

THE PROCESS OF DEVELOPING HYPERTENSION

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Annotation

The article will talk about the consequences of hypertension, some statistics of cardiovascular diseases in our country and in the World Wide Web. According to the State Statistical Committee of Uzbekistan, the most common and deadly diseases in our state are diseases of the cardiovascular system. In 2019 alone, it was cardiovascular disease that accounted for 64% of deaths. Worldwide, deaths from these diseases occur every 32 seconds. In present-day kuda, the most deadly of these diseases is due to the contribution of myocardial infarction. It is with this disease that 75% of patients with cardiovascular diseases die

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In the world, up to 2050, 76 million deaths caused by high blood pressure can be prevented. This was reported by the Ministry of Health with reference to the World Health Organization. For the first time, the World Health Organization published its report, which includes the scale of the negative impact of high blood pressure on human health and recommendations to prevent it. It is noted that now one in 3 of the adult population around the world suffers from hypertension. This is causing life-threatening diseases such as stroke, heart attack, heart and kidney failure.

From 1990 to 2019, the number of patients with high blood pressure on Earth doubled, from 650 million to 1.3 billion people. Also, four out of every five such patients do not receive the necessary treatments. By increasing the quality and scope of medical care, 76 million deaths, 120 million strokes, 79 million infarcts, and 17 million heart failure cases can be prevented between 2023 and 2050.

As all over the world, there are many cases of cardiovascular disease among the population of Uzbekistan. In particular, arterial hypertension, ischemic heart disease, cardiac arrhythmias, chronic heart failure, congenital heart defects are among the most noted diseases. During the 9 months of this year, a total of 24,700 patients applied to the center's consulting Polyclinic.



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How common is heart disease? The number of patients with high Arterial blood pressure is currently taking up to 30-40% after 65 years of age this figure is 60-70% more common in men under 50 years of age, and more common in women after 50 years of age. Cardiovascular disease is the leading cause of death in the world. In 2016, 17.6 million people died from CVD, accounting for 31% of the world's deaths. (World Health Organization, 2016). Heart disease is also the leading cause of death in the United States, with an estimated 647,000 deaths per year. (Centers for Disease Control and Prevention, 2019). Approximately 121.5 million US adults have some form of cardiovascular disease. (American Heart Association, 2019).

More than 75% of KVVH-related deaths occur in low-and middle-income countries. (World Health Organization, 2017). The World Heart Federation estimates more than 23 million KVVH-related deaths per year through 2030. (World Heart Federation, 2019). In the United States, 1 in 4 deaths is the result of cardiovascular disease. This is death every 37 seconds. (Centers for Disease Control and Prevention, 2019). By 2035, the American Heart Association plans to have more than 130 million American adults undergo some form of heart disease. (American Heart Association, 2018). High blood pressure is a frequent heart disease in the United States, as 45% of the population (about 108 million Americans) have been diagnosed with hypertension. (Million hearts, 2017). Approximately 18.2 million American adults have coronary artery disease and 805,000 Americans have had heart attacks each year. Cardiovascular disease is the leading cause of death for both men and women in the United States (American Heart Association, 2019). In 2017, heart disease killed 347,879 males (1 in 4 male deaths) and 299,578 females (1 in 5 females). (Centers for Disease Control and Prevention, 2017). The average age for men to have a heart attack is 65, while for women it is 72 (Harvard, 2016). Women aged 45-65 who have had a heart attack are more likely to die within a year than their male counterparts. Women over the age of 65 who have experienced a heart attack are more likely to die within a few weeks than men of the same age. (U.S. Department of Health and Human Services, 2020).



According to heart attacks and vascular statistics, approximately 1.5 million heart attacks (myocardial infarctions) and strokes occur in the United States each year. (Million hearts, 2019). In the US, someone receives a stroke every 40 seconds, which is one in every 19 deaths. (American Heart Association, 2020). Cerebrovascular disease caused 6.2 million deaths worldwide in 2017. (American Heart Association, 2020). Approximately 605,000 new heart attacks and 200,000 recurrent heart attacks occur each year in the United States (American Heart Association, 2020). In 2016, there were 2.2 million hospitalizations for heart attacks, stroke and heart failure. (Centers for Disease Control and Prevention, 2018). Acute myocardial infarction had 260,000 emergency medical visits in 2017, and cerebrovascular disease had another 492,000. (Centers for Disease Control and Prevention, 2017). Researchers expect KVH costs to rise to \$ 749 billion by 2035. (American Heart Association, 2020). The National Institutes of Health spent more than \$ 1.4 billion on research into heart disease in 2019. (National Institutes of health, 2020).

One in every 6 dollars of health care is spent on cardiovascular disease. (Million hearts, 2019). Hospitalization for a heart attack averages \$ 53,384, and bypass surgery can range from \$ 85,891 to \$ 177,546. (American Heart Association, 2017). People with hypertension spend approximately more than \$ 2,000 a year on health care than their non-hypertensive peers. (American Heart Association, 2018)

In conclusion, the risk of high blood pressure is observed due to an increase in age and hereditary factors. In addition, negative habits such as high salt intake, low mobility, binge drinking, cravings, malnutrition also lead to the development of hypertension. In fact, this dangerous pain can be overcome with cheap, safe and popular medications, as well as other methods such as reducing salt intake.

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