

The press service of the Russian National Research University (RNEMU) named after N. I. Pirogov reported that university scientists have developed a new approach to the diagnosis of autonomic disorders in patients with systemic scleroderma. The developed technique allows you to identify the disease in the early stages and select individual treatment.

Studies have been conducted for more than 15 years at the Department of Faculty of Tears named after Academician Nesterov. Since 2022, scientists have focused on the study of cardiac autonomous dysfunction with an autoimmune disease.

The diagnostic algorithm includes three stages. First, patients fill out the International Compass-31 questionnaire adapted for Russian patients. Then clinical tests are carried out, including an orthostatic sample and a deep breath sample. The final stage is instrumental diagnosis with the analysis of the variability of the heart rhythm.

Scientists have already completed the key stage of work: they formed control groups, processed data and published the first results. Now studies are expanding to other rheumatic diseases, including rheumatoid arthritis and psoriatic arthritis.

The developed method is especially important, since vegetative disorders often lead to serious cardiovascular complications.