

In Russia, they found a way to detect heart damage by saliva

Scientists of the Nizhny Novgorod State University named after Lobachevsky confirmed the possibility of non-invasive diagnosis of damage to the heart muscle. The developed method is based on the analysis of the level of the protein of Troponin in human saliva.

Previously, to determine this protein, which is considered a gold standard in the diagnosis of myocardial damage, blood was required. Nizhny Novgorod researchers established the relationship between the concentration of troponin in saliva and its level in the blood.

This discovery creates new opportunities for monitoring the state of the heart among athletes. The express saliva test will quickly detect damage to the heart muscle caused by physical exertion.

According to experts, cardiovascular complications remain the main cause of mortality among athletes. They account for 56% of cases of sudden death during training.

Currently, scientists are starting studies to verify the developed approach in clinical practice.