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Title of Abstract Osteopathic manipulation as a complementary treatment for the prevention of cardiac complications: 12-Months follow-up of intima media and blood pressure on a cohort affected by hypertension

Text of ABSTRACT

Introduction: Aim of the present study is to investigate the association between osteopathic treatment, hypertension and intima media thickness using cardiovascular intermediate outcomes, long-term.

Materials and Methods: Non-randomized trial, with treated/control groups of consecutive subjects affected by hypertension and vascular alterations. 31 subjects out of 63 cardiovascular patients were administered osteopathic treatment and followed up for 12 months. Primary endpoints included pre-post differences at 12-months in intima media thickness, systolic and diastolic pressure between osteopathic and traditional treatment. Statistical analysis was based on univariate t tests and multivariate linear regression.

Results: Univariate analysis found that osteopathic treatment was significantly associated to change in intima media thickness, systolic and diastolic blood pressure. Multivariate linear regression showed that, after adjusting for all potential confounders, osteopathic treatment was significantly associated to change in intima media thickness (mean difference between change in treated and control groups: -0.602; 95% c.i.: -0.745,-0.459) and systolic blood pressure (-4.523; -6.291,-2.755), but not to change in diastolic blood pressure.

Conclusion: Our study, targeting patients affected by cardiovascular disorders, shows that after one year, osteopathic treatment is independently associated to an improvement in intima media and systolic blood pressure. However more formal studies are needed to evaluate its efficacy on a broader population under strict experimental conditions.

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