PREDICTORS OF STROKE IN OVERWEIGHT HYPERTENSIVE WOMEN AGED 50-59 WITH TYPE 2 DIABETES: PULSE FEELING, THERAPY

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Background. Hypertension and diabetes is the major risk factors for stroke.

Aim. Research of predictive and prognostic value of pulse feeling (PF) in hypertension with type 2 diabetes, complicated stroke.

Methods. Pulse was palpated at zone a.radialis in the points Cun, Guan, Chi. ECG, computed tomography, ultrasonography were investigated. Valuation of the pulse was made taking into account the age, season, given region. Date of rhythm, heart rate frequency, filling, tension, depth, length, hardness, form, width smoothness of pulse were determined. Pulse was investigated to the healthy with systolic/diastolic blood pressure <140/90mmHg respectively, in comparable 23 patients with II (basal Gr1) and in 27 patients also with II (control Gr2) degree of hypertension (WHO classification) survivors of stroke. Patients were on diet, with BMI 19,5-24,8 kg/m2, capillary blood glucose of 5,8-6,5mM.

Results. Unlike the healthy, the all patients had the pulse disbalance, which was correlated with the blood pressure. Sudden and frequent weather changes (the changeability of barometric pressure, magnetic storm, relative humidity, air temperature), stresses enhanced the disbalance of pulse among non-treated by acupuncture Gr2, that correlated with the increase of cases' frequency and the hardness of stroke. The patients treated by acupuncture in Gr1 had good prognosis.

Conclusion. PF predicts stroke. Acupuncture based on the results of PF normalizes the pathological pulse, independently or in complex with the antihypertensive and neuroprotective treatment, reduces the risk of stroke, improves the prognosis and life quality.

The results of treatment of stroke with Acupuncture based on Pulse Feeling*			
Groups	**N**	**%**	**Effectiveness of treatment (evaluation of treatment by patients)**
1. WITHOUT Acupuncture, standard treatment (Gr1)	31	40,8%	REGULAR
2. Acupuncture applied:	45	59,2%	
a) Acupuncture + standard treatment (Gr2)	12	26,7%	GOOD
b) Acupuncture + standard treatment + black mulberry	33	73,3%	VERY GOOD
Total	**76**	**100,0%**	