

CARDIOVASCULAR DISEASES

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Abstract: This article discusses the causes, main types and health risks of cardiovascular diseases, analyzes the role of malnutrition, physical inactivity, stress and hereditary factors in the development of diseases. The effectiveness of drugs, surgical procedures and rehabilitation programs is described. The prevalence of cardiovascular diseases in Uzbekistan and state measures are analyzed, and the importance of preventive examinations and a healthy lifestyle is emphasized.

Keywords : arrhythmia, high blood pressure, cardiovascular diseases, Antihypertensive drugs, Expansion of screening programs.

Introduction

Cardiovascular diseases (CVDs) are a broad group of diseases that affect the heart and blood vessels. This group includes arterial hypertension (high blood pressure), coronary heart disease, stroke, atherosclerosis, heart failure, and other pathologies.

Cardiovascular diseases are the leading cause of death worldwide, killing millions of people each year. These diseases are caused by impaired blood supply to the heart muscle, narrowing or blockage of blood vessels.

2. Reasons

Main reasons:

Improper diet: Excessive consumption of fatty, salty and high-calorie foods, lack of fruits and vegetables.

Lack of physical activity: Sedentary lifestyle, little exercise

Bad habits: Smoking and alcohol consumption cause great damage to blood vessels.

Overweight and obesity: A high body mass index puts extra strain on the heart.

Stress and psychological strain: Constant mental pressure and nervous tension

Genetic factors: People with a family history of heart disease are at higher risk.

Age factor: The risk increases with age.

Diabetes: Elevated blood sugar levels damage blood vessels.

High cholesterol level: An increase in the amount of bad cholesterol in the blood.

3. Signs and symptoms

Main characters:

Chest pain: Sharp or pressing pain, often after physical exertion.

Shortness of breath: Shortness of breath even with light activity.

Heartbeat disorder: Fast or uneven heartbeat (arrhythmia).

Fatigue and weakness: Constant lack of energy.

Dizziness and fainting: As a result of rapid changes in blood pressure.

Swelling of the feet and ankles: Fluid retention.

Sweat discoloration: Bluish or pale skin.

Sweating: Cold sweat, especially when resting.

Cold hands and feet: Peripheral circulatory disorders.

Signs of an emergency (urgent medical attention required):

- If acute chest pain lasts more than 15 minutes
- Severe shortness of breath
- Speech disorder or facial asymmetry
- Severe headache

4. Treatment methods

Treatment with medications:

Antihypertensive drugs: Drugs that lower blood pressure (ACE inhibitors, beta-blockers, diuretics).

Statins: Drugs that lower cholesterol levels.

Anticoagulants and antiplatelet agents: Agents that prevent blood clotting (aspirin).

Nitrates: Drugs that reduce heart pain.

Cardiotonic agents: Drugs that improve heart muscle contraction.

Surgical procedure:

Coronary angiography and stenting: Placing a stent in a narrowed blood vessel

Bypass surgery: Creating new blood flow pathways

Heart valve replacement: Replacing damaged valves

Pacemaker implantation: A device that regulates the heart rhythm

Lifestyle changes:

- Healthy eating habits (low fat, low salt foods)
- Regular exercise (30 minutes a day)
- Avoiding harmful habits
- Stress management techniques
- Weight control
- Enough sleep (7-8 hours)

Physiotherapy and rehabilitation:

Special cardiac rehabilitation programs

Therapeutic physical education

Psychological support

5. Statistics in Uzbekistan

Cardiovascular diseases are a serious health problem in Uzbekistan:

Main indicators:

Causes of death: Cardiovascular diseases account for 55-60% of all deaths in Uzbekistan. If we look at the prevalence of the disease, up to 300 thousand people are hospitalized with cardiovascular diseases every year. At the same time, arterial hypertension is also recorded in 25-30% of the adult population, high blood pressure.

Ischemic heart disease: occurs in 15-20% of the population over 40 years of age

Stroke: 35-40 thousand new cases of stroke are recorded each year

Risk factors in Uzbekistan:

More than 50% of the population is not physically active enough. 30-40% of adults are overweight or obese. Smoking rates are high among men (25-30%)
The number of patients with diabetes is increasing.

State measures:

The government of Uzbekistan is implementing the following measures to combat cardiovascular diseases:

These include opening modern cardiology centers, expanding screening programs, strengthening preventive medical examinations, promoting a healthy lifestyle among the population, and providing free medicines.

The World Health Organization defines the physical components of traditional medicine as follows: herbal medicine and other natural products, acupuncture, and manual therapy. Traditional medicine in the health care system already plays an important role in a number of countries around the world, especially in Asian countries. Our folk medicine has deep secular roots dating back to the time of Abu Ali ibn Sino. Today, the system of folk medicine is legalized in our Republic.

The following medicinal plants are widely recommended for the treatment of cardiovascular diseases:

Consuming saffron, hawthorn, cardamom, garlic, arjuna, ginseng, and others during the treatment process will yield good results.

Conclusion:

To prevent and detect cardiovascular diseases early, it is necessary to undergo a preventive examination at least once a year, lead a healthy lifestyle, and immediately consult a doctor if symptoms of the disease appear.

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