

Causes Of Hypertension And Methods Of Its Prevention

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Abstract: *This article provides information on the causes of hypertension and what to do to prevent it. The stages of this disease. This disease is very dangerous and most other heart diseases are caused by this disease. Therefore, people who are indifferent to this disease are required to be under constant medical supervision.*

Keywords: Hypertension, heart, metabolic diseases, tissue tumors, myocardial infarction, stroke, obesity, alcoholism.

Introduction

The disease of high and low blood pressure, which has been occurring among people for a long time and has not been treated to this day, remains relevant. When the blood pressure rises, it can be lowered only for a certain period of time, but again for certain reasons. The only way to keep a patient with high blood pressure in good condition is to get rid of our doctors. Well what a disease it is. How does it come about ?

Thousands of people around the world are forced to use a tonometer every day. Everyone needs to know the cause of high blood pressure in order to maintain their health and stay away from danger. According to the World Health Organization, a systolic pressure of 140 mm Hg or higher and a diastolic pressure of 90 mm Hg or higher indicate high blood pressure.

What causes high blood pressure?

Vascular Disorders Changes in vascular tone of the hypertensive type lead to an increase in blood pressure. If other illnesses are not detected, the problem can be treated with regular medication.

Kidney disease Increased blood pressure due to kidney problems is often accompanied by urination, pain and irritability.

Alcohol Consumption If a state of intoxication from a small amount of alcohol is observed, it means that there are problems with blood pressure. Large amounts of alcohol are a risk factor for hypertension and also lead to high blood pressure. Sensitivity to salt

Some people have high blood pressure due to consumption of sodium salt. Therefore, to reduce salt intake, it is necessary to replace it with potassium salt. **Stress** Stress is the most dangerous factor for almost all diseases. Chaotic work, personal problems and worries in life lead to the development of hypertension. **Weight gain** Obesity can lead to the development of hypertension, unless other risks are identified. However, if your doctor finds that weight gain is related to high blood pressure, you may need to change your diet and pay more attention to physical activity.

The risk of developing young hypertension is much higher in older people. The risk is increased when cholesterol deposits are found in the walls of the blood vessels. **Heredity** If high blood pressure is common in family members, it can be passed on from generation to generation. In such cases, the first signs of hypertension appear at a young age. **Gender** The risk of high blood pressure in men is associated with a higher risk of developing a heart attack. When any of the above factors are observed, there is no need to worry at all. Timely blood pressure control, lifestyle changes, and regular medication recommended by your doctor can help prevent complications from high blood pressure.

What disease is hypertension?

Hypertension is a disease caused by impaired neuronal function of blood vessels. The disease mainly occurs in people over 40 years of age, but in recent years it has also become more common in young people. Both women and men suffer from this disease. Hypertension is one of the leading causes of death in people with diseases of the cardiovascular system.

According to research, hypertension is one of the leading causes of disability on the planet. According to statistics, if first aid is given late when blood pressure rises, the condition of patients can become very serious, and even death can be observed.

Signs of high blood pressure

The main symptom of hypertension is due to spasm and narrowing of cerebral vessels is a headache. Also often noise in the ears, vision impairment, fatigue, sleep disorders, dizziness, a feeling of heaviness in the head, palpitations. These symptoms are felt in the early stages of the disease. Later, due to the stressful work of the heart for a long time heart failure occurs.

Discussion and analysis

Many patients also have the following symptoms:

Frequent nosebleeds;

return;

insomnia;

memory impairment;

redness of the skin surface after any physical activity;

strong pressure in the eye (the patient has pain in the eyes when looking around, so they prefer to rest and keep their eyes closed);

rapid heartbeat;

the appearance of tumors in the tissues;

fatigue

Causes of the origin of hypertension

The reason for the development of the disease is a long time stress and walking in a state of depression is often a psychological strain. Often, these are caused by work activities that require constant emotional tension. Besides, concussion patients are also at higher risk of developing the disease. Hereditary predisposition is also among the causes: if a person has this disease in his offspring, then the risk of developing this disease increases several times.

