

# 2<sup>nd</sup> WORLD HEART CONGRESS

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## Complementary supportive therapy for symptomatic patients with a left ventricular dilatation and reduced ejection fraction

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**Introduction & Aim:** Some of the main goals of treatment in patients with heart failure (HF) is improving the quality of life and functional capability. The aim of the study is to assess the effect of complementary supportive therapy (CST) on the quality of life and functional capability in patients with heart failure and reduced ejection fraction (HFrEF).

**Methods:** We investigated 33 patients with left ventricular dilatation (LVIDd >60 mm) and reduced ejection fraction (EF<40%) in 76 CST periods. Prior to each CST period, therapy was optimized (OMT) during one month. Complementary supportive therapy (CST) consists of a 10 day session. In addition to OMT, the patients were treated with carnitine, co-enzyme Q-10, L-arginin, vitamin B, vitamin E, vitamin C, selenium while lying for 30 minutes inside a pulsating electromagnetic field (up to 30 microteslas with individual frequency settings) and inhaling O<sub>2</sub>. Before and after each CST period they were asked to evaluate the quality of life using the Minnesota Living with Heart Failure Questionnaire (MLHFQ) and the visual analogue scale and EF, LVIDd and NYHA class were determined. Statistical analysis of the CST was based on the t-test, Spearman's rank correlation coefficient and Wilcoxon's signed-ranks test. The median monitoring period was 60 months (ranging 11-122).

**Results:** After administering the complementary supportive therapy, a statistically significant Improvement ( $p<0.05$ ) was noticed in the particular items of the MLHFQ, in emotional and physical dimensions. The values of VAS and EF increased whereas NYHA and LVIDd decreased significantly ( $p<0.001$ ).

**Conclusion:** CST significantly improved the quality of life and functional capacity of patients with HFrEF.

### Biography

Mila Jakovljevic has completed her graduation from the School of Medicine in Zagreb. In 1980 she has completed her specialization in Internal Medicine at the Department for Heart and Blood Vessel Diseases, Zagreb University Hospital Centre. She subsequently completed a program in Cardiology and Clinical Pharmacology in 1980. In 1979, she defended her Master's thesis and in 1982 she has completed her Doctorate in Medical Sciences at the University of Zagreb in the field of cardiology.

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