

# THE EFFICACY OF ROFLUMILAST IN PATIENTS WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE AND COMORBID ISCHEMIC HEART DISEASE

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*Abstract*

The aim of this study was to evaluate the efficacy and safety of the new anti-inflammatory medication roflumilast based on clinical data, spirometry parameters and immunity indices in patients with acute exacerbation of chronic obstructive pulmonary disease (COPD) with comorbid ischemic heart disease (IHD). 191 patients with a verified diagnosis of COPD (GOLD 3) were enrolled. In 72 patients concomitant IHD was diagnosed, namely angina pectoris, functional class I–II.

We established that the course of COPD exacerbation in combination with IHD was associated with outstanding clinical signs, heartache, arrhythmia, immunity disturbances, reflecting cell-mediated hypofunction/hyperresponsiveness and severe obstructive ventilation disorders. Both immunological disturbances and clinical signs served as an indication for roflumilast use. The administration of roflumilast in complex treatment in COPD alone or in combination with IHD relieved clinical symptoms, improved cell-mediated immune parameters, stabilized the pulmonary function, provided better treatment outcomes.

**Key words:** chronic obstructive pulmonary disease, ischemic heart disease, comorbidity, immunity disorders, roflumilast.

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