

By type of publication they are divided as follows: books and documents – 4, clinical trial – 57, meta-analysis – 7, randomized controlled trial – 37, review – 116, systematic review – 7. The vast majority of publications (1,024 articles - 94,5 %) were presented in English.

Conclusions. The total number of publications in the field of echocardiography in sports medicine has shown exponential growth over the past decade. This indicates an increasing interest among scientists in this research topic.

Many authors note the lack of knowledge about the cause-and-effect relationship between the degree of physical activity, the dynamics and outcomes of cardiovascular diseases in athletes, as well as the influence of sports history on the rehabilitation potential of former athletes.

The results obtained allow us to conclude about the important role of the use of echocardiography and its variants in sports medicine, both currently and in the future.

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RISK FACTORS OF CARDIOVASCULAR DISEASES AMONG YOUNG PEOPLE IN KAZAKHSTAN

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Introduction. Cardiovascular diseases are becoming one of the main health problems in many developed countries of the world. Cardiovascular diseases account for 52 percent of all deaths. About 3 million people die from this disease in Europe every year, 1 million people in Russia, and 80 thousand

people die from this disease in Kazakhstan. The main reason is that people don't pay attention to their health, and the consequences of bad ecology are also enough.

Research purpose. Systematic analysis of cardiovascular disease factors in young people.

Research methods. We conducted a systematic search of the electronic databases Web of Science, PubMed, Medline, EBSCOhost, and also used the supplementary information resource Google Scholar.

Several risk factors influence the occurrence of cardiovascular diseases in young people. Among them, there are the following main risk factors for the development of CVD in young people: smoking, hypertension, obesity, low consumption of fruits and vegetables, low physical activity, alcohol consumption, heredity, gender, as well as psychosocial factors. In recent years, death from heart attack and stroke has become too frequent. In addition to atherosclerosis, it is based on fatigue of the nervous system of people, their helplessness and depression. The World Health Organization says that the current epidemic of cardiovascular diseases is directly related to changes in the composition of food. More than 80 percent of negative environmental factors affect the human body through the food we eat. Overweight and obesity are a risk factor for cardiovascular diseases, diabetes and other serious diseases. Therefore, people's healthy eating culture is very important. Another cause of cardiovascular disease is stress and exhaustion, which can make people suffer from heart attacks, regardless of age. A person's mood has a lot of influence on health. The state of excitement, anxiety, first of all, is transmitted through the human brain. Negative emotions stimulate the vegetative system, which affects blood circulation in the body, internal organs, and endocrine glands. As a result, the balance of hormones in the body is disturbed. Its effect leads to disturbances of heartbeat, rhythm, increase of blood pressure, contraction of muscles and blood vessels. Blood circulation of the brain deteriorates, lack of oxygen occurs in brain cells. Compression of blood vessels of the heart and brain can lead to serious conditions such as heart attack, stroke, or chronic diseases such as ischemic heart disease, hypertension, stomach ulcer. Low physical activity. Regular physical activity has been shown to promote health and prevent disease, yet approximately 2/3 (69%) of the world's adults suffer from physical inactivity. In Russia, physical activity has decreased by 18% over a period equal to half a century (between 1991 and 2011) and is projected to decrease to 32% by 2030. In the 25-34 age group, 37.6% of men and 46.8% of women had low physical activity. Attitudes toward physical activity studied in the open population of men in Tyumen showed that physical activity in the age group of young men aged 25-34 years was significantly lower than that of men aged 55-64 years. The importance of increasing the level of physical activity and reducing the sedentary lifestyle has been proven for the prevention

of hypertension in young people. Another factor that causes cardiovascular diseases is smoking. On average, smoking shortens a person's life by 7-10 years. Smokers are twice as likely to have a heart attack than non-smokers, and the number of deaths from this disease is 4 times higher among smokers than among non-smokers.

Results and its discussion. Since nicotine (tobacco) contains poison, first of all, it increases the contraction of the heart and narrows the blood vessels. The muscles of the heart get tired quickly. People who smoke cigarettes get headaches and forgetfulness. Smoking weakens blood supply to organs. Alcohol is more harmful than tobacco. The poison of vodka is quickly absorbed into the blood and quickly spreads throughout the body. It disrupts the work of the heart and blood vessels. The elasticity of the walls of blood vessels decreases and becomes vulnerable. A person is short of breath, the pericardium becomes fat and interferes with the work of the heart. The most important thing to prevent cardiovascular diseases is to move more. The basis of movement is muscle contraction. Muscles are supplied with blood during physical labor. Blood enriches the muscles with oxygen and nutrients. A well-formed body does not suffer from many diseases. Exercise is also important. The heart of a hardened person will not be tired for long, no matter what work he does. The body will also be strong and cheerful. The muscles of the heart thicken and contract rhythmically. A person who is not matured will be dead and quickly tired.

Conclusion. Another important problem of health care in Kazakhstan is vitamin D deficiency, which is found in all regions of the country. Because vitamin D is essential for maintaining a healthy cardiovascular system, it may affect the prevalence of cardiovascular disease. Kazakhstan is interested in further reducing deaths from cardiovascular diseases and has developed a regulatory document called "Population Health and Health Care System" and proposed a new national health care program for 2020-2025.

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