



## CAUSES AND PROPHYLAXIS OF CARDIOVASCULAR AND BLOOD-FORMING DISEASES AMONG THE POPULATION (ON THE EXAMPLE OF TASHKENT CITY AND REGION)

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**Abstract.** This article provides information on the causes of cardiovascular and hematopoietic organ diseases among the population of Tashkent city and region, and develops modern preventive measures.

**Keywords:** cardiovascular, coronary artery, arterial hypertension, blood and hematopoietic organs, anemia, special diets.

Relevance of the study. Cardiovascular diseases, especially heart diseases, which are one of the most urgent problems today, remain the main cause of premature death worldwide.

According to the results of epidemiological studies, the prevention of cardiovascular diseases is considered effective, reducing the mortality rate from coronary artery disease by 50%, which is associated with risk factors, and 40% is improved by proper nutrition along with treatment methods [2].

Prevention of cardiovascular diseases, along with reducing disability associated with this disease, increases medical literacy among the population. Therefore, preventive measures are required throughout life, from birth to old age.

The prevalence of cardiovascular diseases among the population of the southern regions of the Republic of Uzbekistan and the city of Tashkent as of July 1, 2023 was 6.3%, mainly among the age group 40-60 years [1].

Purpose of the study: to study the causes of cardiovascular and blood-forming organ diseases among the population of the city of Tashkent, as well as to develop modern preventive measures.

Research materials. 200 patients aged 18-65 years living in Tashkent with cardiovascular diseases and 200 patients with diseases of the blood and blood-forming organs were selected for comparison.

Research results. Cardiovascular diseases are one of the most common causes of death in the human population. In addition, every year the age of onset of these pathological conditions is becoming younger, which is confirmed by a number of medical studies.

Heart diseases are increasingly common among young people, which is a cycle of constant examinations, special diets and numerous restrictions on their lives. Of course, there are reasons for all this, as well as preventive methods that allow you to prolong the functioning of the organ.

Cardiovascular pathologies are widespread and have a high mortality rate (60-70% of all cases). In the Republic of Uzbekistan, cardiovascular diseases account for 13-15% of the total morbidity, and mortality is 40-50%.

Heart and blood vessel disease is usually diagnosed in people of retirement age. However, in the last 10-20 years, there has been an increase in the incidence among young

people. For example, coronary heart disease is diagnosed in people in their 30s, but leads to premature death in people in their 40s.

During our research, the following was revealed: Arterial hypertension is a persistent increase in blood pressure, requiring lifestyle changes or medication. Coronary heart disease is a decrease in blood flow through the coronary arteries, which occurs due to periodic spasms or obstruction (deposition of cholesterol and calcium), and the development of other types of cardiovascular diseases is caused by various harmful habits, unhealthy diet and other pathologies.

Among the residents of Tashkent, cardiovascular diseases and diseases of the blood and blood-forming organs were found to affect 10.3% of the population aged 18-29, 10.9% of those aged 30-65 and older, and 36.7% of women.

Among the residents of Tashkent, diseases of the blood and blood-forming organs and certain disorders related to the immune mechanism accounted for 7.6%, of which women accounted for 54.7%.

Among the population, diseases of the blood and blood-forming organs were detected for the first time, that is, those who had not previously suffered from this disease and were detected as a result of an examination or examination, amounted to 41.5%, of which 13.1% were aged 18-29, 7.9% were aged 65 and older, and 61% were women.

Among the population of Tashkent, diseases of the blood and blood-forming organs were found to be more common among the population of the Tashkent region than among the urban population. This indicator was 57.1% among those diagnosed for the first time, while among the residents of the districts of the Tashkent region, 59.3% of women with this disease were diagnosed for the first time.

During our study, it was found that among the residents of Tashkent city, the risk of cardiovascular disease significantly increased by 13.1% ( $r < 0.05$ ), 23% ( $r < 0.001$ ) and 21% ( $r < 0.001$ ) due to an increase in the content of atherogenic fractions: TGL, LDL-C, and non-LDL-C cholesterol in individuals with low and moderate risk [3].

Anemia is the main cause of diseases of the blood and blood-forming organs among the residents of Tashkent city. Anemia accounts for 83.1% of diseases of the blood and blood-forming organs. Among those suffering from anemia, 11.3% are aged 18-29, 7.2% are aged 65 and older, and 59% are women.

5.7% of the population of the districts of Tashkent region suffer from anemia, of which 65.7% are women diagnosed with anemia. Among the population of the region, anemia was detected for the first time, that is, those who had not previously suffered from this disease and were detected as a result of an examination or examination, amounted to 51.8%, of which 10.3% were aged 18-29, 7.6% were aged 65 and older, and 63.5% were women.

Prevention. Cardiovascular and hematopoietic diseases among the population Urbanization, a sedentary lifestyle, and other features of modern life have made the prevention of heart disease a necessity. The development of pathologies of the cardiovascular system is occurring at an increasingly early age. These diseases worsen the quality of life and can lead to death.

In order to prevent the development of cardiovascular pathologies, preventive measures have been developed for the following risk groups:

- Bad habits - smoking, drinking alcohol and caffeinated drinks clog blood vessels and cause spasms.

- Improper nutrition and excess weight - fatty foods increase the level of bad cholesterol in the blood. Excess body weight leads to hypertension and creates excessive stress on the heart.
- Hereditary predisposition - if there are heart problems in the generation and family, this leads to the development of heart diseases.
- Gender - men are more susceptible to such diseases than women.
- Frequent stress - the release of adrenaline into the blood contributes to vasoconstriction.
- Increased or insufficient physical activity.
- Infectious diseases - microorganisms can affect the cardiovascular system and cause pathological changes.

In conclusion, the incidence of blood and blood-forming organs diseases, some disorders related to the immune mechanism among the population of Surkhandarya region was higher among rural residents than among urban residents. When analyzing the population of the region with this disease by gender, it was found that women accounted for 61% of the total population aged 18-29 and 65 and older, and the incidence rate was higher than men.

Among urban residents, it was found that the risk of cardiovascular disease significantly increased by 13.1% ( $r < 0.05$ ), 23% ( $r < 0.001$ ) and 21% ( $r < 0.001$ ), respectively, due to an increase in the content of atherogenic fractions: TGL, LDL-C, and non-LDL-C cholesterol in individuals with low and moderate risk.

If preventive measures were developed and comprehensive educational work was carried out among the population to reduce the incidence of blood and blood-forming organ diseases and certain disorders related to the immune mechanism among urban, district, and rural residents, the incidence rate would have decreased somewhat.

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