

THE ROLE OF A HEALTHY LIFESTYLE IN THE PREVENTION OF MYOCARDIAL INFARCTION

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Abstract: The article discusses in detail the role of a healthy lifestyle in human health. Preventing heart disease through a healthy lifestyle is important because science has proven that heart disease is caused by a passive physical life, poor diet and bad habits.	Keyword healthy lifestyle, myocardial infarction, prevention, heart defects.
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Health is not only the absence of disease or disease, but a state of complete physical, mental and social well-being.

As of January 1, 2022, the highest rate of diseases diagnosed for the first time among the population in the Republic of Uzbekistan are diseases of the respiratory system, followed by diseases of the digestive system and the circulatory system.

For every 100,000 inhabitants, the number of diseases of the circulatory system registered for the first time with an established diagnosis is about 3,000 people.

In Uzbekistan in 2016-2019, among the population aged 30 to 69 years, the first place in the overall structure of causes of death is occupied by diseases of the circulatory system - 71.7%, cardiovascular diseases, arterial hypertension and their complications (myocardial infarction, cerebral hemorrhage and other diseases) are their main causes.

Lifestyle factors in the origin of diseases of the cardiovascular system

Risk factors	Implications for good health
Smoking	cardiovascular diseases malignant neoplasms Chronic lung disease Injuries
Lack of physical activity	cardiovascular diseases malignant neoplasms type 2 diabetes
High-calorie diet low in fiber, high in fat and salt	cardiovascular diseases malignant neoplasms type 2 diabetes
Neuro-psychological stress, prolonged stress, depression	cardiovascular diseases suicides Injuries
Alcohol and drug addiction	cardiovascular diseases malignant neoplasms Liver damage Depression Injuries suicides HIV infection

Diseases of the cardiovascular system are numerous and varied, some of them affect the heart (myocarditis, coronary heart disease, hypertension, etc.), some damage the arteries (atherosclerosis, etc.) or veins (thrombophlebitis, etc.).

Myocardial infarction, the most common among diseases of the cardiovascular system, is an acute violation of the blood supply to the heart, resulting from necrosis of the heart muscle tissue (myocardium) as a result of a complete or partial lack of blood flow to the heart. This leads to disruption of the entire cardiovascular system and can cause severe complications or death of the patient.

Often such a violation occurs against the background of atherosclerosis of the coronary arteries. Atherosclerosis narrows the space of the coronary arteries and causes damage to the walls of blood vessels, which creates additional conditions for the formation of blood clots and arterial stenosis. In recent years, the incidence of myocardial infarction has increased. Myocardial infarction is especially common in people aged 45-60 years. Men aged 40-50 suffer from myocardial infarction five times more often than women. It has been established that women fall ill 10-15 years later than men. In recent years, the incidence of myocardial infarction has been increasing even among the elderly under the age of 40 years. Myocardial infarction is most often observed in people suffering from atherosclerosis, hypertension, diabetes mellitus.

In most cases, patients usually have a painful form of myocardial infarction, as a result of which doctors are able to accurately diagnose the disease and immediately begin treatment. With myocardial infarction, the patient has severe chest pain, which can spread to the left arm, lower jaw, between the shoulder blades. The development of this condition does not always occur after exercise, more often the pain syndrome occurs at rest or in the evening. Although the described features of the pain symptom are similar to angina attacks, there are clear differences that distinguish them from each other. Unlike an angina attack, pain syndrome caused by myocardial infarction lasts more than 30 minutes and is not stopped by rest or repeated administration of nitroglycerin.

The main factors in the prevention of myocardial infarction.

Body weight control. Overweight people put a strain on the heart, increasing the risk of developing hypertension and diabetes.

Regular physical activity. Physical activity helps improve metabolism as well as reduce body weight. Regular exercise has been shown to reduce the risk of myocardial infarction by 30%. Scientists from the University of Cambridge in the UK found that moderate-intensity physical activity for 11 minutes a day reduces the risk of early death in people by 10%. For this, the results of 196 studies conducted in this direction were studied. As a result, walking for 75-90 minutes a week reduced the risk of death by 10% and the risk of cardiovascular disease by 5%. It also concluded that those who walk for the above duration are 3 percent more protected from the risk of developing cancer. According to the researchers, it is necessary to develop the habit of walking or cycling to work, school, college and university. In addition, incorporating the physical exercise we enjoy into our daily lifestyle is very effective.

Avoidance of bad habits. Smoking and alcohol abuse significantly increase the risk of developing cardiovascular disease. In people who do not want to give up bad habits, the risk of developing myocardial infarction increases by 2 times. Walking 11 minutes a day reduces the risk of premature death by 10 percent.

Control of blood cholesterol. All people over the age of 40-45 should reduce their fat intake. From this age, the metabolism in the body begins to decrease, and at the same time, the consumption of cholesterol also decreases. An excess of cholesterol in the blood causes the development of atherosclerosis of the vessels.

Blood pressure control. When blood pressure is constantly above 140/90 millimeters of mercury, it is necessary to normalize it with medications, since arterial hypertension significantly increases the load on the heart.

Blood glucose control. This is necessary to detect disorders of carbohydrate metabolism and prevent diabetes. Higher-than-usual blood sugar levels increase the formation of blood clots and microclots.

Diet. Foods containing excessive consumption of table salt, foods containing a large amount of cholesterol and insoluble fats (according to WHO, industrial trans fats are the cause of cardiovascular diseases) It is recommended to limit food intake. Chips, french fries, fried fish and chicken, various pastries and desserts - all these and many other foods are rich in trans fats, their excessive consumption leads to cardiovascular diseases. The WHO estimates that this results in 500,000 premature deaths per year. It is recommended to include in the diet more fruits and vegetables rich in plant fibers, vitamins and minerals, seafood. In addition, according to WHO recommendations, one teaspoon - 5 grams of iodized table salt, 25-30 grams of sugar (including sugar in sweets and other foods) is the daily norm. Excessive consumption of them leads to negative changes in the heart, kidneys and circulatory system. Tips for proper nutrition of patients with cardiovascular diseases: reduce animal fats in food, limit table salt, increase the amount of unsaturated fats, reduce the calorie content of food (especially in obese patients), eat less 5-6 times a day. like eating enough fiber-rich fruits and vegetables.

Patients with cardiovascular disease are advised to continue taking blood thinners. Since blood circulation in these patients is difficult due to the density of the blood, the likelihood of blood clots increases.

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