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TOPIC: ISCHEMIC HEART DISEAE IN YOUNG GENERATION

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Annotation: The increase of IHD has been more common in the young people of Uzbekistan from last 20 years. Circulatory diseases are more common in the Republic of Uzbekistan.

Key words: Excessive weight, smoking, obesity and circulatory disease, Congenital heart disease.

Introduction: Mankind has always been a subject to various diseases in every period of history. With evolution in human body; the nature of diseases have also been changing. Now a days, human race is facing a variety of diseases and disease causing agents. Circulatory diseases are one of the major types of such ailments which were considered to be common in old people but now a days they are affecting the young generation also. Ischemic heart disease is one the common diseases in young people. Due to its mobility and high mortality rate, it would become the most common cause of death in near future. The main causes and risk factors of ischemic heart disease are obesity and smoking.

Obesity can lead to accumulation of excessive body fat which can cause diabetes by insulin resistances. Secondly by increasing blood pressure it can lead to the hypertension which will directly effect on the vessels and also by the inflammatory effect the formation of plaque can also occur which lead to the atherosclerosis.

Obesity is predicted by the BMI body mass index.BMI is basically is relation between person weight in kg and their height in meter per square according to some studies we have different values of BMI. To predict the obesity.

Fromula of BMI = WEIGHT IN KG / HEIGHT IN METERT PER SQUARE

UNDERWEIFHT	15-19.9
NORAML WEIGHT	20-24.9
PREOBESITY	
CLASS I OBESITY	30-34.9
CLASS II OBESITY	35-39.9
CLASS III OBESI	Equal or more than 40

atherosclerosis is due to the build up of fatty deposits , cholesterol and other fatty substances in the vessels. With the passage of time, it can lead to the narrowing the artery and leads to the

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formation of plaque which results in IHD. This imbalance between oxygen demand and supply eventually cause the ischemic stroke.

Hypercholesterolemia is mainly caused due to obesity. Obesity is one the most common disease in the world now a days. According to student it is playing a key role in ischemic heart disease as well as other circulatory disease.

MATERIALS AND METHODS

An experiment was performed to detect the most common etiology of the ischemic heart disease. Patients with ischemic heart disease present in the hospital were examined. For this , **60 patients** under the age of 40 years were selected. The men was 70% and women was 30% . On the basis of their ages patient was separated into two groups . Patients from 20 to 30 years were included in group 01 and the rest of them from 30 to 40 years were placed in group 02. The examination was started with taking their medical history. We performed ECG to detect the abnormality **in the heart rhythm and blood flow.** Coronary angiography was performed to see the heart and blood vessels , **lipid profile test was done to check the levels of cholesterol as well as other fats**, blood glucose test to check the glucose level in the blood and nicotine test for the detection of amount of nicotine. In this process biochemical as well as clinical tests were also performed.

CAUSES AND RISK FACTOR	TOTAL PATIENT	GROUP 01 FROM (20-30 years)	GROUP O2 (FROM 30-40 years)
HYPERCHOLESTEROLEMIA	**22 (36.66%)**	**14 (10 men and 4 women)**	**8 (5 men and 3 women)**
Hypertension	**16 (26.66%)**	**5 (3 men and 2 women)**	**11 (10 men and 1 women**
Diabetes	**13 (21.66%)**	**6 (2 men and 4women)**	**7 (5 men and 2 woman)**
Smoking	**9 (15%)**	**8 (6 man and 2 women)**	**1 (man only)**
Total patients	60 (100%)	**33** (21 men and 12 women)	**27**(21 men and 6 women)

RESULTS AND DISCUSSION

We concluded that the IHD is more common in the men in both groups as compared to the women. Hypercholesterolemia is the main etiology of the IHD , accounting for (36.66%) of patients . Secondly , hypertension (26.66%) and diabetes (21.66%) type II are responsible for pathogenesis of IHD. Somking is one the major risk factor for pathogenesis of IHD in (15%) of the patients.

Conclusion

The primary etiology of IHD in the patients of group 01 was hypercholesterolemia which is linked to increase in the BMI or obesity . This is attributed to formation of arterial plaque , leading to the atherosclerosis and ultimately IHD. Hypertension and diabetes type II was the main cause in the formation of IHD in group 02 . The principal risk factor in both groups was obesity and smoking.

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