

Clinical-instrumental characterizations of cardiovascular system in the sports-children and timely holding prevention arrangements against weak rings.

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In modern cardiology one of the most important place has a prevention arrangement against cardiovascular diseases, especially when we talk about sports-children.

Methods: Under the observation were 150 sports-children in the age 12 to 15. They were divided into 3 groups(50 in each group):1.Classic wrestling 2.Judo 3. Roman wrestling; each groups were divided in two groups (first group took medicine “Cartan” + “Apivit”,second group-nothing). Sports-children under clinical-laboratory and instrumental (E.C.G.- in usual 12 and NeHb recording (A.D.I.) and echo-cardiography) investigations. Every junior sports-men were investigated after and before training. Each sports-children have been investigated for 4 months. The digital dates obtained were mainly treated by method of variation statistics – (t), (x^2).

Results: Results showed that the complex method of physical training (physical training + “Cartan” + “Apivit”), increases functional opportunities of organism, which is shown as in E.C.G(P and T wave, ST segment, QT and QT₁ intervals) also in increase of euqromatin’s area, adhered cells, mitokhondies’ area, endoplasmic reticulums and lizosoms quantity. At the same time we must designate the decrease of disadaptation main index and decrease of absolute risk. COR=67,9 %(95% CI:43-72%); CAR=50,5% (95% CI:31,1-69,9%)

Conclusion: Preparation “cartan” and “Apivit” are effective and safe method, which can be used for holding timely prevention arrangement in disadaptation early symptoms and weak rings.

