



DETERMINATION OF TOTAL CORTISOL LEVEL IN BLOOD SERUM

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Relevance of the problem. In recent years, the problem of connective tissue dysplasia, the most common and frequently diagnosed manifestation of which is mitral valve prolapse, has attracted the close attention of researchers. MVP is diagnosed, according to various sources, in 1.8% to 38% of the population. Of particular importance is the fact that most individuals with newly diagnosed MVP are young, and assessing their ability to work, childbearing potential, and military service is of great practical importance. The prognosis for MVP, the need for, and methods of treatment remain poorly understood. The etiology and pathogenesis of MVP require clarification. The literature suggests the presence of a genetically determined defect in collagen synthesis, a decrease in interstitial magnesium (Mg), a deficiency of which leads fibroblasts to produce defective collagen in the mitral valve leaflets. Skin is one of the most accessible structures for studying the characteristics of dysplasia. There are isolated reports in the literature on skin structure studies in patients with mitral valve prolapse. The need to study this issue appears important and may, to some extent, clarify some aspects of mitral valve prolapse pathogenesis and serve as a method for monitoring treatment effectiveness.

It is believed that various clinical symptoms in patients with MVP are also dependent on Mg deficiency . Studying certain aspects of Mg metabolism and its impact on the dynamics of MVP is highly relevant. The increased incidence of infectious diseases may also be related to this, as Mg deficiency leads to immune system dysregulation . The state of the interferon system in individuals with MVP has not been studied. The role of psychovegetative and hormonal disturbances in the structure of MVP is still debated. Determining the level of cortisol, a stress hormone and one of the

main immune-regulatory hormones, may reveal clinical, immune, and hormonal correlations that explain disturbances in the immune system and neuropsychiatric status. We found no studies of K levels in these individuals in the available literature.

Most publications indicate a significant prevalence of anxiety disorders in patients with MVP, reaching 31.0-44.6%. A hypothesis has been advanced regarding the possibility of "functional" MVP developing within panic disorder. Several authors argue that panic attacks can not only be "initiated" by MVP but can also lead to the development of its symptoms. The lack of consensus on this issue underscores the relevance of studying psychopathological changes in individuals with MVP.

The purpose of the study. Based on the results of the cohort Based on a prospective long-term observation, to develop tactics for the management and treatment of patients with mitral valve prolapse based on a comprehensive assessment of the dynamics of their clinical, phenotypic, and psychological characteristics, as well as the functional state of the cardiovascular system.

Study objectives : To clarify the relationship and dynamic changes in the functional state of the cardiovascular system (CVS) and the phenotypic characteristics of patients. To identify the nature of psychopathological disorders, study the quality of life, and their subsequent development in individuals with MVP. To identify morphological features of skin structure and compare them with metabolic indices in individuals with MVP.

Results of the study: For the first time, over a long period of observation (15 years), the features of the dynamics of the clinical picture, their relationship with the phenotypic severity of connective tissue dysplasia, ECG changes, the structure of the heart valve apparatus, the state of autonomic homeostasis, changes in the level and daily profile of blood pressure, the tone of the sympathetic and parasympathetic parts of the autonomic nervous system in patients with mitral valve prolapse were identified. A comparative assessment of the quality of life and psychopathological status was carried out, and the significance of the identified changes was shown, as well as the relationship between the severity of PTSD and the presence of anxiety- phobic disorders based on long-term observation data. The treatment of patients with MVP is controversial. There is a tendency to deny the need for any intervention and attempt to treat these patients as otherwise healthy. Some authors also deny their differences from

patients with left-sided chest pain who do not have MVP, or treat patients with MVP for autonomic nervous system (ANS) dysfunction and associated complications. However, given the reduced quality of life (QOL), the risk of developing serious complications, disability, and even sudden death in individuals of working age, the need for careful study and the development of preventive and therapeutic measures is clear.

magnesium supplements is highly relevant and has significant practical implications. The few studies that report data on the treatment of patients with MVP with tranquilizers have shown the greatest effectiveness with benzodiazepines—alprazolam and clonazepam.

In recent years, there has been increased interest in the concept of quality of life. Improving it, along with limiting disease progression and improving the patient's functional capacity, is becoming an important goal of therapeutic strategies. Assessing the quality of life of patients with MVP, who typically present with numerous complaints but retain their ability to work, is highly relevant both for better understanding the nature of this pathology and for developing approaches to its treatment.

Conclusions. It is important to analyze all the presented issues in a long-term cohort of patients with MVP. Criteria have been proven for distinguishing healthy individuals with MVP, patients with borderline conditions, and patients requiring follow-up observation and corrective therapy.

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