

CHANGES OF INSULT FREQUENCY IN HYPERTENSIVE PATIENTS AT DIFFERENT TIME OF THE DAY

Bokalec N.F., Kozlovsky V.I

The rise of arterial pressure is one of the factors that considerably increases the risk of insult development. For the present the effect of the previous antihypertensive therapy on the distribution of insults during the day has not been studied sufficiently yet.

Changes of insult frequency at different time of the day, were studied retrospectively in 1119 hypertensive patients whose previous medicinal treatment was diverse.

At the period of crisis in the group at large and in those patients who didn't take antihypertensive drugs insults were observed more often at 8-10 a. m. and at 14-18 p. m., their minimum frequency was registered at 1-4 o'clock ($p < 0.05$).

This tendency was characteristic both of the group at large and of the patients who didn't take antihypertensive drugs (312 patients). Those patients who took clonidin constantly (248 patients) showed a reliable decrease of insult development frequency at 9-11 a.m. ($p < 0.05$) and increase at 12-14 and 4-6 o'clock ($p < 0.05$).

In 342 patients who had taken adelphan before development of insult this frequency in the day-time differed inconsiderably from that in the group of patients without the treatment, the frequency of insults being higher in the morning at 4-7 o'clock ($p < 0.05$).

In 297 patients who were treated with nifedipin insult development frequency was the same as in the group at large, but at 6-7 a. m., insults occurred more often.

It is concluded that antihypertensive drugs cause reliable changes of insult development frequency in hypertensive patients at different time of the day. It is necessary to analyse changes in trigger mechanisms of insult development against a background of antihypertensive therapy.