

THE IMPORTANCE OF A HEALTHY LIFESTYLE IN ELIMINATING RISK FACTORS IN THE EARLY STAGES OF HYPERTENSION

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Abstract: the review article thoroughly describes the risk factors for developing hypertension. Since a healthy lifestyle of people today is an urgent problem of modern medicine, it is said about the role of a healthy lifestyle in the development of hypertension. If patients suffering from hypertension are given a clear and simple understanding and propaganda about the risk factors of the disease, the possible complications that may develop and the measures to be taken to prevent them, the expected effectadorklik will increase to two. In place of the last word, we found it permissible to mention the following proverbs of the famous philosopher Seneca: "in order to live a life, a person himself must try not to shorten it."

Keywords: hypertension, risk factors, healthy lifestyle, diet, active lifestyle.

ЗНАЧЕНИЕ ЗДОРОВОГО ОБРАЗА ЖИЗНИ В УСТРАНЕНИИ ФАКТОРОВ РИСКА НА РАННИХ СТАДИЯХ АРТЕРИАЛЬНОЙ ГИПЕРТЕНЗИИ

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Аннотация: в обзорной статье досконально описывается факторы риска развития гипертонической болезни. Так как здоровый образ жизни людей на сегодняшний день является актуальной проблемой современной медицины, говорится о роли здорового образа жизни в развитие гипертонии. Если пациентам, страдающим гипертонией, дать ясное и простое понимание и пропагандировать факторы риска заболевания, возможные осложнения, которые могут развиваться, и меры, которые необходимо принять для их предотвращения, ожидаемый эффект адорлик увеличится до двух. Вместо последнего слова мы сочли допустимым упомянуть следующие пословицы известного философа Сенеки: «Чтобы прожить жизнь, человек сам должен стараться не сокращать ее».

Ключевые слова: гипертоническая болезнь, факторы риска, здоровый образ жизни, диета, активный образ жизни.

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The modern development of rapidly developing science, technology, industry and other spheres, along with unprecedented conveniences for mankind, has also caused some of its problems. As a result of the pollution of industrial waste from the environment, the natural geographical indicators of the Earth's surface are also changing [5, 8, 15]. One of the pressing problems that is currently in the spotlight of the entire world community is the global climate change, namely the unusual climate that is not characteristic of the seasons and the region: sharply cold temperatures, or rather sharp temperature rises, which leads to the emergence of functional tensions in the organs and systems of the organism [2, 6, 13]. It also leads to an increase in the development of pathologies and aggravation of clinical course of existing diseases, as well as early development of complications. And the wide application of modern technologies to living conditions paved a wide way for hypodynamia [1, 7, 14]. The wide popularity of the information and communication sphere and social networks is accompanied by an increase in the incidence of stress, which leads to some diseases: diseases of the

cardiovascular system, including hypertension, aggravation of the course of nervous system diseases and the early development of complications such as myocardial infarction and stroke [4, 9, 13].

So today, humanity is experiencing a life style that is surrounded by global climate changes, unfavorable meteorological phenomena, a hypodynamic lifestyle, fast food and stresses. The main focus of attention of the International Medical Association today in focus is the global temperature rise. For the first time in the European recommendation of the diagnosis and treatment of hypertension, seasonal changes in arterial blood pressure are important, it is noted that this condition is often associated with climate change [3].

Often they say that hypertension is a "mysterious and silent killer". The reason for this is the absence of a clear etiology of the disease to date and the remission of the initial stages of the disease without symptoms. Patients turn to the doctor after the development of complications in the cardiovascular system or other vital organs. Although the etiology of hypertension remains unknown for the time being, several risk factors that predispose the development of the disease have been studied. These are the risk factors that can change: smoking, excessive consumption of salt, chronic drinking of alcohol, hyperlipidemia, obesity, hypodynamia, depression and stress and unchangeable risk factors: heredity, age, gender [7, 10].

The fact that the "C" amount of reactive protein is more than 1mg/dl is also a risk factor. The occurrence of inflammatory processes in the vessels as a result of arterial hypertension in the pathophysiology of hypertension and an increase in the amount of reactive protein "C" found its confirmation in studies (Savoia C, Schiffrin EL. Inflammation and hypertension. *Curr Opin Nephrol Hypertens* 2006; 15: 152-8). Some authors consider arterial hypertension as a subcutaneous inflammatory process (Li JJ. Inflammation in hypertension: primary evidence. *Chin Med J* 2006; 119:1215-21.; Cachofeiro V, Miana M, Heras N, et al. Inflammation: A Link Between Hypertension and Atherosclerosis. *Current Hypertension Reviews* 2009; 5:40-8).

According to WHO, to date, 30% of the world's population is experiencing problems with excess weight. The number of people who suffer from obesity increases by 10% every 10 years. The probability of developing hypertension is 50% higher in people whose body weight exceeds the norm than in people with normal body weight. According to the results of the Framingham study, every 4,5 kg of excess weight increases systolic arterial pressure to 4.4 mm Hg in men and 4.2 mm Hg in women.

In hypertensive disease, the main preventive measure is the use of measures to treat nonmedicamentosis. Including:

Maintaining Normal body weight or bringing excess weight to normative indicators. (Kettle index < 25 kg / m²); refusal of harmful habits, such as smoking and drinking alcohol; strict adherence to Labor and rest regimes (in particular, it is necessary to avoid mental stresses); compliance with the indicated Meyers for physical activity. (regular exercise should not be less than 30 minutes per week); the consumption of table salt should not exceed 5 Gramm per day, the consumption of fruits and vegetables rich in microelements, such as potassium, kaltsiy, magnesium, selenium, zinc in ration should be limited to reproduction and restriction of margarine products and animal fats.

The main goal in the treatment of hypertension is to prevent complications that develop in the cardiovascular system and to maximally reduce the risk of death as a result of complications. And the treatment measures will last longer, and when said with today's talabi, life will continue and will focus on the following goals:

Lowering Arterial blood pressure to normative indicators (140/90 mm.Hg. must be lower than);

prevention of damage to vital organs (brain, heart, kidneys);

Elimination of risk factors that cause heart failure (obesity, hyperlipidemia, violation of carbohydrate metabolism, consumption of table salt, hypodynamia).

According to WHO experts, if the death caused by diseases of the cardiovascular system by drug treatment with drugs and Clinical Interventions decreases to 3/1, the patient's lifestyle changes, the rejection of harmful habits, a healthy diet, physical activity, arterial blood pressure control reduce death to 3/2. Extensive use of a healthy lifestyle in practice is the most effective prophylaxis of diseases of the cardiovascular system, according to WHO experts [5].

In place of the conclusion, we can say that much is not required from patients in the timely effective correction of possible risk factors for modification in the initial stages of hypertension. These are healthy proper nutrition, being constantly in physical activity, giving up harmful habits and avoiding mental strain. If patients suffering from hypertension are given a clear and simple understanding and propaganda about the risk factors of the disease, the possible complications that may develop and the measures to be taken to prevent them, the expected effectadorklik will increase to two. In place of the last word, we found it permissible to mention the following proverbs of the famous philosopher Seneca: "in order to live a life, a person himself must try not to shorten it."

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