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## Research Article

# PREVENTION OF CORONARY HEART DISEASE

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## ABSTRACT

Primary prevention, based on healthy lifestyle habits that prevent the emergence of risk factors, is the preferred method of reducing cardiovascular risk. Reducing the prevalence of obesity is the most urgent task, and it is pleiotropic in that it affects blood pressure, lipid profile, glucose metabolism, inflammation, progression of atherothrombotic disease. Physical activity also improves several risk factors, with the added potential to lower heart rate.

## KEYWORDS

Coronary artery disease; diabetes; high density lipoprotein; hypertension; inflammation; lifetime risk; low density lipoprotein; metabolic syndrome.

## INTRODUCTION

Coronary artery disease is caused by plaque buildup on the walls of the coronary arteries that supply blood to the heart. Plaque is made up of deposits of cholesterol

and other blood substances. The accumulation of plaque leads to a narrowing of the lumen of the artery, which can partially or completely block the blood flow.



Gradually atherosclerosis of vessels increases. Prevention of coronary heart disease is desirable among people without clinical manifestations of the disease, and with patients with a clinical picture. The organization of a balanced diet, lowering cholesterol and blood sugar levels, controlling body weight, normalizing blood pressure, combating smoking and physical inactivity, as well as organizing the correct daily routine and alternating work and rest reduce the risk of disease over time. Prevention is aimed at eliminating modifiable risk factors for the disease. Proper nutrition is based on the principle of matching the calories consumed with the calories expended. Lowering the level of blood cholesterol improves the general condition and can lead not only to the prevention of the development of atherosclerosis and coronary artery disease, but also to some regression of atherosclerosis plaques already formed in the vessels. Hypercholesterolemia must be fought by following a diet, in the absence of an effect, the use of drugs (statins) is possible. To control body weight, doctors and nutritionists use an indicator called body mass index. Patients with arterial hypertension have a high risk of developing the disease. Bad habits, smoking leads to a 2-fold increase in the risk of death from coronary heart disease.

The fight against risk factors, drug prevention of spasms of the coronary vessels, treatment and prevention of arrhythmias, rehabilitation of patients with the help of physical training and medications, surgical care for patients are aimed at preventing repeated exacerbations of coronary artery disease, increasing the duration and quality of life, increasing working capacity and preventing sudden death of patients with ischemia of the heart. With ischemia, the heart tissue loses its ability to function normally. Our task is to reduce the load on the heart and prevent the formation of plaques in the lumen of blood vessels. An

important role in prevention is played by the patient himself, who must be an active ally of the doctor in the struggle to preserve his health.

Symptoms of coronary heart disease usually appear in people of middle and older age atherosclerosis begins to develop already in childhood. Eating habits that contribute to obesity and fat metabolism disorders also begin to form in childhood. Moreover, it was found that the elevated level of cholesterol in the blood, detected in children, is quite persistently preserved in them in the future. High blood pressure also occurs as early as adolescence. Of course, not all children with high blood pressure will become persistent hypertensive patients in the future, but their risk is undoubtedly higher than that of children with normal blood pressure. Eating habits also largely depend on the parents. Adolescents, especially those who have authority among their peers, can successfully promote a healthy lifestyle. Moreover, often the example of a friend and the desire to be like him have a stronger influence on the behavior of a teenager than the recommendations of parents. At the same time, children can positively influence the habits of their parents, being promoters of a healthy lifestyle. Teenagers themselves can actively influence the bad habits of their friends, helping to get rid of them. This is one of the most effective methods of influence. Thus, the primary prevention of cardiovascular diseases is based on the fight against risk factors for these diseases. It is better, of course, to avoid the habits that form these risk factors, but at the same time, it is never too late to try to give them up. If we analyze the essence of the recommended healthy lifestyle, then there is nothing in it that is very difficult to live without. In order for your heart to be healthy, you need to eat rationally (a diet with a moderate content of calories, salt, fat, cholesterol), monitor body weight, engage in regular exercise, stop smoking and

alcohol abuse, regularly monitor your blood pressure. As you can see, nothing fundamentally new and impossible. Following these simple guidelines will help you avoid many diseases without any limitation to an active and enjoyable lifestyle. Prevention of coronary heart disease, especially its forms such as angina pectoris or myocardial infarction, is important, of course, for everyone. Nevertheless, cardiologists identify a certain risk group, for whose representatives following the rules for the prevention of coronary artery disease is a vital necessity.

We are talking, firstly, about patients with coronary artery disease or other forms of atherosclerosis. Properly implemented measures to prevent the development of coronary artery disease help such people avoid complications, often severe or even fatal, which we talked about. Secondly, the risk group includes healthy people with a high risk of developing CHD due to the presence of one or, more often, several risk factors for CHD. Recall these factors: high blood pressure, high cholesterol, high blood sugar, smoking, overweight, sedentary lifestyle. Separately, it is worth mentioning the need to prevent coronary artery disease in relation to people whose close relatives are sick with coronary artery disease or other forms of atherosclerosis or are at high risk of developing coronary artery disease.

The main preventive measures are increasing physical activity, quitting tobacco, switching to a healthy diet and improving the emotional background. Physical activity is important for better exercise tolerance, and for improving the functioning of the heart muscle, and for normalizing body weight. The fashion that has recently arisen in our country for gyms with cardio simulators, for classes under the guidance of an experienced instructor, should favorably affect the reduction in the incidence of coronary artery disease.

In addition to simulators for the prevention of coronary artery disease, such completely democratic types of physical activity as swimming, running and walking are perfect. Very often, the trigger mechanism of coronary disease is a neuropsychic mechanism. Therefore, a favorable, benevolent emotional background is an exceptionally powerful means of preventing coronary artery disease. This also applies to relationships in the family, and the emotions that a person experiences at work. It would seem so easy to be happy with what is and not be angry because of what is not, but meanwhile, many of us tend to chase chimeras, often to the detriment of our own happiness and health. A person who monitors his health improves his well-being. The quality of life improves the hormones of happiness begin to be produced. Happy people rarely get sick at all and almost never - cardiovascular diseases.

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