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# Chronic Arterial Diseases Atherosclerosis and Heart Diseases

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**ABSTRACT**

This article provides information on the timely diagnosis and quality of treatment of diseases that cause atherosclerosis.

**Keywords:**

Atherosclerosis, Blood Pressure, Artery Wall, Adipose Tissue, Tissue.

Atherosclerosis (Greek athera - sclerosis and sclerosis) is a chronic disease caused by a violation of lipid metabolism, their accumulation in the inner lining of the arteries and the proliferation of connective tissue. Atherosclerosis is accompanied by general and local circulatory disorders. Changes in the cells of the arterial wall tissue, as well as violations of their biochemical processes, play an important role in the development of atherosclerosis. The development of fibrous tissue in certain parts of the arterial wall, cholesterol, etc. in these areas. The accumulation of substances leads to atherosclerosis. This is directly related to high blood pressure or hypertension (blood pressure). One of the main causes of atherosclerosis is diabetes mellitus. Such patients should be under constant medical supervision. The predisposition to atherosclerosis is inherited among certain layers of the next generation; Parents of people with atherosclerosis should take precautions to prevent a hereditary predisposition. In atherosclerosis, general damage to all arteries is rare. It mainly affects the brain, heart, kidneys and blood vessels of the legs. Atherosclerotic

changes in the vessels of the brain can lead to acute circulatory disorders - stroke Blood vessels supplying blood to the heart muscle Atherosclerosis causes coronary insufficiency. Such a deficiency can lead to the development of angina pectoris, myocardial infarction and other heart diseases. With sclerosis of the arteries of the lower legs, the legs become loose, the calf muscles hurt and tighten, the gait changes. Atherosclerosis is caused by a combination of various factors called "risk factors":

1. Hereditary factor. In some families, coronary heart disease, hyperlipidemia or a defect in the metabolism of the walls of the arteries, low activity of lipoprotein lipase are observed.
2. Sexual factor. In men, this process occurs 3-4 times more often. Female sex hormones reduce the level of cholesterol in the blood.
3. Age. It is most common after 30 years.
4. Alimentary factor. Consumption of animal fats leads to atherosclerosis. It is found in the United States, the Soviet Union and Europe. In Japan and China, these fats are consumed less, and atherosclerosis is less common. Easily digestible carbohydrates produce more cholesterol.

5. Psycho-emotional factor, catecholamines under stress cause vasospasm and trophism disorders.

6. Hypodynamics.

7. Alcohol, nicotine chemicals. Alcohol has everything for the synthesis of fat and cholesterol. There is a hydrogen donor. Cucumber suppresses atherosclerosis. Nicotine disrupts metabolism and leads to dystrophic changes.

8. When insulin hormones, sex hormones are broken down.

For the prevention of atherosclerosis, it is necessary to follow the advice and recommendations of the patient's lifestyle in order to maintain the integrity of the walls of the arteries and prevent the accumulation of cholesterol in them. Diseases of the cardiovascular system - diseases of the heart, arteries and veins. They are very numerous and diverse. Some of these diseases (rheumatism, myocarditis, etc.) affect the heart, some affect the arteries (atherosclerosis) or veins (for example, thrombophlebitis), others affect the entire cardiovascular system (hypertension). It is caused mainly by atherosclerotic changes in the coronary arteries, spasms, as well as blood clots (thrombosis) in their cavities (coronary heart disease). Arterial hypertension is the most common cardiovascular disease in adults, common among people. It is the main pathogenetic factor, often leading to death or disability, for example, to myocardial infarction, stroke, heart failure. Arterial hypotension (hypotension) is relatively rare. It is observed as a syndrome of arterial hypotension in many diseases of the cardiovascular system (myocardial infarction, cardiomyopathy, myocarditis), neurosis, hypothyroidism, post-stroke conditions. Endocarditis (inflammation of the lining of the heart) causes rheumatism and other acquired heart defects. Pericarditis is rare. Ischemic heart disease, myocarditis and myocardial dystrophy, as well as neurotic conditions can lead to heart rhythm disturbances and heart block. Heart rhythm disturbances are an acceleration (tachycardia) or a slowdown (bradycardia) of the heart, an extraordinary contraction of the heart (extrasystole); a sudden increase in heart rate

(paroxysmal tachycardia); Improper contractions of the heart with different periodicity (oscillatory arrhythmias) and others.

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