

ASSESSMENT OF THE SIGNIFICANCE OF RISK FACTORS IN THE DEVELOPMENT OF CHD

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ABSTRACT

At the moment, all over the world, cardiovascular diseases are in first place in terms of morbidity and mortality, among this nosology are common: coronary heart disease (CHD), chronic heart failure (CHF), myocardial infarction (MI), arterial hypertension (AH) [one].

Tags : cardiovascular diseases , chronic heart failure , arterial hypertension .

Introduction

Ischemic heart disease is an acute or chronic heart disease that occurs in the coronary arteries due to a decrease or cessation of blood supply to the myocardium [2]. And BS includes pathological processes that occur as a result of acute or chronic myocardial ischemia caused by spasm, narrowing or obstruction of the coronary arteries in their atherosclerosis [3].

Risk factors for coronary artery disease include: gender; age; heredity; frequent alcohol use, smoking, physical inactivity, psycho -emotional tension, arterial hypertension (more than 140/90 mm Hg . Art. at any age); non-modifying factors include: comorbidities: bronchial asthma (BA), chronic obstructive pulmonary

disease (COPD), hypothyroidism, diabetes mellitus, cholelithiasis , abdominal obesity (BMI=26) [1,4].

The most formidable complication of IHD is acute myocardial infarction, which can lead to disability and death [4]. Despite significant advances in diagnosis and treatment, coronary heart disease (CHD) remains the main cause of death and disability , which makes the study of this pathology relevant.

The aim of our work is to assess the significance of risk factors in the development of coronary artery disease.

The study was conducted on an outpatient basis at ASMI *Andijan State Medical Institute* in the period 2017 -2022 years. The study analyzed data from 72 patients, including 25 men (34.42%) and 47 women (65.57%) . Of these, 15 (21.3%) patients with postinfarction atherosclerosis, 11 (14.7%) with exertional angina, 11 (14.7%) with acute coronary syndrome (ACS), the rest 35 (49.3 %) acute coronary syndrome was not detected.

The average age of women was 68.9 years.

The average age of men was 69.4 years.

The presence of obesity aggravates the course of coronary artery disease [5]. During the study, 11 (52%) of the examined men were found to be overweight, 4 (19%) - obesity of the 1st degree, 1 (4.7%) - obesity of the 3rd degree. Among the examined women, 11 (27.5%) were found to be overweight, 12 (30%) - 1st degree of obesity, 4 (10%) - 2nd degree of obesity, 5 (12.5%) - 3rd degree of obesity . In total, 30 patients with obesity of varying degrees were identified , which is 42.6% of the total number of patients.

Adipose tissue hormones play an important role in the development of cardiovascular diseases, including coronary artery disease. One of them is leptin , which leads to endothelial dysfunction, which contributes to the formation of atherosclerotic plaque, thereby leading to the development of atherosclerosis. Aortic atherosclerosis was detected in 42 patients (59.01%), including 24 women and 12

men. A number of factors, such as oxidative stress, endothelial dysfunction, and activation of the immune system, are important modulators of the formation and exacerbation of atherosclerosis [5].

High blood pressure also contributes to the development of coronary artery disease. Arterial hypertension (more than 140/90 mmHg) was registered in 27 subjects (37.7%), including 20 women and 7 men. Of these, kidney pathology was detected in 10 patients (16.39%).

Conclusion

According to the study, the risk of developing coronary artery disease for both men and women increases with age. Most of the patients were identified with aortic atherosclerosis, which is the leading factor in the development of coronary artery disease. Obesity is closely associated with atherosclerosis of the coronary arteries. Atherosclerotic vascular lesions were more common in patients with higher BMI than in patients with normal body weight. An important role in the occurrence of IHD is played by arterial hypertension, the occurrence of which can be caused by pathological changes in the kidneys.

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