

Depression Symptomatics and Oxidative Stress Parameters Relationship with Manifestations of Stable Coronary Heart Disease

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Introduction. Depression is an independent risk factor for cardiovascular disease, and is one of the indicators on the basis of which it is possible to make predictions about the possible occurrence of somatic disorders. Depression is associated with ongoing inflammatory reactions in the body, an increased level of lipid peroxidation and pro-inflammatory cytokines. The accumulation of free radicals in blood leads to oxidative stress (OS). Understanding of the relationship and interaction of depression and Coronary Heart Disease (CHD) may be particularly useful in the prevention of CHD.

Aim, Material and Methods. The aim of the study was to identify and to research the relationship between the severity of symptoms of depression and indicators of OS in primary Stable Coronary Heart Disease (SCHD) patients and in patients with recurrent SCHD. Methods: a retrospective case-control study, ambulatory patients at the age 45–65 years: 50 patients with recurrent SCHD and 50 patients with primary SCHD. In both target groups the following parameters will be evaluated: manifestation of coronary heart disease; OS parameters in blood; quality of life, pleasure and satisfaction (Quality of Life Enjoyment and Satisfaction Questionnaire); severity of depression symptoms (GDS).

Results. There are two working hypotheses in this study:

1. There is a positive correlation between the level of depression and the level of OS markers in patients with SCHD.
2. Patients with recurrent SCHD and depression will have higher level of OS markers in their blood compared to patients with primary SCHD.

Conclusions. The study is in the primary stage, the results will be reported.