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## URSODEOXYCHOLIC ACID IN COMPLEX TREATMENT OF PATIENTS WITH METABOLIC SYNDROME

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### Summary

**The aim of the investigation.** The estimation of the degree of ursodeoxycholic acid's influence on values of immunoreactive insulin, leptin, clinically-biochemical indices in metabolic syndrome.

**Materials and methods.** Patients with metabolic syndrome (66 persons) at the age of 38 to 67 years who got ursodeoxycholic acid in complex treatment were examined. 21 persons made up the control group. The indices of immunoreactive insulin, leptin were studied in dynamics with the use of immunoenzymatic method, the values of lipid spectrum, the data of ultrasound investigation of liver were determined.

**The results of the investigation.** The reliable dynamics on the part of indices of cholestatic and cytolytic syndromes was marked in patients with metabolic syndrome who got ursodeoxycholic acid against a background of conventional therapy during 8 weeks in daily dose 15 mg/kg of the weight. The use of ursodeoxycholic acid favors the decrease of hyperinsulinemia, the level of leptin, leads to a considerable decrease of indices of common cholecterol, triglycerides, the index of atherogenesis.

**Conclusions.** Inclusion of ursodeoxycholic acid into the complex treatment of patients with metabolic syndrome leads to the decrease of indices of immunoreactive insulin, leptin, atherogenic fractions of lipids playing a leading role in the development and progressing of metabolic syndrome.

**Key words:** metabolic syndrome, ursodeoxycholic acid, immunoreactive insulin, leptin, gamma-glutamyl transpeptidase, triglycerides.

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**Abstract:** There were presented the results of examination of patients with acute and chronic pathology of nose and perirhinal sinuses associated or not with chlamidia infection involving medical social characteristics. The authors marked that the main place in the structure of medical social types of both chlamidia infected and non-infected patients belonged to medical and social risk subjects. But we observed the decreased health level in respondents with confirmed chlamidia infection and comparatively higher range of negative social factors.

**Keywords:** Chlamidia infection, inflammatory diseases of nose and perirhinal sinuses, medical social state.