Methodology

The main factor influencing the development of the disease is a sedentary lifestyle. In people as they get older atherosclerosis may develop, and an increase in blood pressure against the background of this change will exacerbate the situation. This is extremely life-threatening because there is a lack of blood flow to the brain, heart, and kidneys through narrowed blood vessels. If there are thrombus and cholesterol accumulations in the walls of the blood vessels, they can separate during strong pressure, clogging the capillaries and blocking blood flow. In this case myocardial infarction or stroke occurs.

Increased blood pressure in women can be caused by hormonal changes during menopause. Salt, or more precisely, the sodium contained in it, as well as smoking, consumption of alcoholic beverages, obesity also puts pressure on the cardiovascular system.

Factors influencing the development of hypertension include:

Overweight, metabolic disorders, endocrine disorders, sedentary lifestyle;

regular emotional stresses, depression, tragic events, loss of loved ones;

strong nervous tension due to problems in business, work;

brain injuries (car accident, fall, hypothermia);

chronic diseases that have a negative impact on the cardiovascular system (diabetes

mellitus, gout, rheumatoid arthritis);

hereditary predisposition;

viral and infectious diseases (meningitis, sinusitis, gaymorit);

Age-related changes in blood vessels;

high levels of cholesterol in the blood, resulting in accumulation in the walls of blood vessels;

harmful habits (smoking, drinking alcohol, excessive coffee consumption);

consuming large amounts of salt during the day;

increase in adrenaline in the blood;

sitting in front of a computer for a long time;

less walking outdoors, etc.

Diagnosis of hypertension

The doctor will need to perform several laboratory tests and hardware tests to make a definitive diagnosis of the patient. The purpose of the diagnosis is to determine the stage of the disease and the degree of hypertension. With this information, the doctor will be able to choose an effective treatment method. Because the early stages of the disease are latent, most patients come to the doctor late. Complete cure of the disease is very difficult, so patients need to be patient, because the disease can accompany them for the rest of their lives. Therefore, timely prevention of the disease, it is necessary to undergo a medical examination if suspicious symptoms appear.

At home, everyone should measure their blood pressure regularly, the optimal value is 120/80 mm sim.ust (listed as a unit below), 130/90 for adults. As a result of environ mental exposure or physical activity, the pressure may increase by 5-10 units. A very large difference between low and high pressure is also a sign of concern - typically this figure should not exceed 50 units. If frequent changes in blood pressure are observed, it is recommended to see a doctor.

Treatment of high blood pressure

It is desirable that patients avoid any stress or emotional tension during treatment. Patients are advised to walk outdoors: around the pool, in the garden, in the woods. Proper nutrition is important in the successful treatment of hypertension.

Stages of hypertension and ways of prevention

Modern medicine distinguishes 3 stages of arterial hypertension:

Stage 1 - Blood pressure is in the range of 140-159 / 90-99 mm Hg. Blood pressure may return to normal from time to time and rise again;

Stage 2 - Blood pressure is in the range of 160-179 / 100-109 mm Hg. Arterial blood pressure often rises and rarely falls back to normal.

Discussion

Stage 3 - pressure 180/110 mm sim.ust. rises above. The pressure is constantly high and its decrease is caused by heart disease. Eating habits First of all, it is necessary to eliminate from the daily diet products that contain "bad" cholesterol and large amounts of salt. To them:

fatty meat;

charvi;

fried foods;

smoked products;

pickles.

It is also beneficial to eat bread that has been standing for a day or two instead of fresh bread that has been cut from the oven. The daily diet should include more than cervitamine, mineral-rich and disease-fighting production.

Conclusion

Arterial hypertension is a condition characterized by a steady rise in systolic pressure to 140 mm Hg. Art et al., As well as diastolic pressure up to 90 mm RT. Art. and others.+ Diseases such as arterial hypertension occur as a result of disturbances in the functioning of blood pressure regulation centers. Other causes of hypertension are diseases of internal organs or systems. Such patients have a headache in the occipital region (especially in the morning), which causes a feeling of heaviness and freshness in the head. In addition, patients complain of poor sleep, decreased ability to work and memory, as well as characteristic nervousness. Some patients complain of pain behind the sternum, shortness of breath after physical activity, and impaired vision.

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