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FEATURES OF PREVALENCE OF ARTERIAL HYPERTENSION

Summary. In article are presented information about spreading of arterial hypertension in population of the men and women of the miscellaneous of the age, about increasing predisposed to her depending on age. Also, is in detail described information 11 factors of the risk dug about prevalence in population of the men and 9 factors of the risk in populations of the women in origin arterial hypertension.

Key words: prevalence, early detection, screening methods, underlying causes, incidence rates.

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ОСОБЕННОСТИ РАСПРОСТРАНЕННОСТИ АРТЕРИАЛЬНОЙ ГИПЕРТОНИИ

Резюме. В статье представлены сведения о распространенности артериальной гипертонии в популяциях мужчин и женщин разного возраста, о повышении предрасположенности к ней в зависимости от возраста. Также, подробно описаны сведения о преобладании роли 11 факторов риска в популяции мужчин и 9 факторов риска в популяции женщин в возникновении АГ.

Ключевые слова: распространенность, раннее выявление, методы скрининга, первопричины, уровни заболеваемости.

Relevance. Arterial hypertension (AH) is one of the most pressing medical and social problems today. There are several reasons for this: it is widespread among the population; this disease corresponds to the majority of cases of disability of the atherosclerotic continuum; insufficient control of blood pressure at the population level [1,2].

Therefore, the creation of a scientific basis for improving the system of early detection and treatment of hypertension has become a necessity in Uzbekistan.

Purpose of the study. The aim of the study was to study the prevalence of hypertension in the male and female population of Andijan using new epidemiological criteria.

Our inspections were organized and conducted in accordance with the requirements of the epidemiological research of the World Health Organization (WHO). In particular, the study used uniform epidemiological methods, and the results were analyzed and evaluated according to the JCCT criteria.

Materials and research methods. For our epidemiological survey, we randomly selected two people aged 15 to 70 years (2184 in 10% of the sample and 1909 in the absolute sample) and in the male group (1579 in the 10% of the sample and 1313 in the absolute sample). using random numbers. In our study, we used questionnaire, instrumental, biochemical and epidemiological methods based on WHO recommendations. Epidemiological classification of hypertension is based

on the recommendations of the WHO (1999) and the IV Congress of Cardiology of Uzbekistan.

Research results. Comparative epidemiological characteristics of mean blood pressure levels and prevalence in quintiles were studied in the populations participating in the study.

The results showed that one in three men needs active primary, secondary and tertiary preventive measures against this disease. In addition, mild hypertension is the most common (72.6%) among the male population. It was 2.6 times lower (27.9%) than moderate hypertension ($R < 0.01$). AH was revealed, which was 3 times less severe than mild AH.

It should be noted that these results confirm the results of large epidemiological surveys carried out in recent years and indicate the urgent need for the implementation of the following important epidemiological legislation: special attention should be paid to this group, the intended surveillance of which should remain a daily activity, which allows detection at an early stage. the most dangerous complications of hypertension (stroke, myocardial infarction, disability, etc.) up to 70%.

Only 33.1% of men aged 15-70 know that they have high blood pressure, and 66.9% do not even know about it. It turns out that the subjects were almost unaware of how much they had at almost 100% blood pressure.

It was noticed that AH increases in women of different ages from 8.8% (15-19 years old) to 66.4% (in people over 70 years old), that is, up to 7.5 times. A sharp increase in hypertension occurs in people aged 50-59, 60-69 and 70 years, but it has also been found that it occurs in the reproductive period up to 50 years, up to 33.5%, which means that hypertension is not limited to women of average and older age. but also shows that women of childbearing age have become a serious problem today.

Hypertension is most commonly associated with obesity, hypercholesterolemia (GXS) and clotting risk factors (COX), relatively low stress

levels, dyslipoproteinemia (DLP), hypertriglyceridemia (GTG), excessive salt intake, and low levels of hypodynamics and heredity.

An unfavorable epidemiological situation associated with risk factors aggravates the formation of hypertension in men to 60.4%, or an increase of 25 times, was also evident from a special analysis of the study results. This process is especially pronounced with age, while the risk of developing hypertension is most associated with obesity and compared with this risk, which is 1.5 times lower in obesity, 1.6 times lower in GXS and 1.8 times lower with KXO, This is observed in GTG with almost the same degree of dependence on 2 times less DP and stress, as well as on alcohol and hereditary predisposition 3 times less and almost 7 times less in hypodynamics.

Researchers also cite differentiated results in this regard (3) and note that they were mainly obtained in the countries of near and far abroad [4,5]. In Uzbekistan, especially in the Fergana Valley, in recent decades, there has been a sharp decline in such epidemiological data [2].

In general, taking into account the population characteristics of hypertension identified in our study, and, as a consequence, the practice of healthcare organizations, ETHIC effectively improve the existing treatment and prophylactic programs for hypertension, leading to a reduction in the proportion of hypertensive continuity in the population.

Output.

1. Among the male population of Andijan aged 15-70 years and older, the highest level (72.6%) is mild AH, 2.6 times less (27.9%) than the average AH and 3 times less (24 , 5%).) Severe hypertension. was discovered. Every third man needs active primary, secondary and tertiary preventive practice against hypertension.

2. In the female population of Andijan aged 15-70 years and older, in contrast to men, mild AH is 74.3%, AH of 2 degrees - 30.1% and AH of 3 degrees - 26.4%.

3. In the male and female population, AH increases up to 7.5 times, depending on age. In terms of origin and development, 11 major risk factors prevail in men, and 9 in women.

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