

Методологические аспекты и клиническая значимость диабетической кардиальной автономной нейропатии

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Диабетическая автономная нейропатия (ДАН) относится к микрососудистым осложнениям сахарного диабета. В основе возникновения ДАН лежит поражение мелких волокон симпатического и парасимпатического нервов, приводящее к недостаточности автономной нервной системы [25]. Основным патогенетическим фактором является постоянная гипергликемия, вызывающая активацию полиолового пути метаболизма глюкозы, накопление сорбитола и фруктозы в нервной ткани, снижение активности Na^+/K^+ -АТФазы. Это способствует ретенции Na^+ , задержке жидкости, отеку миелиновой оболочки и уменьшению количества глиальных клеток аксонов. Изменения вазорегуляторной активности перекисного окисления липидов и повышение концентрации вазоактивных факторов эндотелина-1, простациклина приводят к локальному ухудшению неврального кровотока и локальной ишемии [13]. Процессу демиелинизации периферических нервных волокон способствуют аутоиммунные процессы, а также дефицит N-ацетил-L-карнитина и различных факторов роста [25, 26].

Клинические проявления ДАН характеризуются головокружением, ортостатической гипотонией, синкопе, преобладающей диареей, неполным опорожнением мочевого пузыря, импотенцией [7]. Одним из проявлений ДАН является кардиальная автономная нейропатия (КАН). Пациентов могут длительно не беспокоить никакие симптомы, что не позволяет проводить своевременную диагностику КАН на основании только клинической симптоматики.

В 1988 г. Американская диабетологическая ассоциация совместно с Американской академией неврологии рекомендовала комплекс неинвазивных «прикроватных» кардиоваскулярных тестов для выявления КАН в клинических условиях [1]. Комплекс включает в себя тест с глубоким дыханием [4], пробу Вальсальвы [12], пробу 30:15 [6], пробу с активным ортостазом [7], тест с изометрической нагрузкой [8]. Использование этих тестов позволяет выявить признаки КАН до развития клинических симптомов.

Исследование парасимпатической (вагусной) и симпатической (адренергической) регуляции проводится раздельно [13, 27]. Применение нескольких тестов позволяет существенно повысить выявляемость нарушений и определить их тип и степень тяжести [13, 15, 29, 27].

Для выявления вагусного типа КАН используется тест с глубоким дыханием, изменение ЧСС при проведении пробы Вальсальвы и проба 30:15 [7, 13, 27] (табл. 1). Тест с глубоким дыханием является наиболее специфичным, и его отклонения свидетельствуют о нарушении парасимпатической активности [4, 13]. На результаты пробы Вальсальвы может влиять выраженность синусовой аритмии, а проба 30:15 может зависеть от напряжения во время исследования. В связи с этим данные тесты оцениваются как дополнительные, и только их одновременное изменение может указывать на развитие вагусного типа КАН [13].

Влияние парасимпатического отдела автономной нервной системы на сердечно-сосудистую систему зависит от пола и возраста. При увеличении возраста обследуемых отмечено снижение вагусных влияний на сердечно-сосудистую регуляцию. В связи с этим для оценки теста с глубоким дыханием, пробы Вальсальвы, пробы 30:15 предложены возрастные и половые нормативы [13, 27].

Симпатический тип КАН выявляется при проведении пробы с активным ортостазом, теста с изометрической нагрузкой, а также изменении АД во время пробы Вальсальвы [7, 13, 27]. Основным тестом является проба с активным ортостазом [13, 14], тог-

Таблица 1

Типы КАН по данным стандартных кардиоваскулярных тестов						
Тип КАН	ТГД	ПВ(ЧСС) 30:15	ПВ(АД)	ПАО	ТИН	
Вагусный	+	+	+	-	-	-
Вагусный	+	-	-	-	-	-
Вагусный	+	+	+	-	-	-
Вагусный	+	+	-	-	-	-
Вагусный	-	+	+	-	-	-
Симпатический	-	-	-	+	+	-
Симпатический	-	-	+	+	+	-
Симпатический	-	-	-	+	+	+
Симпатический	-	-	+	+	+	+
Симпто-вагусный	+	+	+	+	+	+
Симпто-вагусный	+	-	-	-	+	-
Симпто-вагусный	-	+	+	+	+	-
Симпто-вагусный	+	-	+	+	+	-
Симпто-вагусный	+	+	-	+	-	+

ТГД — тест с глубоким дыханием; ПВ(ЧСС) — проба Вальсальвы (изменение ЧСС); ПВ(АД) — проба Вальсальвы (изменение АД); 30:15 — проба 30:15; ПАО — проба с активным ортостазом; ТИН — тест с изометрической нагрузкой.

Sotsiologiia Rekreatsii Metodologicheskie I Prikladnye Aspekty

Minjie Lin



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