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PREVENTION OF HEART DISEASES

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Abstract: Heart diseases (heart diseases) are a group of pathologies related to the cardiovascular system, manifested by a violation of the normal activity of the heart. Such diseases may be caused by damage to the epicardium, pericardium, myocardium, endocardium, valvular apparatus of the heart, and blood vessels. Heart diseases can be hidden for a long time, without any clinical picture. Along with various tumors, it is one of the main causes of premature death in developed countries today. The continuous operation of the blood circulation system, consisting of the heart and blood vessels, which plays the role of a pump, is a necessary condition for the normal functioning of the body.

Key words: Cardiac arrhythmia, tachycardia, myocardium, atrioventricular blockade, bundle of gis, fibrillation, extrasystole, endocarditis, myocarditis, pericarditis, valve defects, heart defects.

DOLLARITY OF THE PROBLEM

According to the Framingham National Heart, Lung and Blood Institute (USA) research, the most important factors in the development of cardiovascular diseases in people are obesity, sedentary lifestyle and smoking. Heart diseases can be conditionally divided into three large groups according to the site of damage: Diseases affecting the valve apparatus of the heart. Includes various acquired and congenital heart defects. Diseases affecting blood vessels of the heart and their consequences. This includes ischemic heart disease, myocardial infarction, angina pectoris, etc. Diseases that directly affect the tissue of the heart shell, including pericarditis, endocarditis, myocarditis. The causes of these diseases include a wide range of factors, from lifestyle to genetic defects.

RHYTHM and conduction disorders: Cardiac arrhythmia, Tachycardia, Myocardial conduction disorders, Atrioventricular block, Gis bundle leg block, Fibrillation, Extrasystole.

Inflammatory diseases of the heart. Endocarditis, myocarditis, pericarditis..

RESEARCH RESULTS

Among the most common acquired heart defects in research, heart valve defects are considered. Dysfunction of the heart valves means that they move blood backwards or do not

open enough. Heart valve disease is often the result of infectious damage or autoimmune reactions.

Congenital heart defects. Congenital heart defects occur due to various genetic diseases or damage to the fetus during dysembryogenesis.

Tetrad of Fallo. Among them, the most serious form is tetrad of Fallot. In this case, hemodynamics is disturbed, blood flow to the lungs decreases, and venous blood passes from the right ventricle to the aorta. Four factors play a role in its development: Ventriculoseptal defect — ventricular septal defect (VSD) — unites the right and left parts of the heart. In tetrad of Fallot, QATN is always large and non-restrictive. As a rule, this is perimembranous CAD, muscular CAD or supraarterial CAD. Right ventricular outflow tract obstruction is caused by one or a combination of the following anatomical components. These include infundibular (subvalvular) stenosis of the right ventricular outflow tract, pulmonary artery stenosis, obstruction due to hypertrophied right ventricular myocardium, hypoplasia of the pulmonary artery core and/or branches. Dextraposition of the aorta - the aorta is partially displaced from the right ventricle or the blood flow in it is maintained dominantly due to the activity of the left ventricle. Right ventricular hypertrophy — hypertrophy of the muscular component of the right ventricle develops with age.

Other congenital heart defects. Interventricular and interlobular barrier defects, valve narrowing (stenosis), open arterial channel (blood bypasses the lungs), etc. Most of these conditions can be treated with surgery. The time of surgery depends on the nature of the defect, symptoms and severity of the condition. Mitral stenosis, mitral valve insufficiency, mitral valve prolapse, aortic stenosis, aortic valve insufficiency, combined valve defects.

Arterial hypertension. Arterial hypertension, or high blood pressure, is a serious condition that increases the risk of heart attacks and strokes. During the contraction of the heart, the pressure in the arteries of an adult is 120-140 mm. sim. is 80-90 mm during expansion. sim. falls on ust. If these indicators increase, this indicates high blood pressure and can have very serious consequences. In developed countries, the number of people suffering from hypertension is much higher. In 90% of cases, this disease does not occur due to an easily eliminated cause, therefore, a comprehensive approach to treatment is necessary.

Ischemic injuries: Myocardial infarction. An acute condition, a clinical form of ischemic heart disease, occurs due to necrosis of heart muscle tissue (myocardium) as a result of complete or partial blood deficiency. This leads to disruption of the entire cardiovascular system and puts the patient's life at risk. The main and most common cause of myocardial infarction is a violation

of blood flow in the coronary arteries, which supply the heart muscle with blood and, accordingly, oxygen. Often, such a disorder occurs against the background of atherosclerosis of the arteries, in which atherosclerotic plaques (plaques) appear on the walls of the vessels.

Ischemic heart disease. This disease is characterized by a decrease in blood flow to the heart muscle. The heart works intensively, and lack of blood immediately affects its condition. Coronary arteries surrounding its muscles are responsible for feeding the heart. Symptoms of this disease can be shortness of breath and heart attack. In almost 90% of cases, coronary artery disease is a result of damage to the walls of the arteries - atherosclerosis. Previously, this process was considered to be related to the natural aging of the body, but now it is known that even children can suffer from atherosclerosis. Angina. Cardiovascular damage. Cardiosclerosis, coronary heart disease, atherosclerosis

Pathological changes. Cardiac asthma, heart failure, myocardial hypertrophy, left ventricular hypertrophy, left ventricular hypertrophy, right ventricular hypertrophy, right ventricular hypertrophy.

DISCUSSION OF RESEARCH RESULTS

Timely consultation of a specialist doctor, conducting analyzes to check the presence of indications for special treatment, specialized, including high-tech treatment, preventive consultation and prevention of negative factors, if there are indications, are appropriate.

CONCLUSION

According to the WHO, the abuse of alcoholic beverages is also considered a serious risk factor for STDs.

Prevention strategy. There are two main strategies for preventing STDs: population-wide (population strategy) and individual interventions (also called "high-risk" strategies). Both types of measures are highly effective and can be implemented even when resources are scarce.

Population strategy. Comprehensive anti-tobacco policies, taxes to reduce consumption of foods high in fat, sugar and salt, building sidewalks and bike paths to increase physical activity, and reducing alcohol abuse , educational events promoting healthy lifestyle, ensuring proper nutrition of children in schools. This strategy is aimed at identifying persons with a high cardiovascular risk among the population as early as possible and implementing active preventive measures aimed at minimizing these risk factors. Determining the category of persons with a high risk of developing cardiovascular diseases is mainly carried out within the framework of clinical dispensation. Modifiable risk factors are corrected as preventive measures. In some cases, special drugs may be prescribed.

Prevention: Primary and secondary prevention of STDs are differentiated. Primary prevention — prevention of disease development, secondary prevention — prevention of complications of cardiovascular diseases (for example, repeated myocardial infarction or stroke). Secondary prevention is carried out in two stages: regular dispensary examination of patients by cardiologists and district doctors in primary health care institutions, provision of specialized, including high-tech medical care, medical rehabilitation, sanatorium-resort treatment .

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