

MIXED CARDIOPATHY AND ITS CLINICAL PRESENTATION: A CASE STUDY OF A 75-YEAR-OLD MALE PATIENT

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Background. Mixed cardiopathy is the presence of ischemic, dyslipidemia and hypertensive heart diseases, poses a significant risk to patient health and outcomes. Comprehensive understanding of its clinical and diagnostic understanding and management strategies is vital for providing optimal care & improving clinical outcomes. **Objective of the study.** The objective of this study is to investigate the clinical presentation, diagnostic findings, and treatment approach for mixed cardiopathy in a specific case of a 75-year-old male patient. **Material and methods.** A comprehensive diagnostic evaluation was performed on the patient, including electrocardiography, coronary angiography and echocardiography. Clinical history, physical examination, and laboratory investigations were also considered. The patient's medical records, diagnostic reports, and treatment plan were analyzed. **Results.** The clinical presentation included: angina pectoris II FC, dyspnea, palpitations. His anamnesis included: hypertension and mixed dyscirculatory encephalopathy. The patient exhibits characteristics of a height of 180 cm,

weight of 112 kg, and a BMI of 34.6 kg/m², along with vital signs within normal ranges. Electrocardiography detected: left ventricle hypertrophy. Echocardiography showed: mild valvular insufficiencies and moderate concentric hypertrophy of the left ventricular myocardium. Coronary angiography revealed triconary atherosclerotic lesions with RCA occlusion, LAD and aCx stenosis. The treatment plan involves regular check-ups, moderate daily physical activity, percutaneous coronary intervention revascularization and monitoring of blood pressure, dynamic electrocardiogram, and lipid levels, pharmacotherapy, lifestyle modifications, and a diet low in animal fats and sodium. **Conclusions.** This case study highlights the clinical & diagnostic manifestations of mixed cardiopathy in a 75-year-old male patient, emphasizing the importance of a comprehensive management approach. Early diagnosis, proper investigation and tailored treatment strategies are crucial for improving the outcome of mixed cardiopathy. **Keywords:** mixed cardiopathy.