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RETINAL VASCULAR CHANGES AND LEFT VENTRICULAR MASS IN THE PREVIOUS STEPS OF ARTERIAL HYPERTENSION

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It is not clear enough if the alterations in different vascular districts, and in the retina in particular, in the previous steps of the arterial hypertension, are linked to the left ventricular hypertrophy.

There has been recently a renewed interest as regards ophthalmoscopy, considering the relationship cost-benefit in performing mass-screening in order to value the modifications of vascular structures.

In twenty subjects of mean age 48 ± 10 (11 women-9 men) with clinic blood pressure 146/97 mmHg, blood pressure 24h,DT(7-23)138/88 mmHg and 144/91 mmHg respectively, with a newly diagnosed arterial hypertension, have been calculated the index-linked left ventricular mass(IM-VSN)(ECO M-MODE-DEVEREUX) and retinal vascular changes using the classification WHO-ISH 1999 of the organ damage.

The optic fundus resulted positive in 13 subjects (65%) (general or focal contraction of retina artery).

Notwithstanding the little data the IMVSN has shown a significant positive correlation with the degree of retinopathy hypertensive ($r=0,605, p=0,01$).

In the first phase of arterial hypertension the retinal vascular changes go on with the increasing of ventricular mass and it suggests a common modulation.

Ophthalmoscopy can be useful for recognizing the pre-clinic phase of hypertensive disease in order to start an anti-hypertensive treatment and follow up its evolution.