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Causes, Clinical Symptoms, Types, Treatment and Prevention of Ischemic Heart Disease

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ABSTRACT

This article provides information on the etiology, pathogenesis, classification, clinical presentation of ischemic heart diseases, as well as information on the treatment of the disease in modern medicine and folk medicine.

Keywords:

Ischemic heart disease, myocardial infarction, stage, treatment

Introduction

Ischemic heart disease is one of the most common diseases in the world today and is one of the main causes of death of residents of developed countries. This reason occupies one of the leading places among the most important medical problems of the 21st century. According to the World Health Organization (WHO), the safe blood pressure level is 140/90 mmHg. It is determined that the column is less, and for a long time the disease can be almost unmarked. Increased blood pressure has a pathological effect on the vessels and the "target organs" fed by them: the brain, heart, kidneys. With long-term hypertension, the above pathological processes (even if there are no complaints) can lead to stroke, coronary heart disease, myocardial infarction, heart and kidney failure.

A common disease of the cardiovascular system; accompanied by myocardial ischemia and impaired coronary circulation. Ischemic heart disease, primarily due to atherosclerosis of the coronary (Crown) vascular arteries, there is a lack of blood circulation in the heart muscles and hence the heart's lack of blood. Ischemic heart disease includes stenocardia, myocardial infarction,

post-infarction cardiosclerosis, arrhythmic type, and heart failure. Ischemic heart disease. regular progression is severe heart disease. As you get older, the incidence of disease increases.

Methodology

The most common cause of narrowing of blood vessels is the formation of atherosclerotic plaques, which are formed due to the accumulation of fat on the walls of blood vessels. Therefore, the risk group includes people who have many conditions for the accumulation of cholesterol in blood vessels: smokers, alcohol abusers, people with diabetes and obesity, and those with a genetic predisposition to hyperlipidemia. especially cholesterol plays a big role in its development. An increase in the amount of cholesterol in the blood causes atherosclerosis, which is an ischemic heart disease. increases the risk of development.

Symptoms of ischemic heart disease

The first symptoms of ischemic heart disease:

- Shortness of breath. This condition can occur during fast walking or climbing stairs, and during calm movements.

- Arrhythmia. Interruptions in the work of the heart, rapid heartbeat.
- Hypertension. Sudden jumps and increases in blood pressure.
- Pressure angina. Pressure pains located behind the chest, passing to the neck and left shoulder.
- Myocardial infarction. It is similar to an angina attack but is not controlled by medication. It is accompanied by severe pain in the heart. It indicates the development of cardiovascular disease. It is life-threatening due to heart muscle damage.
- Ischemic disease can manifest itself even in people who do not have specific factors for the development of cardiovascular diseases. That's why it's important to know about the symptoms of coronary artery disease. The sooner a blood circulation disorder is detected, the higher the probability of successful treatment.

At the same time, the development of ischemic heart disease is often slow and almost asymptomatic in the early stages (rarely people notice pain in the heart area and slight shortness of breath). In order to detect the disease at the initial stage, it is necessary to undergo regular preventive examinations by a cardiologist and a therapist.

Types of heart ischemia

Treatment depends on the type of ischemic disease. There are several forms of heart ischemia that need to be identified during diagnosis.

Clinical forms of ischemic disease:

- Sudden coronary death

Primary cardiac arrest caused not by myocardial infarction, but by electrical instability of the myocardium. But, this condition does not always lead to death, sometimes successful resuscitation measures can be taken.

- Stenocardia

Stenocardia, in turn, is divided into several subtypes: stable and unstable stenocardia (nascent, early-stage or progressive infarction), vasoplastic and coronary syndrome.

- Myocardial infarction

In the course of a heart attack, necrosis of the heart tissue occurs due to insufficient or absent blood supply. Can lead to cardiac arrest.

- Postinfarcted cardiosclerosis

Necrotic fibers of the heart muscle develop as a result of myocardial infarction when replaced by connective tissue. At the same time, the tissue does not have the ability to contract, which leads to chronic heart failure.

- Cardiac arrhythmias

It occurs due to narrowing of blood vessels and undulating blood flow. This condition is a form of ischemic heart disease that indicates the development of stenocardia and even the development of myocardial infarction.

- Heart failure or circulatory failure

Treatment of ischemic heart disease:

Currently, there are several methods of treating ischemic heart disease. Usually, based on the diagnosis, the doctor prescribes not one, but a set of therapeutic measures.

The main approaches to the treatment of ischemic heart disease:

Limiting physical activity in cardiac ischemia

When shortness of breath, chest pains, in a word, angina pectoris, heart rhythm disturbances and early signs of a heart attack are detected, the patient is advised to refrain from physical exercises (active and vigorous sports). When climbing stairs and walking speed should be kept at a moderate level and general condition should be monitored. At the same time, if the severity of ischemic heart disease is small, non-intensive loads will help strengthen the vessels of physical activity:

☑ swimming, cycling, leisurely walking.

☑ Diet in cardiac ischemia

As we mentioned above, heart ischemia is caused by the formation of fatty plaques in the coronary arteries, and unhealthy eating habits play an important role in the accumulation of cholesterol in the body: fast food, alcohol and fatty foods passion Therefore, improving nutrition can be considered a full-fledged way to fight ischemic heart disease: the patient must strictly control his diet, eat foods that do not contain harmful fats and contribute to the expansion and strengthening of blood

vessels. should do. In addition to food products rich in fiber and proteins, honey, walnuts, pomegranates, eggplants, citrus fruits, kelp (sea cabbage) should be added to the diet.

Medicines should be prescribed only by a doctor and strictly taken according to their recommendations. Beta-blockers may be prescribed to lower blood pressure with ischemic disease; nitroglycerin, which dilates coronary vessels; ACE inhibitors that improve blood flow; statin-based drugs that adjust the amount of cholesterol in the blood; aspirin in the prevention of thrombosis.

Prevent heart disease

Everyone knows that it is easier to prevent any disease than to cure it.

Therefore, preventive measures to maintain the health of blood vessels and veins should not be neglected. First of all, a person should eliminate the obvious risk factors for heart disease: quit smoking, reduce alcohol consumption to a minimum, avoid fatty foods and foods with a high cholesterol content. It is also necessary to pay attention to physical activity (especially cardio training - walking, cycling, dancing, swimming). It not only helps to reduce weight, but also strengthens the walls of blood vessels. You should have a blood test every six months to monitor your sugar and cholesterol levels.

There are both preventable and non-preventable types of risk factors for CHD. For example, chest tightness (angina), myocardial infarction, stroke cannot be eliminated; if a person has suffered from these diseases once, he has an ischemic heart disease. the risk of development is greater.

If the initial stage of YU.i.k. is angina pectoris, myocardial infarction is its most severe form. A patient with angina can live for a long time, but in the initial period (the first three days) 20-30% of patients experience myocardial infarction. Clinical symptoms of myocardial infarction are usually similar to those of angina pectoris, only the pain lasts longer and is more intense. In this case, death may occur in the first hours or serious complications may occur later. Post-infarction cardiosclerosis, heart arrhythmia, and heart failure are actually complications of ischemic

heart disease and are the main causes of disability and death from diseases of the cardiovascular system. Ischemic heart disease. if suspected, it is necessary to hospitalize the patient immediately. Diagnosis is based on the clinical symptoms of the disease (history of the disease, patient complaints, percussion, auscultation, general examination), electrocardiography, heart muscle enzymes and structural elements (creatinine phosphokinase isoenzymes, myoglobin, etc.), as well as blood analysis, echocardiography, etc.

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