

CARE OF PATIENTS WITH DISEASES OF THE CARDIOVASCULAR SYSTEM

To'raxanova Oydin

Ayxadjaeva Feruza

Teachers of the Technical College of Public Health

named after Abu Ali ibn Sino

Abstract:

This article is about how to care the patients with diseases of the cardiovascular system. And below there are recommendations to patients from doctors.

Keywords: care, disease, heart, attack.

Cardiovascular diseases (CVD) are a group of organic and functional pathologies of the circulatory system (heart, arteries, veins). Heart failure can be suspected with a feeling of pain and heaviness behind the sternum, shortness of breath, irregular heart rhythm and rapid heartbeat. With damage to the vessels of the head and neck, headache, tinnitus, fainting can be observed. Peripheral vascular diseases are accompanied by pain, swelling, lameness in the legs. Many CVDs are very life-threatening, and if symptoms appear, you should immediately see a cardiologist or general practitioner - who will refer you to the right specialist. Epidemiology Cardiovascular (cardiovascular) diseases are common and is a serious public health problem worldwide due to its high mortality rate. A third of all deaths in the world are caused by diseases of the circulatory system (85% of them are due to heart attack or stroke), more than 75% occur in countries with a low and medium level of economic development. In Russia, the incidence of CVD is more than 19% of all diseases, and the mortality rate is 50%. Experts of the World Health Organization (WHO) predict a further increase in morbidity and mortality from cardiovascular diseases. People of retirement age are more prone to vascular and heart diseases, but these diseases have significantly increased in recent decades. became "younger". Thus, coronary heart disease is often diagnosed for the first time in children in their thirties, and from the age of forty it becomes the cause of early death. Disease statistics show that morbidity and mortality from cardiovascular pathologies are 1.5 times higher in men than in women. Classification of CVD The most common, socially significant CVD includes: Hypertension is blood constant increase in blood pressure.

Atherosclerosis - covering the lumen of the artery with cholesterol plaques.

The defeat of the coronary vessels leads to ischemic heart disease, ischemia (lack of blood supply) of the head and neck arteries to the brain, and ischemia of the large arteries of the legs. Ischemic heart disease is a violation of blood supply to the myocardium due to blockage (narrowing of the lumen) of the heart vessels. The acute form of the disease is myocardial infarction.

Cardiac arrhythmias - disorders of heart rhythm and conduction. Inflammatory heart disease - injuries of an autoimmune or infectious nature that affect the pericardial sac, muscle layer or internal connective tissue of the heart - respectively, pericarditis, myocarditis, endocarditis.

The most common is rheumatic heart disease. Cerebrovascular pathologies - diseases of cerebral vessels. An acute form of blood circulation disorder in the main vessels of the head and neck is an ischemic stroke (cerebral infarction).

Hemorrhagic stroke develops in case of violation of the integrity or insolvency of the vascular wall (bleeding into the brain).

Thromboangiitis obliterans - progressive closure of the small arteries of the legs accompanied by ischemia of the limbs (first due to spasm, then due to thrombosis). Venous thrombosis and pulmonary embolism (PE) - complete or partial closure of the lumen of the vessels or the main artery responsible for blood supply to the lungs.

Less common: congenital and acquired heart defects; heart tumors; systemic vasculitis; thromboembolism of arteries of systemic blood circulation (peripheral, mesenteric, etc.). Prevention Primary prevention of the disease consists in its prevention, while secondary prevention is aimed at prevention of complications with existing pathology, exacerbation of relapses. Primary prevention of cardiovascular diseases depends primarily on the patient and consists in revising the lifestyle - to be healthy, you need to eat a balanced diet, give up bad habits, get rid of excess weight, exercise more you should do. Recommendations of doctors for cardiovascular diseases within the framework of secondary prevention:

- healthy lifestyle;
- treatment of accompanying diseases - control of blood glucose level in diabetes mellitus, normalization of thyroid hormone concentration in case of its dysfunction; maintenance of normal blood pressure;
- lifelong intake of aspirin (to reduce blood viscosity and prevent thromboembolic complications), statins (to prevent atherosclerosis).

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