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Presence of high blood pressure and level of some biochemical parameters-our experience

Dušan Vešović[1,2], Slobodan Dunjić[2], Jovana Pejić[2], Emilija Golubović[3], Miloš Maletić[2] and **Petar Kraković[2]**
[1]VISAN—Sanitary Medical School of Applied Sciences, Serbia
[2]Center for Integrative Procedures and Supplements "Dr Dunjić", Serbia
[3]Institute for Oncology and Radiology of Serbia, Serbia

Introduction: Raised blood pressure is a major risk factor for ischemic, coronary heart disease, as well as hemorrhagic stroke. Beside conventional methods of high blood pressure treatment, holistic approach by using natural products also plays an important role.

Aim: The aim of the paper is to present the relation that we found between presence of high blood pressure and some biochemical parameters.

Materials & Methods: The total number of male and female patients was 216. There were 130 females (59.9%), and 87 males (40.1%). Mean age of all examinees was 44.97±13.6 yrs (minimum 18; maximum 79). Patients were divided into two groups: group with no presence of high blood pressure (no BP), and group with presence of blood presence (BP). All the patients were recruited from Center for Integrative Procedures and Supplements "Dr Dunjić", Belgrade. Holistic-personalized approach in patients healing was performed in the center. Statistical analysis was done by using Statistical Package for the Social Sciences (SPSS).

Results: 168 patients (77.4%) belonged to no BP group, while 48 (22.6%) belong to BP group. Numerous biochemical parameters have shown statistically significant difference between two the groups examined—no BP vs. BP. Blood glucose level (BGL) was 5.24±0.61 vs. 5.6±1.2; p=0.024; df=162. HbA1c level was 5.18±0.47 vs. 5.37±0.75; p=0.019; df=27. Oxytocin blood level was 336.39±27.56 vs. 466.03±41.8; p=0.024; df=162. Statistical analysis was also done for both gender groups separately. In the group of males, the results were: oxytocine level 271.5±20.8 vs. 416.1±23.4; p=0.011; df=70; BGL was 5.36±0.74 vs. 5.83±0.72; p=0.015; df=77; HDL 1.22±0.24 vs. 1.02 vs. 0.22; p=0.007; df=55. In the group of females, BGL was 5.17±0.51 vs. 5.43±1.47; p=0.022; df=17; HbA1c was 5.13±0.49 vs. 5.4±0.93; p=0.025; df=13; homocysteine level was 5.51±0.47 vs. 38.75±4.2; p=0.025; df=13.

Conclusion: These findings point that high blood pressure can be accompanied with numerous biochemical changes such are elevation of BGL, HbA1c, and oxytocin when both sexes are analyzed. When males were considered, it was found that elevation of oxytocin and BGL were present in patients with high blood pressure, while level of HDL was lower. When females were analyzed, it was revealed that BGL, HbA1c, and homocysteine levels were higher in patients with high blood pressure in comparison to those with normal. Clinical importance of these findings requires further research which will clarify their impact on these diseases.

Biography

Dušan Vešović is Medical Doctor with a Doctorate of Medical Sciences in the field of Preventive Medicine–Occupational Medicine. He also works as Professor of Occupational Medicine. He is follows a personal-holistic approach in treating patients. He deeply believes that the disease is a result of imbalance in human body and, when we treat a patient, we need to re-establish homeostasis in his/her body. For that purpose, he believes that personalized therapy of whole body, including spirit and mind should be applied. He has published more than 100 papers in various national and international journals.

vesovic@rocketmail.com

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