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CHANGES IN STEATOSIS AND LIVER FIBROSIS IN PATIENTS WITH NON-ALCOHOLIC STEATOHEPATITIS AND HYPERTENSION DURING TREATMENT WITH HEPADIF, EZETIMIBE AND FOSINOPRIL

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Introduction. Relevance of the research of comorbid course of nonalcoholic steatohepatitis (NASH) in patients with obesity and arterial hypertension (AH) is a cascade of reactions of mutual aggravation therefore our aim was to establish a probable effect of a set of remedies such as hepadif, ezetimibe and fozinopril on the degree of liver steatosis, liver tissue fibrosing, the condition of hepatic blood flow.

Keywords: nonalcoholic steatohepatitis, SteatoTest, FibroTest, arterial hypertension

Materials and methods. The study involved 60 patients with NASH with mild and moderate activity and comorbid course of stage II AH and the 1st degree obesity. To determine the effectiveness of treatment, we formed 2 groups of patients who were randomized. The control group (C) (30 individuals).The main group (M) (30 individuals) received a hypocaloric diet, metformin 500 mg 2 times a day, hepadif, ezetimibe and fosinopril 10 mg per day over the 30 days.

Results. These data were confirmed by the results of SteatoTest and FibroTest. In particular, the indicator of the intensity of hepatocyte steatosis, which had been significantly increased before the treatment decreased significantly after the treatment in patients of M group:by 41.3%, while in the control group it only tended to

decrease. Changes in the FibroTest values in the dynamics of treatment were not statistically reliable in both groups, but in the group M the reduction rate decreased by 15.2%.

Conclusions. The comprehensive therapy including the drugs hepadif, fozinopril and ezetimibe was more effective than the traditional combination: Essentiale, enalapril and atorvastatin both for rapid elimination of the degree of hepatocyte steatosis and for inhibiting fibrosis in the liver tissue.