

## THE ROLE OF A HEALTHY LIFESTYLE IN THE PREVENTION OF CARDIOVASCULAR DISEASES

**Nuralieva Hafiza Atayevna**

**\* Nuralieva Nargiza Bekturdievna**

Candidate of medical sciences, associate professor,  
Tashkent Pharmaceutical Institute

\*Assistant , Urgench branch of the Tashkent Medical Academy

**Abstract.** The economic efficiency of the use of preventive measures is also important, since in 2009 in the European Union, the costs associated with cardiovascular diseases amounted to 106 billion euro, that is, about 9% of all health care costs. According to the British National Institute for Healthcare Excellence (NICE), the use of national prevention programs helps to reduce cardiovascular risk by 1%, which leads to a reduction in the number of cases of CVD by 25,000 and saves 40 million euro annually.

**Keywords.** Prevention, primary care, patronage, healthy lifestyle.

**Introduction.** Prevention of cardiovascular disease mainly involves adherence to a healthy lifestyle, medical culture, and responsibility for health.

Unhealthy lifestyle leads to metabolic / physiological changes: high blood pressure (hypertension), overweight/obesity; increased blood sugar (diabetes), increased blood lipids (dyslipidemia). These intermediate risk factors cause damage to the blood vessels of the heart and brain as a result of atherosclerosis – a process that develops over many years, starting in childhood and manifesting itself in the form of myocardial infarctions and strokes in middle age [2].

The work of patronage nurses working in primary health care institutions has its own specifics, which consists in the fact that it requires measures for sanitary and hygienic training, promotion and formation of a healthy lifestyle among the population [4].

Primary prevention is carried out by primary care physicians[5]– primary care medical personnel: a general practitioner and a family nurse.

Since the main task of primary care nurses is to preserve the health of the population, it should be borne in mind that nursing nurses are a priority in the prevention and early detection of cardiovascular disease.

According to official statistics, cardiovascular diseases in Uzbekistan occupy the first place in the structure of mortality of the country's population. In such a situation, it is necessary to activate the system of disease prevention both at the state level and at the level of the practical health service. These diseases develop gradually, due to the influence of certain factors on the human body[3].

**The purpose of the study** - to assess the quality of health, lifestyle and identify risk groups for the occurrence of cardiovascular diseases, a questionnaire was developed that will help large-scale preventive work among the population, conducting explanatory work on healthy lifestyle issues.

**Material and methods of research.** To determine the lifestyle of the population by determining risk factors, for the primary prevention of cardiovascular diseases and to determine the role of the nursing nurse in the prevention of diseases, a survey was conducted among the population not suffering from cardiovascular diseases in the primary health care units of the Khorezm region of the Republic of Uzbekistan (n=355). We have previously prepared questionnaires with relevant questions about the health status, lifestyle of the respondents and risk factors of the cardiovascular system, the participation of a visiting nurse in the promotion of a healthy lifestyle and the prevention of cardiovascular diseases. Each question has a number of answers, where the respondent can choose the most appropriate answer, or several options.

**The results of the study.** Over the years of the study, the level of cardiovascular morbidity in Khorezm tends to increase, and the increase in the level of morbidity indicators is observed mainly among the adult population, while this level is stable among children and adolescents. The total morbidity rate among the population of Khorezm in recent years is 7313.7 per 100,000 population. Since, this indicator for 2013 was 6574.6 per 100 000 population. The highest incidence of hypertension is almost half of all diseases in this group. Hypertension is significantly 1.2 times more common among women than among men. The next most important and frequent pathology is coronary heart disease (CHD), which is more common in men than in women. Among patients suffering from coronary heart disease with hypertension, angina pectoris is registered in more than half of cases.

In the Republic of Uzbekistan, special attention is paid to the prevention of non-communicable diseases, including diseases of the cardiovascular system[1].

To identify risk factors for cardiovascular diseases, we conducted a survey among respondents who did not have the presence of cardiovascular diseases (n=355), of which 29.3% were men (n=104) and 70.7% were women (n=251). The age of the respondents ranged from 30 and older, most of the survey participants are people from 30 to 50 years old.

When asked about the state of health, respondents-57.7% of cases-assess the average, 3.1 % of cases-severe and describe the reasons for their state of health as age (48.2 %), lack of regular rest (25.1%), inattention to their health, bad habits(16.9%) and (9.9%) - poor nutrition.

Hereditary signs (the presence of cardiovascular diseases in relatives, the death of a relative of working age) were not present in 85.9%, relatives aged 40 to 50 years were noted - (6.9%), 2 blood relatives at any age were noted - (5.1%) and 2.82%- in 3 blood relatives of working age. In this regard, it was determined that 14.4 % of the respondents have a risk factor of heredity.

Bad habits of the respondents: smoking -20.0% of cases, alcohol consumption (35.2%) was important even for small amounts of intake and 47.6% of the respondents do not have bad habits. Despite this, more than half of the respondents have a factor for the occurrence of diseases of the cardiovascular system.

On the stressful nature of life - 35.2% of respondents answered negatively, there are periods of stressful situations-55.2 % and 10.1 % are in stressful situations.

The body weight (height, cm-100) of the respondents requires attention about a healthy diet, as the revealed data indicates the presence of risk factors for diseases of the cardiovascular system. In the surveyed 8,17% of cases there is-excess body weight of up to 15 kg, 4.79% - excess of up to 20 kg and excess of more than 20 kg-11.0 %.

Nutrition of respondents: Compliance with proper nutrition (a lot of fresh vegetables and fruits, fish, lean meat, low-fat dairy products, eggs 1-3 times a week, restriction of salt, fat, no alcohol) -56.6%, without restrictions-22.5%, somewhat excessive consumption-15.8% and 5.6% , very moderate consumption of meat,fat, flour and sweet.

Blood pressure 68.2% of respondents have up to 120/80 mmHg, 28.2% - up to 140/90 mmHg and over 140/90 mmHg- (3.9%) which are included in the red zone for cardiovascular diseases.

When asked to measure blood pressure by a visiting nurse during a home visit, 91.8% said yes, 4.5% said no, and 3.7% said when asked.

To the question about passing preventive medical examinations, 49.6% of respondents answered positively, 37.7% answered-yes, the patronage nurse reminds-that is, a part of the population does not go to preventive examinations independently and needs to be systematically directed about this. 14.1 % of cases, despite the reminder of the visiting nurse, do not pass preventive medical examinations, do not consider it important, and 1.9% do not pass and do not have information about it. Not a little important in the prevention of diseases is the timely attention to health, passing a medical examination without having significant changes on the part of the body and improving the medical culture, where a person consciously pays attention to health conditions.

**Conclusions.** Thus, the promotion of a healthy lifestyle is an important part of the work of health care for the prevention of diseases. According to the results of the work carried out, we can say that the nursing staff, who are closely connected with the population of the area that served them, have won sympathy and trust, thereby they can influence the opinion about the lifestyle and conduct preventive measures, participate in the early detection of non-communicable diseases, in particular diseases of the cardiovascular system. Thus, primary and secondary prevention is carried out among the population in the most accessible way.

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