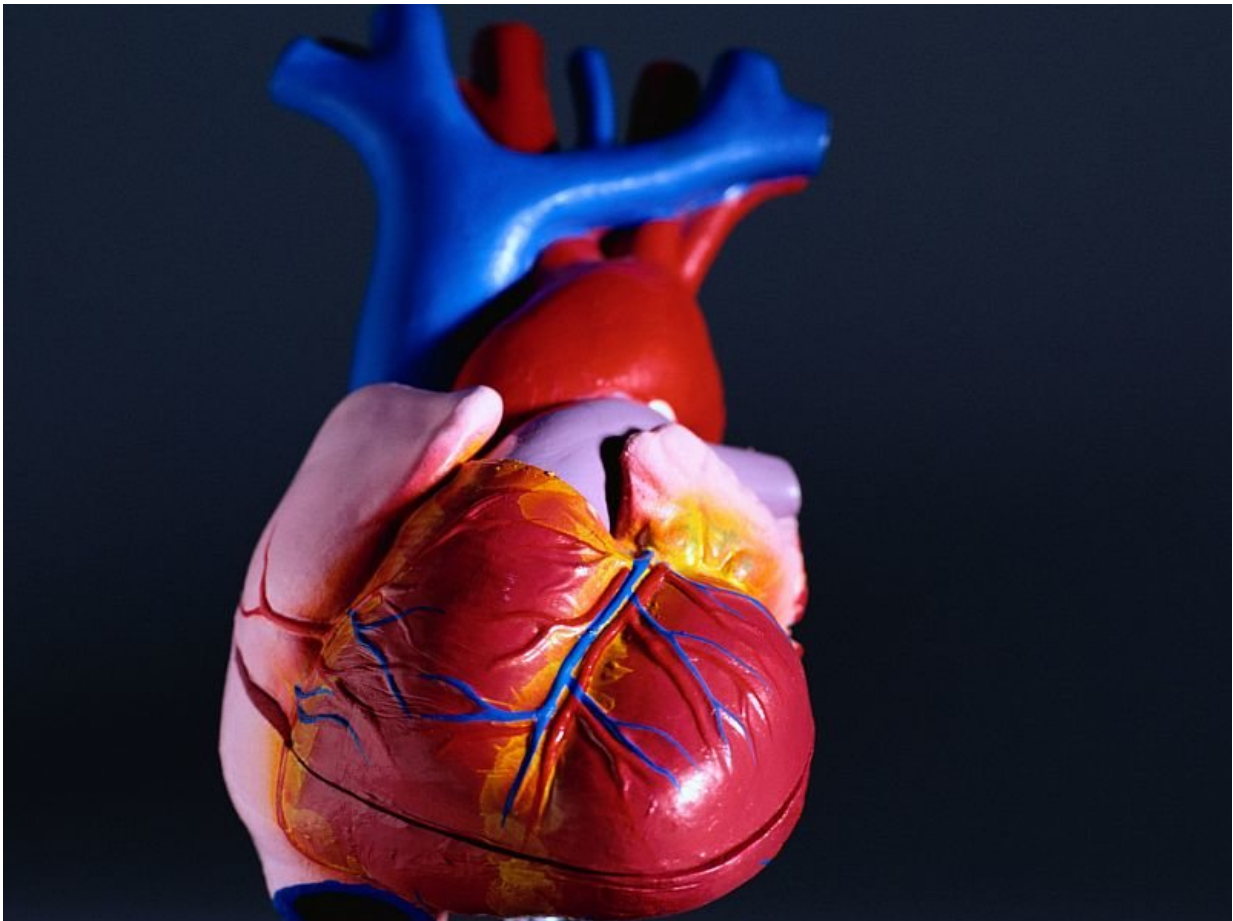


Allopurinol has little benefit in cardiac syndrome X

November 19 2017



(HealthDay)—Allopurinol does not appear to improve exercise capacity

or peripheral endothelial or coronary function in patients with cardiac syndrome X, according to a study published online Oct. 28 in *Cardiovascular Therapeutics*.

Tiong Keng Lim, M.D., from National Heart Centre Singapore, and colleagues randomized 19 patients with cardiac syndrome X (mean age 59 years) to six weeks of treatment with either allopurinol (600mg/day) or placebo. Patients were crossed over to the other study arm after a four-week washout period.

The researchers found that allopurinol significantly reduced serum uric acid levels versus placebo. There was no significant difference in maximum exercise time, coronary flow reserve, or flow-mediated vasodilatation of the [brachial artery](#) between the allopurinol and placebo groups. However, there was a trend toward allopurinol reducing serum B-type natriuretic peptide compared with placebo ($P = 0.07$).

"In patients with cardiac syndrome X, high dose allopurinol did not improve [exercise capacity](#), coronary or peripheral endothelial function," conclude the authors.

More information: [Abstract](#)
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Citation: Allopurinol has little benefit in cardiac syndrome X (2017, November 19) retrieved 27 April 2024 from
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