

## ATHEROSCLEROSIS - SYMPTOMS, TREATMENT

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### Abstract:

Atherosclerosis is a chronic disease of blood vessels, in which cholesterol and low-density lipoproteins (low-density lipoproteins) accumulate in the inner wall of the vessels in the form of plaques and plaques, and the walls themselves become thicker and lose their elasticity. Due to the accumulation of fat and deposits, the walls of the blood vessels become hard, lose their tension and eventually narrow, which makes it difficult for blood to flow to the organs. Eventually, the blood vessel may become completely blocked. If this disease is accompanied by blood coagulation disorders, the susceptibility to thrombosis and ischemic damage to organs increases.

### Atherosclerosis

Atherosclerosis is one of the most dangerous diseases leading to death. The disease is often diagnosed after the blood circulation in the brain, heart, limbs has been disturbed, that is, late. Atherosclerosis is the main cause of cardiovascular diseases: ischemic heart disease and myocardial infarction.

The number of people with atherosclerosis increases with age, that is, this disease is more common in the elderly. Therefore, doctors consider it a disease of old age, but the disease is getting younger every year, which is related to the modern lifestyle.

### SYMPTOMS AND SIGNS OF ATHEROSCLEROSIS

Atherosclerosis is a systemic disease that usually affects all major blood vessels of the body. Based on this, the symptoms are also different. Mainly heart, brain, legs suffer. Symptoms are specific, but atherosclerosis is not so obvious that it can be diagnosed without additional methods.

Its symptoms depend on which organ suffers more from lack of blood circulation. In any form of atherosclerosis, two symptomatic periods are distinguished. In the pre-clinical period, the process is just beginning, so a specific manifestation of the



disease is not observed. The main problems related to the blood supply and functioning of the organs begin when more than half of the arterial space is closed. Pain in the heart is manifested in 75% of cases. Atherosclerosis affects the coronary vessels and impairs the delivery of oxygen and nutrients to the myocardium. The heart is one of the organs that is very sensitive to changes in the intensity of nutrition. Only the brain surpasses it in this respect. Symptoms of the disease develop immediately, it is important to correctly interpret the patient's feelings.

Sex. Men are more prone to developing atherosclerosis than women. The first symptoms of this pathology can begin at the age of 45 or even earlier, and in women it can be observed after the age of 55. Perhaps this is due to the active participation of estrogens in the metabolism of cholesterol and low- and very low-density lipoproteins;

Young. This is a natural risk factor. Atherosclerotic processes increase with age; Heredity. Of course, this is one of the causes of atherosclerosis. Factors causing atherosclerosis are multifaceted. Therefore, the level of the hormonal background, hereditary dyslipoproteinemia (disruption of the plasma lipid profile), the activity of the immune system play an important role in accelerating or slowing down the development of atherosclerosis;

Harmful habits. Smoking is a poison for the body. This habit is another reason for the development of atherosclerosis. If you want healthy blood vessels - stop smoking! As for alcohol, there is an interesting connection: a small amount of alcohol - 50 grams of vodka, 100 grams of wine or 0.5 liters of beer every day is a good way to prevent atherosclerosis. At the same time, this amount contributes to the development of liver cirrhosis. Thus, we treat one and injure the other. In general, it is not recommended to consume alcohol even in very small quantities, which guarantees the development of a number of pathologies;

Excess weight. This factor increases the likelihood of atherosclerosis. Obesity can lead to diabetes, and this pathology is a direct path to atherosclerosis;

Malnutrition. Fatty, harmful foods are the main risk factor. Eating is a very important physiological process in our life. Our future health will depend on how useful the products are. Very few people know, but all diets other than a healthy and balanced diet are not approved by the World Food Hygiene Council. Eating should be appropriate and reasonable based on your needs and energy expenditure.



The average life expectancy in Japan is 84 years, and in Uzbekistan it is about 68.5 years. What is the difference? The answer is simple: look at the diet of Japanese and other eastern peoples. Their diet includes a variety of grains, vegetables, herbs, legumes, and fresh fish. Every day, the Tokyo market is flooded with seafood containing valuable fatty acids. What do they do to cure the disease, if they can prevent it. To thank yourself in old age, start eating right from a young age.

Atherosclerosis of heart vessels (coronary arteries). Stimulates the development of ischemic heart disease, angina pectoris and infarction;

Aortic form. The aorta is the largest artery in the body. Its damage with atherosclerosis significantly affects all organs and systems;

Atherosclerosis of renal vessels. Lack of blood circulation causes kidney dysfunction and severe arterial hypertension;

Atherosclerosis of blood vessels supplying the brain;

Atherosclerosis of the veins of legs and arms.

Forms of the disease can appear independently, but often occur systematically.

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