



The use of Rozuvastatin (Rozuvastatin Denk) and Metformin combination in women with abdominal obesity

K.Tchaava, N.Gegeshidze, M.Shavdia, N.Ninashvili, M.Gogiashvili
Tbilisi State Medical University, Tbilisi, Georgia

Abstract Background

Abdominal obesity is the basic diagnostic criteria for metabolic syndrome. The most important method for preventing metabolic syndrome in its early stages is the effective correction of abdominal obesity.

Materials and methods

20 patients with abdominal obesity received monotherapy with metformin 850 mg/day, 30 patients were prescribed combination therapy (Rozuvastatin (Rozuvastatin Denk) 10mg. and Metformin 850 mg/day). After 10 months, the efficacy and safety of this therapy were compared.

Aim

To compare the efficacy of combined treatment with of Rozuvastatin (Rozuvastatin Denk) 10mg. and Metformin and Metformin as monotherapy after 10 months in women with abdominal obesity.

Results

The combination of Rozuvastatin (Rozuvastatin Denk) and metformin in low doses (n=30) for 10 months more effectively reduces body mass index ($p < 0.05$), were improved lipid range levels (total Cholesterol decreased from 5,7mmol/l to 4,7 mmol/l) In management of abdominal obesity with hypercholesterolemia best is combination therapy with of Rozuvastatin and Metformin

Lipid spectrum and Hba_{c1} levels in I Group

Indicators	Before Treatment	After Treatment
Hba _{c1} (%)	8,7±0,9	7,9±1,1
Total Cholesterol (Mmol/L)	5,7±0,5	4,4±0,9**
Tr (Mmol/l)	2,3±0,3	1,7±0,8**
LDLP (Mmol/L)	3,8±0,5	2,9±0,4**
HDLP (Mmol/L)	0,86±0,03	1,1±0,28*

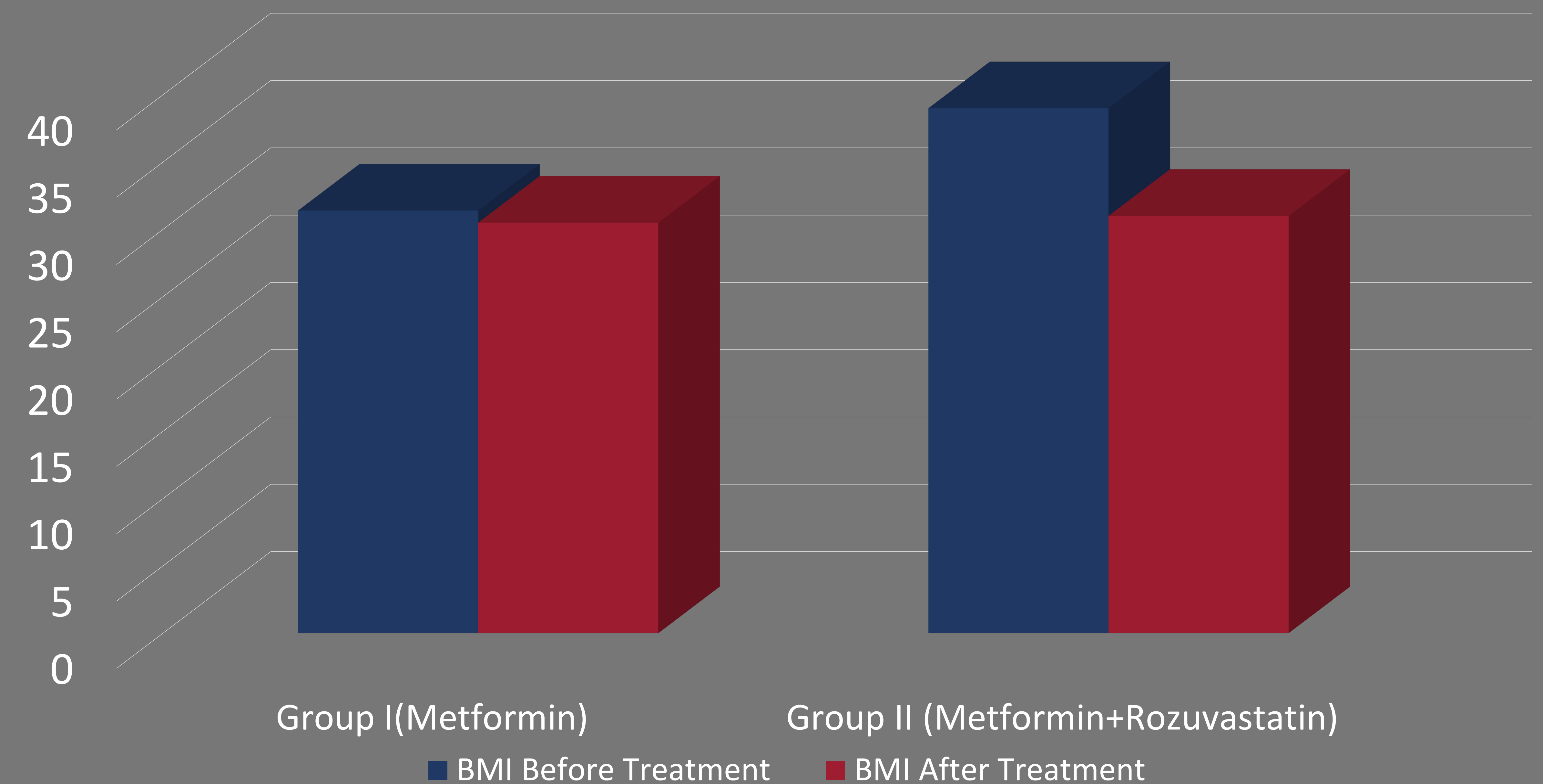
* $p < 0,05$, ** $p < 0,01$, *** $p < 0,001$

Lipid spectrum and Hba_{c1} levels in II Group

Indicators	Before Treatment	After Treatment
Hba _{c1} (%)	8,4±0,9	7,8±1,1
Total Cholesterol (Mmol/L)	5,7±0,6	4,7±0,9**
Tr (Mmol/l)	2,4±0,3	1,7±0,6**
LDLP (Mmol/L)	3,8±0,6	2,7±0,4**
HDLP (Mmol/L)	0,83±0,03	1,3±0,28*

* $p < 0,05$, ** $p < 0,01$, *** $p < 0,001$

BMI Before and After Treatment in both Groups



Key Words:
 Abdominal obesity, Metformin, Rozuvastatin