

FREQUENCY OF RISK FACTORS FOR CARDIOVASCULAR DISEASES IN MEN AND WOMEN

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Abstract

In the article, the distribution of risk factors for cardiovascular diseases in men and women of different age groups and the characteristics of their combination are studied. According to the results of the study, arterial hypertension and overweight obesity are observed in every second man and every second woman. Among men, the main risk factor is smoking, which is 75% and is more frequent than women ($p < 0.0001$). When comparing the age dynamics of RF, men developed AH and other frequencies 45-60 years old and slightly decreased in the oldest age group. In women, these indicators began to increase sharply after 50 years and reached a maximum at the age of 55 and older, probably due to the onset of menopause and the absence of the protective properties of estrogens.

Keywords: risk factors, arterial hypertension in women, overweight.

YURAK-QON TOMIR KASALLIKLARIDA XAVF OMILLARINING CHASTOTASI ERKAKLAR VA AYOLLARDA UCHRASHI

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Annotatsiya

Maqolada turli yosh toifasidagi erkaklar va ayollarda yurak -qon tomir kasalliklari uchun xavf omillarining tarqalishi va ularning kombinatsiyasining xarakterli xususiyatlari o'rganilgan. Tadqiqot natijalariga ko'ra, har ikkinchi erkak va har ikkinchi ayolda arterial gipertenziya va ortiqcha vazn/semirish kuzatiladi. Erkaklar orasida asosiy xavf omili chekish bo'lib, 75% va ayollarga qaraganda ancha tez -tez uchraydi ($p < 0.0001$). RFning yosh dinamikasini taqqoslaganda, erkaklarda AH va boshqa chastotalar rivojlandi 45-60 yoshgacha va eng keksa yosh guruhida biroz pasaygan. Ayollarda bu ko'rsatkichlar 50 yildan so'ng keskin o'sishni boshladi va 55 va undan katta yoshdagi maksimal darajaga yetdi, ehtimol bu menopauzaning boshlanishi va estrogenlarning himoya xususiyatlarini bo'lmashligi bilan bog'liq.

Kalit so'zlar: xavf omillari, ayollarda arterial gipertenziya, ortiqcha vazn.

ЧАСТОТА ФАКТОРОВ РИСКА СЕРДЕЧНО-СОСУДИСТЫХ ЗАБОЛЕВАНИЙ У МУЖЧИН И ЖЕНЩИН

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Аннотация

В статье изучено распределение факторов риска сердечно-сосудистых заболеваний у мужчин и женщин разных возрастных групп и особенности их сочетания. По результатам исследования артериальная гипертензия и избыточное ожирение наблюдаются у каждого второго мужчины и каждой второй женщины. Среди мужчин основным фактором риска является курение, которое составляет 75% и встречается чаще, чем у женщин ($p < 0,0001$). При сравнении возрастной динамики ФР у мужчин АГ и другие частоты развивались в возрасте 45-60 лет и несколько снижались в самой старшей возрастной группе. У женщин эти показатели начинали резко увеличиваться после 50 лет и достигали максимума в возрасте 55 лет и старше, вероятно, из-за наступления менопаузы и отсутствия защитных свойств эстрогенов.

Ключевые слова: факторы риска, артериальная гипертензия у женщин, избыточная масса тела.

Atherosclerosis takes the first place in the structure of disease and death with its main clinical manifestations. However, significant progress has been made in recent years in reducing cardiovascular mortality in most developed countries. According to experts, these results were the logical conclusion of the consistent implementation of the main principles of evidence-based medicine, including the prevention of atherosclerosis, a healthy lifestyle, and the results of multicenter clinical studies [1, 7].

The development of cardiovascular diseases is closely related to OV and related XO characteristics, which interact with genetic characteristics and can accelerate the development of diseases [2]. In recent years, one of the main achievements in the field of prevention of cardiovascular diseases can be considered the scientific concept of XO, most of which can be corrected, which is of great interest in preventing the development of these diseases [3, 8]. The problem of immediate correction of cardiovascular diseases due to the frequency and complications of cardiovascular diseases is uncomfortable, consists of medical, economic and social consequences [6].

