

RISK FACTORS AND DIAGNOSIS OF HYPERTENSION

O'ktamova Ruxsora O'tkirjon qizi

Bukhara State Medical Institute, Named Abu Ali ibn Sino

Republic of Uzbekistan, Bukhara

Abstract: Hypertension (from the Greek hyper - high, increased tone - tension) is an increase in the vascular tone of organs and tissues relative to the optimum. Hypertension, primary (essential) arterial hypertension, secondary idiopathic arterial hypertension - is a common (up to 75%) increase in arterial blood pressure in humans. It was adopted by the World Health Organization in 1978. According to studies, hypertension is one of the main causes of disability on our planet. According to statistics, if first aid is provided late when blood pressure increases, the condition of patients can worsen significantly, even death can occur. The disease occurs mainly in people over 40 years of age, but in recent years it has also been observed more often in young people. Both women and men suffer from this disease.

Keywords: Hypertension, disability, atherosclerosis, stress, myocardial infarction, stroke, death, cholesterol, hypertrophy, hypertension, inactivity, smoking.

In recent years, the incidence of hypertension among young people has increased. Hypertension is more common among men aged 18 to 50 years, while women are more likely to be affected than men in those over 50 years. Studies show that hypertension also affects the younger population, including children and adolescents, with the youngest patients with hypertension being in their 20s. The highest percentage of patients falls on the 60-70 age group. Although the prevalence of hypertension among young people is lower than among adults, in recent years there has been an increase in the incidence of hypertension among young people, including adolescents, with more than 3% of adolescents and approximately 3% of asymptomatic children and adolescents having hypertension, which poses a long-term health risk. Recently, the mortality rate associated with cardiovascular diseases has been increasing among women. According to the Bulgarian Cardiology Association, approximately 60-65 thousand people die from these diseases every year. Many cardiovascular diseases have a hereditary component, and genes that predispose to the development of risk factors can influence the development of risk factors. Hypertension, in particular, has a hereditary nature, with 60% of respondents reporting a family history of cardiovascular disease, 32% not knowing whether there was such a condition in their family, and only 8% stating that there was no cardiovascular disease in their family. {1}

Hypertension is a common (65% to 75%) increase in blood pressure in patients in the form of arterial hypertension (essential), arterial hypertension, symptomatic hypertension (adopted by WHO in 1978). According to studies, hypertension is one of the main causes of disability and limitations in life activities in the world. According to statistics, if first aid is provided late when blood pressure increases, the condition of patients can worsen significantly, even death can occur. Hypertensive patients are mainly over 40-45 years old, but according to the latest data, they are also often observed among young people. This

disease occurs in women and men equally. According to the latest information, 27-28% of the world's population over 25 years old has high arterial blood pressure. The number of hypertensive patients is currently reaching 45%. After 65 years of age, this figure is 60-70%. Up to 45-55 years of age, more men suffer from this disease, and after 45 years of age, women suffer more from this disease. In our country, blood pressure is recorded in 20% of the entire population, and in 27% of cases in those aged 45-60. Hypertension is detected in 14% of men and 16% of women of urbanized cities aged 25-40 years. It is alarming that only 12.5% of these patients were taking blood pressure medication regularly, 38% were taking it occasionally, and 49.5% were not treated at all. According to some reports, these figures are expected to be even higher. {2}

The causes and mechanisms of the disease have not been fully elucidated. The combination of genetic predisposition and some external factors is considered to be of decisive importance. The cause of the disease is prolonged stress and depression, frequent psychological stress. Often, this is caused by work that requires constant emotional tension. In addition, patients who have suffered a concussion are also at high risk of developing the disease. Hereditary predisposition is also among the causes: if a person has this disease in his family, then the risk of developing this disease increases several times. The main factor influencing the development of the disease is a sedentary lifestyle. As people age, atherosclerosis can develop, and an increase in blood pressure against the background of this change makes the situation even more serious. This is extremely dangerous for life, because through narrowed blood vessels, blood does not flow or does not flow enough to some parts of the brain, heart, and kidneys. If there are clots and cholesterol deposits on the walls of blood vessels, they can break off during strong pressure, clog the capillaries, and impede blood flow. In this case, myocardial infarction or stroke occurs. Hormonal changes during menopause can cause high blood pressure in women. Salt, or more precisely, the sodium it contains, as well as smoking, alcohol consumption, and obesity, also put pressure on the cardiovascular system. {3}

