

A method for predicting the course of asymptomatic diastolic dysfunction (DD) of the left ventricle (LV) in the patients with arterial hypertension and ischemic heart disease comprises echocardiography and the assessment of the integral prognostic index of DD as the average of the normalized equivalents of several parameters including ratio of early diastolic rate of transmitral flow to average values of early diastolic rates of movement of septal and lateral areas of the fibrous ring of mitral valve and mass index of LV myocardium. The patients are examined upon verification of DD. Mass index of LV myocardium is determined according to the body height raised to the power of 2.7 accounting for the volume of the left atrium indexed according to the body surface.