

**PREVENTION OF CARDIOVASCULAR DISEASES: NATURAL APPROACHES AND THEIR SIGNIFICANCE***Asqarova Dilafruz A'zamjonovna**Faculty of Medicine, 2nd-year student in General Medicine**Amanbayeva Sanobar Sirojiddinovna**Scientific advisor: Lecturer, Department of Medical and Biological Chemistry**Qo'qon University, Andijan Branch, Andijan, Uzbekistan**Email: [dilafruz2798@gmail.com](mailto:dilafruz2798@gmail.com)*

**Abstract:** This article focuses on the most common types of cardiovascular diseases (CVDs), their major risk factors, and effective preventive measures. Based on the recommendations of the World Health Organization (WHO), it emphasizes the importance of a healthy lifestyle, physical activity, proper nutrition, and avoidance of harmful habits in maintaining heart health. The article highlights both primary and secondary prevention strategies, results of scientific research, and provides practical advice for disease prevention, especially among youth. The importance of promoting cardiovascular health and the necessity of widespread awareness in society are thoroughly justified.

**Keywords:** Cardiovascular diseases, prevention, healthy lifestyle, hypertension, stroke, heart failure, WHO, public health, risk factors, primary prevention, secondary prevention.

**Relevance of the Topic**

Cardiovascular diseases (CVDs) are the leading cause of death worldwide. According to the World Health Organization (WHO), over 17 million people die each year from cardiovascular conditions [2], which accounts for approximately 30% of all global deaths. In developing countries like Uzbekistan, the incidence and mortality rates are increasing each year. Modern lifestyle factors contribute to the growing burden on the cardiovascular system, including poor diet, physical inactivity, psychological stress, and the use of tobacco and alcohol [3]. Despite the misconception that CVDs are “diseases of the elderly,” they are increasingly observed among young people. Another critical issue is the asymptomatic progression of many heart diseases, which leads to late diagnosis and treatment [4]. Neglecting early signs and the insufficient implementation of preventive screenings often results in severe complications. Therefore, prevention—particularly primary prevention—has become one of the most crucial aspects of modern medicine. Additionally, promoting a healthy lifestyle and educating the population—especially students and working individuals—about heart health are fundamental to improving public health and ensuring sustainable development. Major types of cardiovascular diseases include coronary artery disease, hypertension (high blood pressure), stroke, heart failure, and peripheral artery disease [1]. Risk factors for CVDs can be divided

into two categories: non-modifiable and modifiable. Non-modifiable risk factors include heredity, age, and sex. Modifiable risk factors, on the other hand, include smoking, poor nutrition, physical inactivity, diabetes, stress, alcohol use, obesity, and elevated cholesterol levels [6]. Preventive strategies for cardiovascular diseases are divided into primary and secondary measures. Primary prevention includes healthy eating, regular physical activity, avoiding smoking and alcohol, and stress management. Secondary prevention consists of proper medication adherence, timely medical check-ups, maintaining a healthy lifestyle, and participation in regular rehabilitation programs [5]. According to WHO guidelines, if individuals adopt habits such as healthy eating, being physically active, and quitting smoking, up to 80% of cardiovascular diseases can be prevented. A study published in *The Lancet* showed that regular monitoring of heart function and lifestyle modifications can reduce cardiovascular mortality by 30–50% [7]. Among today's youth, the prevalence of fast food consumption, energy drinks, sedentary lifestyle, and chronic stress is alarming. Therefore, schools, colleges, and universities must intensify efforts in health education and prevention.

## Conclusion

Cardiovascular diseases are among the most prevalent and deadly health conditions globally. Most of these diseases are directly related to lifestyle, dietary habits, emotional and psychological well-being, physical activity levels, and harmful habits. Statistics show that as the age of onset decreases, the need for early detection and effective prevention is growing. Preventive measures—especially primary prevention—play a vital role in maintaining heart health. By adopting a healthy lifestyle before the onset of disease, including risk reduction, regular health check-ups, engagement in physical activity, balanced nutrition, and stress management, stable heart function can be ensured. In this regard, not only healthcare professionals but also teachers, mass media, families, and the community play a significant role. Secondary prevention is also crucial. Patients diagnosed with cardiovascular conditions must remain under constant medical supervision, strictly follow treatment plans, take prescribed medications, and adopt habits that enhance their quality of life. Innovations in medical technology and advanced diagnostic methods contribute to early detection of these diseases. However, the most critical factor remains increasing public awareness and education on heart health and encouraging people to be proactive about their well-being. In conclusion, the prevention of cardiovascular diseases is not solely the responsibility of medical professionals but of society as a whole. The heart is the engine of life—and protecting and strengthening it should be our collective mission. Such an approach will help secure a healthy generation, a stable society, and a prosperous future.

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