

CHANGES IN BODY MASS DEPENDING ON GENDER IN PATIENTS WITH ARTERIAL HYPERTENSION

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Abstract: *body weight, height, body mass index, hip circumference and abdominal circumference were measured in 1542 patients aged 45-74 years with arterial hypertension of the 1st and 2nd degree.*

Keywords: *arterial hypertension, body weight, height, body mass index, hip circumference and abdominal circumference.*

ИЗМЕНЕНИЕ МАССЫ ТЕЛА В ЗАВИСИМОСТИ ОТ ПОЛА У БОЛЬНЫХ АРТЕРИАЛЬНОЙ ГИПЕРТОНИЕЙ

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Аннотация: *масса тела, рост, индекс массы тела, окружность бедер и окружность живота измерялись у 1542 больных в возрасте 45-74 лет с артериальной гипертензией 1-й и 2-й степени.*

Ключевые слова: *артериальная гипертензия, масса тела, рост, индекс массы тела, окружность бедер и окружность живота.*

Relevance. In the world, 1.28 billion people suffer from arterial hypertension, which annually causes 9.4 million deaths and the loss of 212 million healthy life years [2, 5, 6]. According to the World Health Organization, arterial hypertension is the cause of 54% of deaths from cardiovascular diseases. Arterial hypertension is the most common chronic disease in the world, occurring in one in ten people over 40, one in five people over 50, and almost one in three people over 60 [1, 3, 5, 8]. The prevalence of arterial hypertension among older people in our country is 30%. Every year, 500 thousand patients are diagnosed with arterial hypertension, and they do not know that they have this disease [2, 5, 7]. Arterial hypertension is the main cause of the development of cardiovascular and cerebrovascular pathology.

Purpose of the study: To determine the gender characteristics of physical development in patients with arterial hypertension of 1 and 2 degrees.

Materials and research methods. Body weight, height, body mass index, hip circumference and abdominal circumference were measured in 1542 patients aged 45-74 years with arterial hypertension of the 1st and 2nd degree.

Results and its discussion. Based on the data obtained from anthropometric measurements, average indicators of physical growth were established. At the same time, the average height of women with hypertension is 165.3 cm, weight - 76.2 kg. And also, the waist circumference is on average 99.6 cm, the hip circumference is 102.5 cm.

In men with hypertension, the average height was 165.9 cm, weight was 78.5 kg. At the same time, the waist circumference in men is on average 95.63 cm, the hip circumference is 97.9 cm. It was interesting to know about BMI depending on the degree of hypertension. The distribution of patients by BMI depending on the degree of hypertension showed the following: In men aged 61-65 years with 1-degree AH and BMI=30.2, 1-degree obesity was diagnosed; 1-degree obesity was found in men with 2-degree AH at the age of 56-60 and 61-65 years according to BMI=30.1 and 30.2, respectively; all women with 1-degree AH were found to be overweight (or pre-obese) according to BMI = 25-29; in women with 2-degree AH, already starting from the age of 50, 1-degree obesity was established: at the age of 50-55 and 71-75 years, BMI = 30.4, at the age of 66-70 years, BMI = 30.1. BMI in men aged 56-60 years and older than 66 years. This is characterized by an increase in BMI in women with 1-degree AH at the age of 61-65 years. An interesting fact is the dependence of BMI on age, taking into account gender. Received results indicating high BMI in women aged 45-50, 61-65 and older. At the same time, an increase in BMI was found in men with 2-degree AH at the age of 51-60 years. Thus, the characteristic course of hypertension against the background of overweight and obesity was established. Gender analysis showed the onset of the metabolic syndrome in 1-degree AH in women aged 50-55 years, and in men aged 56-60 years. At the same time, the established high waist circumference in women (more than 90 cm) indicates the likelihood of accumulation of visceral fat. All the established proves the need to study the lipid spectrum of blood in AH.

The obtained BMI data show a relationship with the prescription and severity of AH: in AH of the 2nd degree, BMI is increased from 51 to 60 years of age in men. And women's BMI is increased from the age of 50. And to mean the severity of hypertension, regardless of age, is directly proportional to the degree of BMI.

Conclusion. Therefore, to study the gender characteristics of the mechanism of development of hypertension, it is necessary to comprehensively study the hormonal status, the state of metabolism of carbohydrates, lipids, nitrogen breakdown products and electrolytes in the blood.

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