

CAUSES OF THE ORIGIN OF CARDIOVASCULAR DISEASES AND THEIR PROTECTION

Abstract:

The main causes of cardiovascular diseases are changes in the external environment, lack of activity - hypodynamia, physical and mental stress, consumption of products with a lot of animal fat in the diet, smoking and alcohol addiction. There are many diseases such as heart disease and brain stroke caused by it, heart defects. When eating, it is necessary to pay attention to the diversity of the diet, to have enough proteins, to replace meat with fish, legumes, and poultry, to increase the number of vegetables and fruits, and to limit the consumption of soup.

Key words:

Human, heart, ischemic heart disease, angina pectoris, myocardial infarction, drugs, alcohol, paresis, animal fats, disease.

Author of the article:

[1] Alimov Nurmukhammad

[2] Soliyev Mukhammadjon

Student of Andijan State Medical Institute

To live physically and mentally energetically as well as actively, it is important that each person follows a healthy lifestyle. The concept of a healthy lifestyle has a wide meaning, it is associated with physical activity, harmful habits, that is, drugs, tobacco smoking, alcohol includes activities such as the fight against consumption and rasional nutrition. At this point, it should be borne in mind that nutrition in the thousands of factors affecting the human body is of leading importance, especially in time and in moderation, and if necessary, the consumption of parchezbop dishes. The body needs more than 600 nutrients to function in moderation. About 90% of them have a healing effect, very few of them are created in the

body itself, and most of them enter from the outside. This can only be achieved through rational nutrition.

The incidence of cardiovascular diseases is increasing from year to year. The main reasons for this are changes in the external environment, sedentary activity among the population – hypodynamia, physical and mental tension, excessive consumption of products with a high content of animal fats in the ration, smoking and rubbing alcohol. These factors can be cited as the main reason why cardiovascular diseases are spreading and getting younger among the population.

The main symptoms of cardiovascular disease are manifested by an increase in the level of cholesterol in the blood, narrowing of the blood vessels caused by the appearance of cholesterol plaques on the walls of the blood vessel, thickening of the blood, a decrease in the flow of nutrients and oxygen coming to the tissues with blood, as well as an increase in the among the population, diseases such as ischemic heart disease, angina pectoris, myocardial infarction and various complications caused by it, namely chronic heart failure, cardiac arrhythmias, hypertension and cerebral stroke caused by it, congenital heart defects, are common.

In the initial periods of the disease, the patient does not show signs of the disease or does not bother the patient. The disease is detected in non-surgical medical examinations, during mass preventive measures (when measuring blood pressure, when an electrocardiogram is performed, when a biochemical analysis of blood is performed). What does this indicate? It is a sign that patients are not attentive to their health, do not go through regular medical observations.

Therefore, every person should undergo preventive examinations once a year through his family polyclinic. When the disease is detected, it is necessary to carry out treatment and diagnostic measures to prevent the outbreak of the disease. Also, in the current era of globalization, a change in the ecological environment, a craving for harmful habits such as drinking and smoking, marriage between close relatives is the cause of the origin of congenital types of cardiovascular diseases.





Normal heart Dilated cardiomyopathy

Ways to prevent heart disease are common to all. In order for the heart to always be healthy, it is necessary to follow the following:

- physical activity; doing any sport you want; for the elderly, if they have not been actively involved in sports before, it is enough to walk for 30-40 minutes a day;

- proper nutrition; do not overeat red meat, garnishes, refrain from sweet, salty and pasty dishes;

- observe the daily routine and healthy sleep; sleep well-fed and clear; let the bed, pillow be orthopedically comfortable and firm;

- timely elimination of the problem with the help of a doctor, paying attention to feelings and sensations, unpleasant symptoms of the body;

- giving up inappropriate habits such as smoking, drinking, nervousness, overeating;

- the mood is always dark;

Heart disease develops slowly. Headache, increased pressure, simulating pain around the heart can be the first signs of this disease. For this reason, it is necessary to see a cardiologist doctor every one and a half years. Especially after 45-50 years of age, a separate examination of all organs of the body, in particular the heart, is necessary.

- chest pain;

- dizziness, sweating and malaise;

- fainting for no reason;

— when lohaslik is observed along with a change in heart rate;

- discoloration of the skin; if there is frequent swelling in the legs;

- if the breath is compressed.

Heart disease is easier to prevent than to cure. For this reason, the signs listed above should not be understood as fatigue or simple apathy.

To keep the heart healthy, pay attention, first of all, to proper nutrition, as academician Leo Bokeria points out. Don't eat too much red meat. The diet that American astronauts follow gives a good effect. The basis of the food they eat is boiled meat and fish. When the meat boils, the bad fats in it come out with foam and are lightly digested. In a boiled vegetable, a lot of cutlets are collected. A crispy, sweet and salty garnish is not recommended for these dishes.

Follow the routine and, of course, get enough sleep. Choosing a comfortable type of physical activity. A natural way to prevent heart disease is walking. Walking gives a good effect in the early period of increased blood pressure. It is enough to walk for 30 minutes a day.

Bad mood has a spiritual and chemical basis. They are related to each other. When a person is in a bad mood, nervous state, the rhythm of sleep is also disturbed. When sleep is prolonged, the development of a number of hormones such as testosterone, somatostatin stops. These hormones, in turn, affect the functioning of the nervous system, including the work and heart. It is not easy to master the art of curbing negative emotions, enjoying life, but it is essential to maintain health. In cases of nervous breakdown, it is preferable to engage in autotraining and yoga exercises. As many are used to, watching TV lying on the couch, a bottle of beer or chips, having fun with smoking is naughty. Instead, it is advisable to stretch a little on the bed and rest less with the eyes closed.

Everyone should be responsible for their health, not neglect their health, follow a healthy

lifestyle, have physical loads on the body in moderation, at the same time, not sit at home in a sedentary lifestyle, take more walks in the fresh air, have a light breakfast in the evening, not eat before sleep, give up harmful habits such as drinking, smoking.

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