

STUDY OF THE PREVALENCE OF RISK FACTORS AMONG PATIENTS WITH DISEASES OF THE CARDIOVASCULAR SYSTEM

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Relevance. Cardiovascular disease is a major social and economic problem. Mortality from cardiovascular catastrophes ranks first and has no tendency to decrease.

Cardiovascular diseases are a group of diseases of the heart and blood vessels, which includes: coronary heart disease – a disease of blood vessels supplying blood to the heart muscle; cerebrovascular disease – a disease of blood vessels supplying blood to the brain; peripheral artery disease – a disease of blood vessels supplying blood to the arms and legs; rheumatic heart disease – damage to the heart muscle and heart valves as a result of a rheumatic attack caused by streptococcal bacteria; congenital heart disease – deformations of the heart structure existing since birth; deep vein thrombosis and pulmonary embolism – the formation of blood clots in the leg veins that can move and move to the heart and lungs.

The main and most common risk factors for cardiovascular diseases are: non-modifiable (gender, age, genetic and ethnic factors) and modifiable (eating disorders, obesity, arterial hypertension, hyperlipidemia (high total cholesterol and low density lipoproteins, low high density lipoproteins, smoking, low physical activity, alcohol abuse, diabetes mellitus, endothelial dysfunction, etc.)) [3].

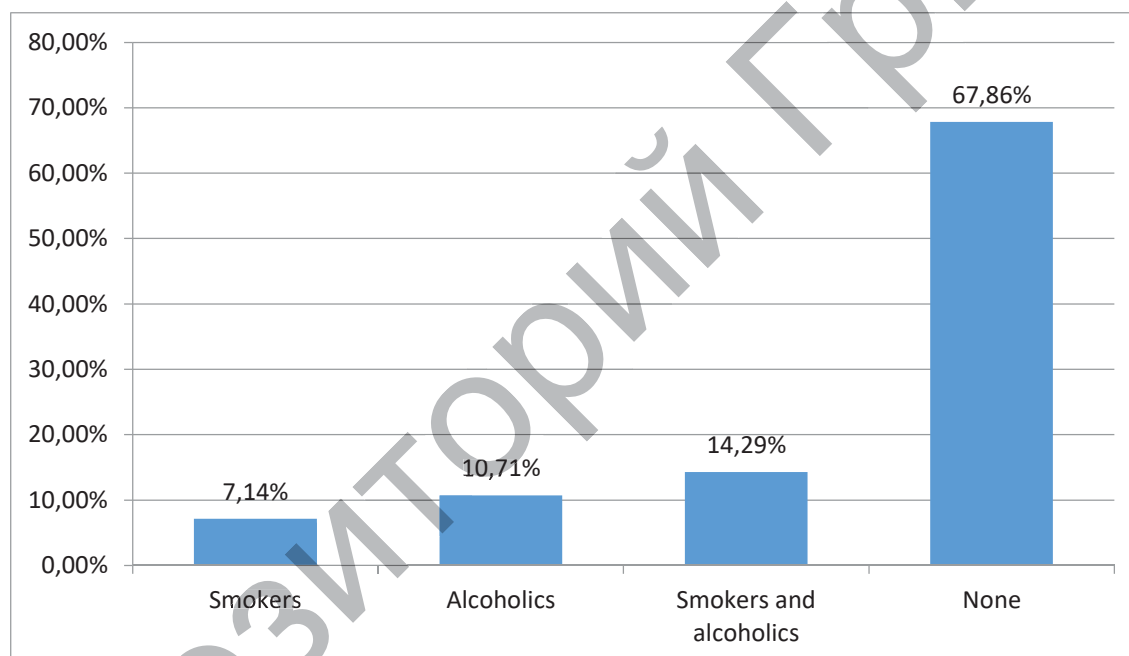
Recently, vitamin deficiency has been considered as one of the possible risk factors for cardiovascular diseases. This is associated with the ability of antioxidant vitamins (E, C, β -carotene) to inhibit the peroxidation of low density lipoproteins, which is given an important role in the mechanism of development of atherosclerosis. Thus, the study of actual nutrition, provision with vitamins, as well as assessment of quality of life, stress level, anxiety are very relevant from the point of view of the concept of CVD risk facts and the possibility of preventive interventions [1].

Objective. A study of the prevalence of risk factors in patients with cardiovascular disease.

Materials and research methods. The study was conducted by the method of a sociological survey using a valeological questionnaire. A total of 28 respondents with diseases of the cardiovascular system aged 36-75 were interviewed.

Results and its discussion. According to the results of the survey, it was found that respondents had the following diseases of the cardiovascular system: arterial hypertension (AH) – 62.73%, atherosclerosis – 28.18%, myocardial infarction (MI) – 9.09%. The age group, which ranged from 36 to 75 years. 36-40 years old 3.64%, 41-45 years old – 9.09%, 46-50 years old – 25.5%, 51-55 years old – 36.36%, 56-60 years old – 9.09%, 61-65 years old – 7.27%, 66-70 years old – 5.45%, 71-75 years old – 3.64%. 20% of respondents in a family history had a predisposition to these diseases.

It is known that one of the main risk factors for coronary heart disease is low physical activity. So among the respondents very rarely performed physical exercises – 76.5% of respondents. Also, when studying the influence of bad habits, it was found that the proportion of smokers was 7.14%, alcohol consumption was noted by 10.71%, smoking and drinking alcohol were noted by 14.29% of the respondents



Picture – The prevalence of risk factors among patients with diseases of the cardiovascular system

In order to identify the effect of nutrition on the incidence rate, actual nutrition was analyzed, 31.8% of respondents ate food less than 3 times a day. Only 50.91% of respondents observe the diet (multiplicity, meal time). Often used in large quantities salt for cooking – 34.55% of respondents. In the diet, meat products are dominated by 85.45% of respondents, and 14.55% of respondents have fruits and vegetables.

During the analysis of the results of the questionnaire, it was found that the methods of cooking that patients with CCC diseases are as follows: cooking – 40% of respondents, frying – 45.45%, steaming – 12.73%, stewing – 1.82%.

Findings. In patients with cardiovascular diseases, such risk factors for the disease are quite widespread, which indicates the need to increase awareness on the prevention of diseases of the cardiovascular system.

Literature:

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