The RF group that can be corrected or changed includes: behavioral factors - excessive alcohol consumption, low level of education, poor nutrition, low consumption of vegetables and fruits, physical low level of activity (OV) and

biological XO, the main part of which is right arterial. hypertension. In addition, corrected RFs include: hyperuricemia, lipid profile disorders, hyperinsulinemia, increased concentration of markers reflecting the thrombogenic activity of platelets and the coagulation relationship of hemostasis. Non-variable radio frequencies include age, sex, and genetic characteristics, these radio frequencies cannot affect this group, and they are mainly used for. Assessment and prognosis of individual, group and population risk of BSC development [4, 5].

The purpose of the study. I will do to study the frequency of risk factors for the heart, osudistyh diseases such as hypertension, heavy / obesity, smoking among men and women in different age groups, enter 2 diabetes.

Materials and research methods. The object of the study was 382 people aged 25-69 (33.2% of them were men (127 people) and 66.8% were women (255 people)). They had no clinical signs of atherosclerosis and were admitted to the clinic of Andijan State Medical Institute. A one-stage examination of patients was carried out by random sampling method by filling out a specially designed questionnaire.

Research results and discussion. A study on the distribution of risk factors for cardiovascular diseases showed the following results (Illustration 1).

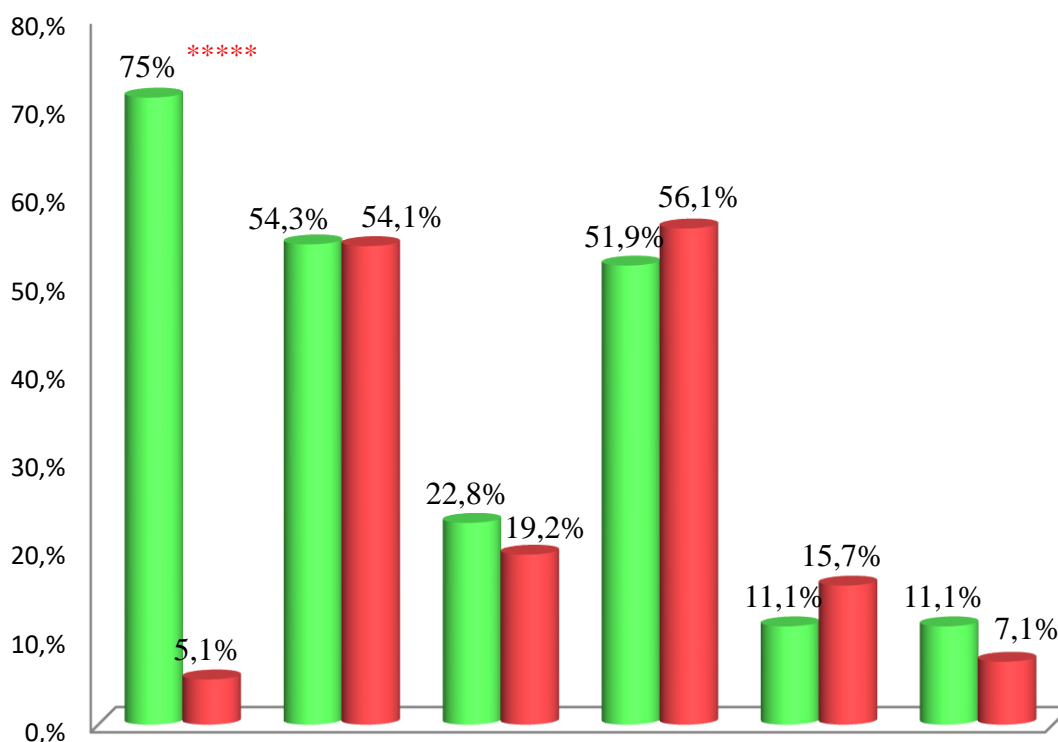


Illustration 1. Frequency XO, depending on gender, both men and women of Fergana Valley.

Note: ***** - $P < 0,0001$.

