

CHRONOTHERAPY WITH ATROVENT OF ELDERLY PATIENTS WITH CHRONIC OBSTRUCTIVE BRONCHITIS

*N.D. Chebotarev, A.V. Pissaruk,
E.O. Asanov*

Summary

30 patients with chronic obstructive bronchitis (COB), aged 60–74 years, were examined. For the assessment of daily rhythms of bronchial passability the peak expiratory flow rate (PEFR) was measured in 1-hour intervals. The study was conducted from 4 a.m. till 23 p.m. using peakflowmeter by “Boehringer Ingelheim”.

We compared the effectiveness of two regimens of broncholytic therapy with Atrovent: 2 doses thrice daily – a standard therapeutical scheme during the periods of lower bronchial passability, but no more then three times dayily – chronotherapy. The medicine was prescribed individually in the periods of lower PEFR. The daily average PEFR increased by 6 % under the standard therapeutical scheme, and under the chronotherapeutical approach — by 15 %.

The obtained data demonstrate higher therapeutical effectiveness of individual chronotherapy of bronchial obstruction in elderly COB patients.