

**DEATHS FROM ISCHAEMIC HEART DISEASE DUE TO ARTERIAL HYPERTENSION****Tog'aydullayeva Dildora Dilmurodovna**Assistant of the Department of Fundamental Medical Sciences  
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**Abstract:** Cardiovascular diseases are one of the most urgent problems of practical medicine. Among cardiovascular diseases, arterial hypertension and hypertension occupy 1st place. Mortality rates among cardiovascular diseases also take a leading position compared to total mortality. Among these diseases, ischemic heart disease is a widespread disease worldwide, and according to data, it accounts for 80-85% of deaths that occur quickly and in a short time. This disease is also widespread in Uzbekistan and is the main cause of death in about 70% of men over 40 years of age. Hypertension or Hypertonia is known to be highly prevalent due to age, gender, and genetic predisposition, but in addition to this, when hypertension and ischemic heart disease occur together, the mortality rate from these diseases is also higher. Every analysis dedicated to this disease is relevant and important. The purpose of the study is to analyze the cases of death from ischemic heart disease and confirmed cases of this disease.

**Keywords:** Hypertension, Ischemic heart disease, young gender, heredity, hypertension, risk factor, mortality, Comorbidity.

**СМЕРТЕЛЬНЫЕ СЛУЧАИ ОТ ИШЕМИЧЕСКОЙ БОЛЕЗНИ СЕРДЦА  
ВСЛЕДСТВИЕ АРТЕРИАЛЬНОЙ ГИПЕРТЕНЗИИ**

**Цель исследования:** Сердечно-сосудистые заболевания являются одной из наиболее актуальных проблем практической медицины. Среди сердечно-сосудистых заболеваний артериальная гипертензия и гипертония занимают 1-е место. Показатели смертности среди сердечно-сосудистых заболеваний также занимают лидирующие позиции по сравнению с общей смертностью. Среди этих заболеваний ишемическая болезнь сердца является широко распространенным заболеванием во всем мире, и, по данным, на нее приходится 80-85% смертей, которые наступают быстро и в короткие сроки. Это заболевание также широко распространено в Узбекистане и является основной причиной смерти примерно у 70% мужчин старше 40 лет. Гипертония или гипертония, как известно, широко распространены из-за возраста, пола и генетической предрасположенности, но, кроме того, при одновременном наличии гипертонии и ишемической болезни сердца уровень смертности от этих заболеваний также выше. Каждый анализ, посвященный этому заболеванию, является актуальным и важным. Целью исследования является анализ случаев смерти от ишемической болезни сердца и подтвержденных случаев этого заболевания

**Ключевые слова:** гипертония, ишемическая болезнь сердца, молодой пол, наследственность, гипертония, факторы риска, смертность, сопутствующие заболевания.

**Main part:** Among the factors of carbohydrate metabolism disorders in patients with arterial hypertension, obesity, overweight and dyslipidemia are the most common. In this regard, it is necessary to expand preventive measures in a medical institution aimed at early detection of pathology, formation of risk groups and timely treatment among patients with arterial hypertension. Arterial hypertension (hypertension) is a condition in which the hydrostatic pressure of blood in the vessels increases. Pressure is considered normal at values from 100/60 to 140/90 mm Hg. Hypertension can be primary (without a clear cause) or secondary (due to other diseases).

Arterial hypertension occurs due to a violation of the tone of the walls of the arteries and arterioles. The causes include: Hereditary predisposition, Deterioration of the condition of blood vessels, Kidney disease, Overweight and obesity, Excessive salt intake, Diabetes, Magnesium and potassium deficiency, Age-related metabolic disorders.

Arterial hypertension can lead to the following complications:

Visual impairment (up to blindness)

Myocardial infarction

Atherosclerosis

Stroke

Renal failure

Heart failure

Hypertensive crisis

Ischemic heart disease is a common disease of the cardiovascular system; it is characterized by myocardial ischemia and impaired coronary blood circulation. Ischemic heart disease is caused by insufficient blood circulation in the heart muscle, mainly as a result of atherosclerosis of the coronary (coronary) arteries, and as a result, the heart does not receive blood. Ischemic heart disease includes angina (primary, stable, unstable), myocardial infarction, post-infarction cardiosclerosis, arrhythmic type, and heart failure. Ischemic heart disease is a serious heart disease that develops gradually. The incidence of the disease increases with age.

IHD is clinically heterogeneous, with exacerbations and remissions. Often, ischemic heart disease passes unnoticed, and the patient does not know that he has such a dangerous disease and does not consult a doctor. Usually, one of the first clinical signs of ischemic heart disease is an attack of exertional angina, which occurs during physical activity. Later, the disease can last a long time, even for years. Often, exertional angina can be accompanied by attacks of rest angina, which are observed even after some time in a calm state.

The origin and development of ischemic heart disease are caused by a person's age, hereditary predisposition to the disease, hypertension, diabetes, obesity, alcoholism, smoking, lack of exercise (hypodynamia), physical and mental stress, etc. A relatively high incidence of ischemic heart disease has been observed among the elderly.

**Material and methods:** In the last 5 years, 72 cases of ischemic heart disease were diagnosed during pathological examinations. Heart tissues were stained with hematoxylin and eosin and Van Gieson method. Results. The age of those who died from ischemic heart disease ranged from 41 to 78, with the majority, 63 (88.1%) of them, being men. The highest age peak was in the range of 42 to 65 with 53 (74.6%). All 7 women who died from ischemic heart disease were over 63 years old, with an age range of 63 to 78. Among the 63-78 year olds, 16 men died and 2 were men aged 40-45. Ischemic heart disease was diagnosed in 69 patients during their lifetime. In 2 cases, patients were brought to the hospital in a severe agonal state and their death was recorded within a short time. Ischemic heart disease occurred in 49 cases in the form of myocardial infarction and in 22 cases in the form of chronic ischemic disease. Of the deaths from chronic ischemic heart disease, 13 had post-infarction myocardial scarring, 5 had chronic cardiac aneurysm, and 4 had diffuse cardiosclerosis. Myocardial infarction was mainly localized in the left ventricle, its apex, anterior and posterior walls, and interventricular septum. In most cases,

infarction developed due to atherosclerosis of the coronary arteries. In 7 cases, infarction occurred in a hypertrophied heart due to hypertension. Death from ischemic heart disease was mainly due to asystole, ventricular fibrillation, cardiogenic shock, and heart failure.

**Conclusion:** The recognition of ischemic heart disease, which is formed on the background of hypertension, as an independent nosological unit by the World Health Organization in 1967 as a major disease has radically changed the focus on this disease. Failure to prevent hypertension in time or to conduct dietary and conservative treatments in time after the onset of ischemic heart disease. Timely and early diagnosis of ischemic heart disease can be the basis for reducing mortality from this disease. In contrast, the number and form of mortality can increase.