In the picture, the main risk factors were for men - (90 people) 70.9% smoking, and the share of women b la 5.1% (13 Pers.), <0.0001 P. Type 2 diabetes is common among women, 15.7% of men (40 Persians) and 11.1% (14 people), respectively. Heavy or obesity and high blood pressure occurred in 54.3% (69 people) and 51.9% (66 people), 54.1% (138 people) in men, approximately at the same rate and 56.1% (143 people) in women, respectively. John teres presented f r frequency isolated of abdominal obesity, I have, no BMI, occurred in 22.8% (29 people.) Men and 19.2% (49 people). Women. The percentage of patients with p rocent BMI and the composition of isolated th OJSC, mattress men and 73.3% with 77.1% of women, show the high prevalence of metabolic diseases in the population of Fergana Valley.

The frequency of RF in men and women, depending on age, is shown in tables 1 and 2.

Table 1.

Frequent XO in men depending on age.

FR Age		Smoking		About no		A D.		SD		Family units. about the stuffing about it.	
(years)	the sun	abc	%	abc	%	abc	%	abc	%	abc	%
25-30	5	3	60	2	40	-	-	-		1	20
31-40	19	12	63.2	10	52.6	5	26.3	1	5.3		10.5
41-50	30	28	93.3	15	50	18	60	4	13.3	4	13.3
51-60	56	33	58.9	34	60.7	36	64.3	7	12.5	6	10.7
60-70	17	14	82.4	8	47.1	7	41.2	3	17.6	1	5.9
Total:	127	90	70.9	69	54.3	66	51.9	15	20	14	11.1

Table 3.1. It is considered that the frequency of risk factors increased in men with age and is common between the age groups of 41-50 years and 51-60 years. Among them, smoking was 93.3% (28 people) and 58.9% (33 people), obesity was 50% (15 people) and 60.7% (34 people), 60% (18 people) and 64.3% (36 people), diabetes 13.3% (4 people) and 12.5% (7 people), and 13.3% (4 people) and 10.7% (6 person) genetic load. The most cases of diabetes in men were diagnosed when they were over 60 years old and accounted for 17.6% (3 people).

XO according to age was determined. And the exception was smoking, which is more common among young people, for women equal to 8.7% (2 people) persons

31-40 41-50 years old, 10.2% (6 people) and decreased (3, 7 % 4 pers.), 51-60 years old and 1.6% (1 pers.) at 60 years old.

Table 2.

Frequent XO in women depending on age.

Gender age		Smoking		About obesity		A D.		SD		Family units. отяг ОЖЖ .	
years	the sun	abc	%	abc	%	abc	%	abc	%	abc	%
25-30	3	-	-	-	-	1	33.3	-	-		
31-40	23	2	8.7	11	47.8	5	21.7	1	4.3	5	21.7
41-50	59	6	10.2	27	45.8	17	28.8	8	13.6	4	6.8
51-60	109	4	3.7	62	56.9	70	64.2	18	16.5	8	7.3
old Sha is 60 years old	62	1	1.6	37	59.7	50	80.6	13	20.9	1	1.6
Total:	255	13	5.1	138	54.1	143	56.1	40	15.7	18	7.0

Obesity did not occur at the age of 30, it was 31-40 47.8% (11 people), at the age of 41-50 - 45.8% (27 people) and older age groups 51-60 and over 60 years old - 59.7% (37 person) and 56.9% (62 people). A D also increases with age: a-21.7% at 31-40 liters, 28.8% and 64.2% at 41.8 and 51-60 years old, and 80.6% at over 60 years old. In 31-40 years, it was 4.3%. 20.9% are young.

Conclusion.

1. Arterial hypertension and overweight/obesity are observed in every second man and every second woman. The main risk factor among men is smoking, which is 70.9% and is more frequent than women ($p < 0.0001$).

2. Comparing the age dynamics of XO, XO and other frequencies in men increased up to 50-60 years and decreased slightly in the oldest age group. Women also increase these indicators sharply after 50 years 60 years and a big tone, probably related to menopause and increased estrogen protective properties.

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