diabetes Mellitus (DM) is a chronic disease that affects humans body, combining a group of metabolic disorders for a prolonged period. This condition is due to the lifestyle and bad diet mainly, and may lead to severe dangerous complications like angiopathy which may lead to myocardial infarction and other serious health complications. Many drugs are being given to treat hyperlipidemia which is one of the main angiopathy pathogenetic factor, especially at modern period. But the side effects of these drugs stimulated many doctors to find a better natural treatment, this is why nowadays, researches are being made on the effect of herbal therapy on decreasing blood lipids, thus decreasing the complications accompanied with it, having less side effects than in usual synthetic drugs. Tapinambour (Jerusalem Artichoke) is one of interesting herbal therapies due to its high content in fibers (mainly soluble) that bind to fat in the small intestine preventing its absorption, in addition, it contains high amount of inulin, which helps lowering glucose level and decrease cholesterol level, helping in diabetes treatment, preventing vascular damage.

**The aim of research** - to study the effectiveness of Tapinambour on decreasing lipids level in blood at patients suffering from mild form of diabetes mellitus type 2.

**Materials and methods.** 30 patients are being studied with mild form of diabetes mellitus type 2, with constant Low Density Lipoprotein (LDL) range between 160-210 mg/dL, High Density Lipoprotein (HDL) 30-40 mg/dl, total cholesterol 225-240 mg/dl, triglyceride 160-180 mg/dl, and HBA1C range between 7%-8.2%. All patients traditionally treated by using lifestyle and nutrition. Only 15 of these patients have added Tapinambour to their daily diet. They have consumed 3 medium sized Tapinambour racines 3 times per day, 10 min before meal for a duration of 80 days.

**Results and they discussion.** The study elicited slight changes in LDL (150-210 mg/dl), HDL (35-44 mg/dl), total cholesterol (215-240 mg/dl), triglyceride (155-176 mg/dl), in 9 of the patients who added Tapinambour to their treatment, without experiencing any side effects.

**Conclusion.** Based on the obtained results, it can be stated that Tapinambour helps decreasing levels of blood lipids, due to its high content in

fibers and inulin, thus it can be given as a compliment therapy for decreasing the dose of usual hypolipidemic drugs, avoiding their side effects.

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**ASSESSMENT OF THE VASCULAR WALL STATE IN**  
**PATIENTS WITH GOUT AND COPD**

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Disorders of the elastic properties of large arteries is a pathogenetic element of many cardiovascular diseases. At present, the mechanisms of cardiovascular system damage are studied at rheumatic pathologies. For this reason, it is extremely important to study atherosclerosis at preclinical stages. The "gold standard" for evaluation of vessel stiffness is the use of the SphygmoCor apparatus which based on the determination of pulse wave velocity (PWV). The study of the state of the vascular wall by this method allows to diagnose arterial disease at an early stage. To study the rigidity of large vessels, it is optimal to determine the index of the reflected wave - the index of augmentation (IA). A large number of studies have been carried out which proved that the PWV estimated by the carotid-femoral method is an independent predictor of total and cardiovascular mortality not only in patients with hypertension, but also in the general population as a whole.

The prevalence of the combined course of hyperuricemia and gout with other metabolic disorders and diseases is significantly high. The links between gout and arterial hypertension, coronary heart disease, stroke, diabetes mellitus type 2, obesity, lipid metabolism and insulin resistance have been studied. While, concomitant diseases at COPD (hypertension, IHD, arrhythmia, stroke, diabetes mellitus) and its systemic complications (cachexia, atrophy of skeletal muscles, osteoporosis, anemia, anxiety-depressive disorders) affect the clinical state of patients, worsen the prognosis. Similar comorbid conditions and complications at gout and COPD increase the likelihood of a combination of gouty arthritis and chronic pulmonary pathology. It can be assumed that both at gout and at COPD, there are unknown pathogenetic links that determine the clinico-pathogenetic dependence and form a formidable tandem Gout - COPD.

**The aim** of the study was to assess the state of the vascular wall in patients with isolated gout and in combination with COPD.

**Materials and methods.** Diagnosis of gout was carried out using the criteria for classification EULAR (2010). The diagnosis of COPD was established according to the criteria GOLD. Vessels stiffness was made using apparatus SphygmoCor (AtCor Medical), pulse wave velocity and augmentation index were estimated. PWV was studied in the carotid-femoral region. 44