МИНИСТЕРСТВО ЗДРАВООХРАНЕНИЯ РЕСПУБЛИКИ УЗБЕКИСТАН
ТАШКЕНТСКАЯ МЕДИЦИНСКАЯ АКАДЕМИЯ
АССОЦИАЦИЯ ВРАЧЕЙ УЗБЕКИСТАНА

СБОРНИК

ТЕЗИСОВ И ДОКЛАДОВ МЕЖДУНАРОДНОЙ НАУЧНО-ПРАКТИЧЕСКОЙ КОНФЕРЕНЦИИ

«СОВРЕМЕННАЯ РЕВМАТОЛОГИЯ: НОВЫЕ ПОДХОДЫ К ДИАГНОСТИКЕ И ЛЕЧЕНИЮ»

Ташкент - 2022

IDENTIFICATION OF RISK FACTORS FOR CORONARY HEART DISEASE IN THE COVID PERIOD

Mahmudova M.S., Dadabayeva N.A., Akhmedova D.T.
Tashkent Medical Academy,
(Tashkent, Uzbekistan).

Relevance. Identification of risk factors for coronary heart disease is a mandatory stage of examination of patients with angina pectoris or persons with suspicion of it. In diagnostically questionable cases, the identification of risk factors for coronary heart disease helps to examine patients more purposefully. With the established diagnosis of coronary heart disease, knowledge of risk factors helps to more accurately determine the individual pathogenetic mechanisms of the disease and the prognosis, to develop specific therapeutic and preventive recommendations.

The purpose of the study. To study the prevalence of the main risk factors for coronary heart disease among people of working age (35-55 years) and to assess the risk of developing cardiovascular diseases (CVD), in particular, coronary heart disease in the covid period.

Materials and methods of research. 36 people aged 35 to 55 years with no history of coronary heart disease were examined. All patients underwent a questionnaire and, after a thorough clinical examination, an ECG study, as well as a standard clinical and laboratory examination.

The results of the study. According to the results of the questionnaire (gender, age, complaints, clinical examination data, anthropometric indicators (height, weight), smoking, alcohol, results of standard blood pressure measurement, hypercholesterolemia) and ECG were noted in the questionnaire, while all patients with identified coronary heart disease had a combination of 2 or more risk factors, such as smoking, physical inactivity, male gender and obesity.

Conclusions. Thus, as a result of our study, it was found that 27 (75%) patients have traditional risk factors for cardiovascular diseases, and the prevalence and combination of two or more risk factors are significantly more common at the age of mainly over 45 years, which corresponds to the literature data. And also, the development of coronary heart disease is more often associated with an average and high level of cardiovascular risk. This requires active primary prevention in people aged 35-40 years, especially with a combination of two or more risk factors.