**RELATIONSHIP OF CARDIOMETABOLIC RISK FACTORS, REVEALED IN HEALTH CENTERS, AND DATA OF DISPERSION ECG-CARTING**

**M.V. Avdeeva**, A.B. Shapovalova, L.V. Shcheglova

St.-Petersburg State Pediatric Medical Academy, St. Petersburg, Russia

Background: Health Centers are equipped with special diagnostic techniques pro-viding adequate assessment of heart rate variability, time and amplitude parameters of cardiac cycle (QT-dispersion), electrophysiological features of cardiomyocytes and risk of arrhythmias by using of dispersion ECG-carting.

Methods: We used complex computer test system and screening evaluation of psy-cho-physiological and somatic health, functional and adaptive reserves of organ-ism, express-assessment of heart activity on ECG (“Cardiovisor-06c”), express-analysis of total cholesterol and fasting glucose (“Cardiochek PA”), analysis of in-ternal media of organism (per cent content ratio of water, muscular and adipose tis-sues). Integral index of rhythm disorders and abnormal changes of heart rate vari-ability (“rhythm”) and index indicating electrical myocardial stability (“myocar-dium”) were assessed also. To check out functional activity of vegetative nervous system we assessed activity of regulatory systems (ARS).

Results: 730 persons were observed totally (age 48.2±18.6). In 492 persons (67.4%) increased “rhythm”-index (pathological value>20%) associated with high risk of arrhythmias was revealed. Comparing patients with normal values group of high “rhythm”-index is characterized by elder age (50.6±17.9 vs 43.1±19.1 ð<0.01), higher levels of BP (132.5±20.4 vs 126.7±21.8 ð<0.01), high position by ARS-test (2.9±2.1 vs 2.1±1.8 ð<0.01), higher heart rate (75.2±12.1 vs 72.0±11.6 ð<0.01). “Myocardium”-index also was higher (16.7±8.1 vs 14.8±5.6 ð<0.01), and BMI was increased (27.1±5.6 vs 25.6±5.9 ð<0.01).

Conclusion: Patients with high “rhythm”-index (67.4%) are characterized by in-creased heart rate, variability, electrical instability of myocardiocytes, BP, BMI. Dispersion ECG-analysis lets form groups of population with significant changes of cardiovascular system to support primary and secondary prophylaxis of cardio-vascular diseases at proper time.