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Research Article

CARDIOVASCULAR DISEASES AS A SOCIAL AND HYGIENIC PROBLEM

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ABSTRACT

Cardiovascular disease is the most important cause of death in the population. Enormous advances in prevention, diagnosis and treatment have comparatively reduced the incidence of the disease. Cardiovascular diseases remain the most important cause of early disability, occupational disability and premature death.

KEYWORDS

Myocardial infarction, stroke, body fat, bad habits.

INTRODUCTION

Diseases of the circulatory system take the second place in the structure of the general morbidity of the population and the first place among the causes of death. The increase in mortality rates from these diseases occurs against the background of an increase in the overall mortality of the population. It has been

established that the number of patients with this pathology is especially intensively increasing among middle-aged men. For women, these figures are slightly lower. Among the causes of disability, ischemic and hypertension diseases, vascular lesions of the brain, and rheumatism prevail. With age, there is an



increase in the incidence of cardiovascular diseases. From a large number of risk factors for coronary heart disease, two main groups have been distinguished: socio-cultural risk factors and "internal" risk factors. The first group includes the consumption of high-calorie foods rich in saturated fats and cholesterol, smoking, a sedentary (inactive) lifestyle, and nervous stress; to the second group - arterial hypertension, hypercholesterolemia, impaired carbohydrate tolerance, obesity (overweight), heredity. The degree of influence of each of these factors and their combinations is different. Depending on the nature of the disease and the condition of the patient, doctors plan a number of therapeutic and preventive measures: drug treatment, inpatient treatment, physiotherapy, exercise therapy, sanatorium treatment, etc. There are cardiology departments, dispensaries, centers, research institutes, hospitals for rehabilitation treatment. An excess of low-density lipoprotein cholesterol in the blood is associated with an increased risk of cardiovascular disease. An effective reduction in the risk of cardiovascular disease comes with lifestyle changes. Many people with hypercholesterolemia continue to suffer from an uncontrolled deterioration in their general condition. Among them are patients with cardiac hypercholesterolemia, an inherited form of high cholesterol that can lead to premature cardiovascular disease, including heart attacks and strokes.

The solution of social and preventive problems in the matter of protecting and strengthening the health of the people includes medical, sanitary, hygienic and socio-economic measures. Allocate individual and social prevention. Primary prevention is a system of measures to prevent the occurrence and impact of risk factors for the development of diseases (vaccination, rational work and rest regime, rational high-quality nutrition, physical activity, environmental

improvement, etc.). Primary prevention includes socio-economic measures of the state to improve lifestyle, environment, education, etc. occurrence, exacerbation or recurrence of the disease. The most effective method of secondary prevention is prophylactic medical examination as a complex method of early detection of diseases, dynamic monitoring, targeted treatment, rational consistent recovery. A set of measures for the rehabilitation of patients who have lost the possibility of a full life. The most important component of all preventive measures is the formation of medical and social activity among the population and attitudes towards a healthy lifestyle. A significant increase in diseases of the circulatory system at a young age causes increased interest of researchers in the study of the incidence of the cardiovascular system in the population of children, as well as environmental risk factors as possible causes of their occurrence, since they play the most important role in the development and spread of these diseases. Therefore, their occurrence can be prevented or limited by environmental impact. This makes it most relevant to study the prevalence of cardiovascular pathology in adolescents and develop measures aimed at preventing the chronicization of the process that began in childhood.

In childhood and adolescence, basic behaviors are laid, early identification and prevention of risk factors for cardiovascular diseases associated with an unhealthy lifestyle will help prevent or delay the development of diseases of the circulatory system in later life. People with or at high risk of cardiovascular disease. Due to the presence of one or more risk factors, such as high blood pressure, diabetes, hyperlipidemia, early detection and assistance through counseling and, if necessary, medication are needed. The most promising way to reduce the incidence, mortality and disability of the population from cardiovascular diseases is a

preventive approach, starting from childhood and adolescence. Most cardiovascular diseases can be prevented by addressing risk factors such as tobacco use, unhealthy diet and obesity, physical inactivity and the harmful use of alcohol through population-wide strategies. Heart attacks and strokes are usually acute illnesses and occur mainly as a result of blockages in blood vessels that prevent blood from flowing to the heart or brain. The most common cause of this is the formation of fatty deposits and emboli on the inner walls of blood vessels that supply blood to the heart or brain. Bleeding in the brain due to a ruptured vessel or trapped blood clots can also cause a stroke. Myocardial infarction and stroke are commonly caused by tobacco use, unhealthy diet and obesity, physical inactivity and alcohol abuse, high blood pressure, diabetes, and hyperlipidemia. Exposure of a person to behavioral factors can lead to manifestations in the form of high blood pressure, high blood glucose, high blood lipids, as well as overweight and obesity. Quitting tobacco use, reducing salt intake, consuming fruits and vegetables, maintaining a healthy lifestyle, regular physical activity, and avoiding the harmful use of alcohol significantly reduce the risk of developing cardiovascular disease.

In addition, drug therapy may be needed to reduce the risk of developing cardiovascular disease and prevent heart attack and stroke in diabetes, high blood pressure, and elevated lipid levels. To improve the health of people, one must choose and maintain a healthy lifestyle in order to create an enabling environment for healthy choices and their availability. Education from an early age to a healthy lifestyle prevents the risk of developing heart disease. Observance of hygiene etiquette in different strata of the population affects the outcome of diseases.

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