

# **CORRECTION OF BRONCHIAL PASSABILITY IN ELDERLY PATIENTS WITH CHRONIC OBSTRUCTIVE BRONCHITIS: A CHRONOTHERAPEUTIC APPROACH**

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## *Summary*

30 patients with chronic obstructive bronchitis (COB) 60–74 years old were examined. For the assessment of daily rhythms of bronchial passability the peak expiratory flow rate (PEFR) was measured with an hour interval. The tests were conducted from 4 a.m. 11 p.m., using peakflowmeter by "Boehringer Ingelheim". We studied the effectiveness of broncholytic therapy with ipratropium, salbutamol and long-acting theophylline. The drugs were administered according both standard therapeutic scheme and at the moments of decreased bronchial passability, which depended on autonomic nervous system tone (individually for each patient) — chronotherapy.

The daily average peak of PEFR increased under the standard therapeutic scheme by average 4–6 %, and under the chronotherapeutical approach — by 10–15 %. The obtained data indicated higher therapeutic effectiveness of individual chronotherapeutic treatment in elderly COB patients.