



CARDIO TYUMEN
2023

XIII МЕЖДУНАРОДНЫЙ КОНГРЕСС
«КАРДИОЛОГИЯ
НА ПЕРЕКРЕСТКЕ НАУК»

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РОССИЙСКОЕ ОТДЕЛЕНИЕ
МЕЖДУНАРОДНОГО ОБЩЕСТВА
ПО СЕРДЕЧНО-СОСУДИСТОМУ
УЛЬТРАЗВУКУ



МИНИСТЕРСТВО НАУКИ
И ВЫСШЕГО ОБРАЗОВАНИЯ
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СБОРНИК ТЕЗИСОВ

XIII МЕЖДУНАРОДНОГО КОНГРЕССА «КАРДИОЛОГИЯ НА ПЕРЕКРЕСТКЕ НАУК»

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Содержание тезисов воспроизведено в полном соответствии с представленными материалами без правок.

STUDY OF SPREADING OF EXCESS BODY WEIGHT AND SMOKING IN A POLICLINIC SETTINGS

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Relevance of the work. The importance of obesity as a risk factor for the development of cardiovascular disease diseases has increased significantly in recent years [1]. Obesity is the cause of the development of coronary heart disease, increased blood pressure; contributes to early disability and reduction both overall life expectancy and quality of life [2]. Man with diagnosed with coronary heart disease, having normalized their weight, has more chances of survival. Tobacco use causes 5,4 million deaths per year and accounts for one in 10 adult deaths worldwide [3]. Smoking plays a leading role in the development of atherosclerosis and, accordingly, coronary artery disease. It has been proven that smoking has a negative effect on endothelial function, stimulates the process of thrombus formation, potentiates oxidative stress and inflammation, and also causes lipid metabolism disorders [4].

Purpose: study of the prevalence of smoking and overweight, early detection of hypertension in a polyclinic conditions.

Material and Methods: a one-step cross-sectional study of the rural population - screening for high blood pressure with subsequent assessment of people with identified high blood pressure, as well as identifying the prevalence of smoking and overweight. The screening was attended by the medical staff of the Tashkent medical academy. 332 people over 10 took part in the survey. The screening questionnaire included data on age, place of work, smoking status, measured blood pressure, height and weight of the surveyed population. Individuals with smoking, high blood pressure and / or overweight were invited for further examination, where they were re-measured twice in blood pressure on both arms, calculated body mass index (BMI), and an electrocardiogram was taken.

Results: the screening involved persons aged 20 to 50 - 206 (62%) people: the largest number were persons aged 20-29 and 40-49 years. Among men, persons working

in agriculture predominated - 162 people (48,6%), and among women, the majority were housewives - 76 people (22,9%). There were 12 (3,6%) pensioners, and 6 (1,8%) disabled people. Smoking was detected in 37 (11,1%). Increase in blood pressure above 140/90 mm Hg. 48 (14,6%) people were registered, of which 26 (53,6%) patients were registered in the rural medical center for hypertension, and in 23 (46,4%) people, an increase in blood pressure was detected for the first time. Analysis of blood pressure figures showed that 17 out of 48 people (35,1%) had systolic blood pressure in the range of 141-150, 13 people (27,8%) - 151-160, 7 - (15,5%) - 161-170, 5 - (10,3%) - 171-180 and 5 (11,3%) people over 180 mm Hg. Most of the people with high blood pressure - 35 (72,2%) people had diastolic blood pressure up to 100 mm Hg., 11 (22,6%) - within 101-110, and 3 (5,2%) patients - more than 110 mm Hg. Overweight was found in 177 (53,4%) people. Of these, 91 (51,5%) were men and 86 (48,5%) were women. Obesity of the first degree was detected in 43 (24,2%) people. The risk of exposure to smoking on the occurrence of hypertension was 0,25; the risk of hypertension in the absence of smoking was 0,13. The relative risk was 1,92. The risk of overweight on the occurrence of hypertension was 0,75. The risk of hypertension in the absence of overweight - 0,16. The relative risk was 1,98.

Conclusions: The risk of hypertension in smokers is 12% higher than in non-smokers. Accordingly, the risk of hypertension in people with overweight and obesity is 35% higher than in people with normal weight. The identification of smoking and overweight in the presence of varying degrees of hypertension is necessary to stratify the risk of cardiovascular complications and determine the appropriate management tactics for these patients. It should be noted that in patients with smoking and overweight in 15-20% of cases, cardiovascular complications are expected to develop even at low blood pressure. Early detection of smoking, overweight and blood pressure is an important step in the management

of hypertension, allows you to objectively assess the patient's condition, start drug treatment in a timely manner, reduce blood pressure and prevent the development of complications.

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