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**«СОВРЕМЕННАЯ РЕВМАТОЛОГИЯ: НОВЫЕ ПОДХОДЫ К
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STUDY OF THE PREVALENCE OF CARDIOVASCULAR DISEASES IN COMBINATION WITH OBESITY

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Introduction. Obesity occurs in 30% of the adult population. According to WHO, the incidence of obesity doubles on average every 20 years. This type of obesity develops mainly after 35 years, increases with age, elderly patients make up almost 50% of the total number of obese patients. Obesity is one of the main risk factors for the development of cardiovascular diseases.

Purpose. To study the prevalence of cardiovascular diseases in obese people in the city of Tashkent.

Materials and methods. 80 outpatient records of obese patients were studied. The age of the patients ranged from 45 to 75 years, with an average age of 60 years. Of these, the number of men is 52 (65%), the number of women is 28 (35%).

Results. Among the studied outpatient charts of obese patients, 76 (95%) patients had cardiovascular diseases. Of these, patients with concomitant arterial hypertension (AH) turned out to be 70 (92,1%), CHD – 72 (94,7%), combined cases of AH and CHD - 70 (92,1%). In men with grade I obesity, 27 (51,92%) patients, the incidence of cardiovascular diseases was 26 (96.3%). Of these, patients with AH - 24 (85,71%) people, CHD - 26 (92,8%), AH + CHD - 24 (85,71%). The incidence of cardiovascular diseases in women with grade I obesity was 25 (89.28%). Of these, the number of patients with hypertension is 20 (83,3%), CHD - 22 (91,6%), AH + CHD - 22 (91,6%). The distribution of patients with grade I obesity with cardiovascular diseases was studied depending on age. In the age group from 55 to 65 years with obesity of the first degree of a person, 20 (38,46%) of whom all suffered from cardiovascular pathology. In the age group from 65 to 75 years, 20 (38,46%) people with grade I obesity, 17 (85%) of whom with cardiovascular pathology.

Conclusion. According to our data, the incidence of obesity in women is 1,08 times higher than in men. The analysis of the prevalence by age category showed that the incidence of cardiovascular pathology increases with age. Thus, it is necessary to pay attention to the early detection of obesity in order to prevent the development of cardiovascular diseases and related complications.