Currently, the causes of hypertension are related to the external environment, and the cause of the development of the disease is prolonged stress and depression, frequent psychological stress. Often this is caused by work that requires constant emotional tension. In addition, patients who have suffered a concussion are also at high risk of developing the disease. Hereditary predisposition is also among the causes: if a person has had this disease in his family, then the risk of developing this disease increases several times. The main factor influencing the development of the disease is a sedentary lifestyle. As people age, atherosclerosis may develop, and an increase in blood pressure against the background of this change further aggravates the situation. This is considered very dangerous for life, because narrowed blood vessels lead to a lack of blood supply to the brain, heart, and kidneys, or to a certain extent, to insufficient blood flow. If there are clots and cholesterol deposits on the walls of blood vessels, they break off during strong pressure and become clogged in the capillary blood vessels. In this case, myocardial infarction or stroke occurs. In women, the cause of increased blood pressure may be hormonal changes during menopause. Salt, or rather the sodium contained in it, as well as smoking, alcohol abuse, and obesity, also put pressure on the cardiovascular system. {4}

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background of this change makes the situation even more serious. This is extremely dangerous for life, because narrowed blood vessels lead to a lack of blood supply or insufficient blood flow to parts of the brain, heart, and kidneys. If there are clots and cholesterol deposits on the walls of blood vessels, they can break off during strong pressure and clog the capillaries, preventing blood flow. In this case, myocardial infarction or stroke may occur. In women, the cause of increased blood pressure may be hormonal changes during menopause. Salt, or more precisely, the sodium contained in it, as well as smoking, alcohol abuse, and obesity, also put pressure on the cardiovascular system. {5}

To make an accurate diagnosis, the doctor will need to conduct several laboratory tests and hardware examinations. The purpose of the diagnosis is to determine the stage of the disease and the degree of hypertension. With this information, the doctor will be able to choose an effective treatment method. Since the initial stages of the disease are latent, many patients come to the doctor late. It is very difficult to completely cure the disease, so patients need to be patient, because the disease can accompany them for the rest of their lives. Therefore, it is necessary to prevent the disease in time, and if suspicious symptoms appear, it is necessary to undergo a medical examination. The main laboratory tests and hardware examinations mentioned above include the following:

-General blood test, cholesterol, uric acid, urea, glucose, urea

-General urine test

-ECG, EXO

If cardiovascular diseases are suspected based on these data, Stress EXO, treadmill test are used depending on the situation. If the results of these tests are negative, we must immediately perform CORONAGRAPHY, which is the result of our currently developed medicine and technologies, and, after making a final conclusion, send the patient to an invasive surgeon or cardiologist for examination depending on the results. At home, everyone should regularly measure their blood pressure, the optimal indicator is 120/80 mm Hg (below, indicated as units), for adults it is 130/90. As a result of environmental influences or physical activity, the pressure can increase by 5-10 units. A very large difference between the lower and upper pressure is also a sign of concern - usually this indicator should not exceed 50 units. If frequent fluctuations in blood pressure are observed, it is recommended to see a doctor. {6}

When caring for patients with hypertension, it is important to remember that they need complete rest. Any factors that negatively affect the patient (bright light, noise, irritability) should be eliminated. The patient's food should be easily digestible, rich in vitamins, and patients should be taught to eat small, frequent meals. It is also the duty of the nurse in the hospital to check the things that the patient's relatives bring to him. It is forbidden to eat pickles, canned food, and pickles. The more the patient is outdoors, the better his health will be.

Summary.

Arterial hypertension can develop even in children, and in recent years, the incidence of hypertension in children has been increasing due to overweight and a sedentary lifestyle. A sedentary lifestyle, unhealthy diet, smoking, and heredity all increase the risk of hypertension even at a very young age. To prevent high blood pressure, it is necessary to avoid alcohol, smoking, eat right, follow a healthy lifestyle, avoid stress, and control blood pressure. Therefore, it is important to regularly check your blood pressure and, if there are any changes, visit a doctor.

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