



Izviješće sa simpozija “Dušikov oksid, više od sniženja krvnog tlaka”

Report from the Symposium “Nitric Oxide, Beyond Blood Pressure Reduction”

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Dušikov oksid, više od sniženja krvnog tlaka, naziv je 6. međunarodnoga sastanka održanog 27. veljače u Monte Carlu na inicijativu Međunarodnog i Europskoga društva za arterijsku hipertenziju. Glavni sponzor bila je farmaceutska tvrtka *Berlin-Chemie Menarini*.

O značenju dušikovoga oksida s aspekta endotelne funkcije i očuvanja kardiovaskularnog integriteta govorili su vrlo cijenjeni autori, koji su na temeljima bazičkih i kliničkih istraživanja definirali današnju strategiju prevencije i liječenja kardiovaskularnih bolesti.

Simpozij je započeo plenarnim predavanjem **Louisa J. Ignarroa**, nobelovca koji je 1998. godine dobio nagradu za otkriće značenja dušikovoga oksida u kardiovaskularnom zdravlju. Pravi i istinski užitek bio je putovati kroz bazične, uglavnom vlastite spoznaje jednoga nobelovca, kojeg se spominje kao oca sildenafil. Ignarro je o značenju dušikovog oksida kao neurotransmitera, čimbenika u procesu apoptoze, staničnog prepoznavanja i rasta, starenja, aterogeneze i razvoja kardiovaskularnih bolesti, govorio u popularnom, revijalnom, ali i znanstveno nadahnutom i razumljivom stilu. Kratko se osvrnuo na značenje nebitolola, kardioselektivnog blokatora beta-1-adrenergičkih receptora i stimulatora stvaranja NO aktivacijom beta-3 receptora, koji predstavlja novost u kardiovaskularnom liječenju, posebice starijih osoba.

Alberto Zanchetti, jedan od tvoraca europskih smjernica za liječenje arterijske hipertenzije, osvrnuo se na novosti u liječenju povišenoga krvnog tlaka u svjetlu metaboličkog sindroma. Bilo je riječi i o epidemiologiji i klasifikaciji srčanog popuštanja, osobito u bolesnika treće životne dobi. S aspekta farmakoterapije prezentirani su rezultati studije SENIORS, koji su pokazali učinkovitost primjene nebitolola u bolesnika s oštećenom sistoličkom funkcijom, starijih od 75 godina, u usporedbi s placebom u redukciji ukupne smrtnosti i hospitalizacije.

Simpozij je na većinu nazočnih ostavio optimističan i snažan dojam o značenju dušikovog oksida u kardiovaskularnoj patologiji, koja je prepoznata kao vodeći zdravstveno-socijalni problem današnjice. Primjena nebitolola bi, prema očekivanjima, mogla dati novo svjetlo na kardiovaskularno zdravlje, osobito u trećoj životnoj dobi.

Nitric oxide, Beyond Blood Pressure Reduction, is the name given to the 6th annual international meeting held on 27th February in Monte Carlo on the initiative of the International Hypertension Society and European Hypertension Society. The main sponsor was the pharmaceutical company *Berlin-Chemie Menarini*.

The significance of nitric oxide from the aspect of endothelial functions and preservation of cardiovascular integrity was addressed by highly respected people who on the basis of basic and clinical research have defined today's strategy of prevention and treatment of cardiovascular illness.

The symposium started with the plenary lecture by **Louis J. Ignarro**, the Nobel Prize winner in 1998 who received the award for discovering the significance of nitric oxide for cardiovascular health. The true and real pleasure was to be taken through the basic, mainly personal experience of Nobel Prize winner, who is mentioned as the father or sildenafil. Ignarro spoke of the significance of nitric oxide as a neurotransmitter, a factor in the apoptosis process, cell recognition and growth, aging, atherosclerosis and development of cardiovascular illnesses, in a plain, review like but also scientifically inspiring and understandable style. He briefly mentioned the importance of nebitolol, a cardioselective blocker beta-1-adrenergetic receptor and stimulator for creating NO through the activation of beta-3 receptors, which represents something new in cardiovascular treatment, especially in older persons.

Alberto Zanchetti, one of the creators of European guidelines for the treatment of arterial hypertension gave a presentation of the discoveries in treating high blood pressure in the terms of metabolic syndrome. He also spoke of the epidemiology and classification of heart failure, especially in senior patients. From the aspect of pharmacotherapy, a presentation was given of the results from the SENIORS study, which showed good results in the administration of nebitolol in patients with impaired systolic function, older than 75 years of age, in comparison to placebo tests in reducing the total fatalities and hospitalizations.

The symposium made on most of those present participants an optimistic and strong impression of the importance of nitric oxide in cardiovascular pathology, which is recognized as the leading health and social problem of today. The application of nebitolol might, as expected, offer new lights on cardiovascular health, especially in seniors.