

HYPERTENSION IS THE CAUSE AND TREATMENT OF HYPERTENSIVE HEART DISEASE

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Abstract: *Hypertension (hypertensive heart disease) is the most common disease of the cardiovascular system. Hypertension refers to constant high blood pressure.*

Elevated blood pressure occurs when blood vessels constrict or (and) their small branches - arterioles - appear. In some people, the arterioles often narrow, first due to spasm, then their thickness constantly narrows due to wall thickening, then the blood flow increases to increase the work of the heart to overcome these narrowings, and more blood is pumped into the arteries. Such people develop hypertension.

In our country, the level of blood pressure has increased in about 40% of the adult population. However, about 37% of men and 58% of women know that they have the disease, and only 22 and 46% of them are treated with gin. Only 5.7% of men and 17.5% of women have proper blood pressure control.

Hypertension is a chronic disease characterized by a constant rise in blood pressure above acceptable limits (systolic pressure above 139 mm Hg and / and diastolic pressure above 89 mm Hg).

In about one in ten hypertensive patients, high blood pressure results from organ damage. In such cases, it is a matter of secondary or symptomatic hypertension. About 90% of patients suffer from primary or primary hypertension.

Blood pressure in hypertension

There are two indicators of blood pressure:

Systolic blood pressure - reflects the pressure in the arteries, which is caused by the contraction of the heart and the outflow of blood into the arterial part of the vascular system;

Diastolic blood pressure is the pressure in the arteries at which the heart relaxes, during which it is filled before the next contraction.

Symptoms of hypertension

There are no specific symptoms of hypertension. For many years, patients are unaware of their illness, have no complaints, have high vitality, and can sometimes experience “dizziness,” severe weakness, and dizziness. But most patients think these symptoms are overwork.

Complaints of hypertension include those organs that are most sensitive to high blood pressure if they are affected. The patient may experience dizziness, headache, noise, memory loss, and early changes in cerebral circulation. This is followed by double vision, blinking of the eyes, weakness, weakness of the limbs, difficulty speaking, but in the initial stage the changes in blood circulation are temporary.

Treatment of hypertension

The main goal of treatment of patients with arterial hypertension is to minimize the risk of cardiovascular complications and death from them. This is achieved through long-term therapy:

lowering blood pressure to normal (below 140/90 mm Hg). It is recommended that blood pressure drop to <130/80 mm Hg when arterial hypertension is combined with diabetes or kidney injury. (but not less than 110/70 mm Hg);

"Protect" the target organs (brain, heart, kidneys), preventing their further damage;

Active exposure to adverse risk factors (obesity, hyperlipidemia, impaired carbohydrate metabolism, excessive salt intake, physical inactivity) that contribute to the development of hypertension and its complications.

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