



STUDYING THE EFFECT OF ANEMIA ON THE CLINICAL COURSE OF ISCHEMIC HEART DISEASE

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ABSTRACT

Anemia is often diagnosed as a comorbidity in patients with ischemic heart disease. It is believed to cause adverse clinical conditions in diseases of the cardiovascular system. In order to substantiate these assumptions, this article describes the results of research conducted on the study of the peculiarities of the course of ischemic heart disease in patients with anemia.

KEYWORDS

Anemia, ischemic heart disease, tachycardia, bradycardia

Introduction: Diseases of the cardiovascular system are one of the most common diseases in the world and are considered the main cause of death, including ischemic heart disease. Ischemic heart disease is a pathological condition that occurs due to a decrease in blood supply to the myocardium by the coronary arteries.[1,2] Atherosclerotic narrowing of coronary arteries is the main pathogenetic mechanism of ischemic heart disease development. However, the development of ischemia in the myocardium requires additional factors that cause an imbalance in the permeability of the coronary arteries and the oxygen demand of the myocardium. Most often, this pathology occurs mainly in cases of increased work of the left ventricle - tachycardia, increased blood pressure or spasm of the coronary arteries, blockage of the coronary arteries as a result of a thrombus.[3,5]

According to the results of the conducted research, 5-8% of men aged 20-44, 18-24.5% of men aged 45-69 have ischemic heart disease, and in adult women this indicator is 13-15 %.

Anemia is an important health care problem that affects quality of life and mortality. According to the criteria of the World Health Organization, a decrease in the concentration of hemoglobin in the blood from 120 g / l in women and 130 g / l in men is defined as a disease state [4]. Anemia is observed in 1.62 billion of the



world's total population, of which 47.4% are children of preschool age, and 12.7% are men [4].

Iron deficiency anemia is a common disease among the population. According to statistics, 20% of the world's population is sick with hidden iron deficiency anemia [5].

Before understanding the effect of anemia on ischemic heart disease, it is necessary to understand the physiology of anemia. Three factors are involved in the provision of oxygen to all organs in our body: blood flow, i.e. movement, blood's ability to carry oxygen, which is related to hemoglobin concentration, and the third is oxygen extraction. Hypoxia in anemia is compensated by several hemodynamic and non-hemodynamic mechanisms.

Iron deficiency anemia is the most common cause of anemia in patients with anemia and can be found in 46% of patients with stable systolic heart failure [4].

Purpose of work: Studying the effect of anemia on the course of ischemic heart disease.

Research materials and methods: 35 patients with ischemic heart disease participated in the study. All the patients were diagnosed with ischemic heart disease and hypertension II AH I. The age of the patients is 53-65. All patients underwent initial clinical examinations. Sinus bradycardia was detected in 11 (31%) patients, and sinus tachycardia in 13 (37%) patients. In the remaining 11, the pulse is normal. It was found that 18 patients had chronic heart failure II A grade FC II as a complication of the disease, and 17 patients had chronic heart failure II A grade FC III. 19 (54 %) patients had mild anemia, 12 (34 %) had moderate anemia, and the remaining hemoglobin and erythrocyte levels were close to normal values.

The results of the study showed that the amount of erythrocytes and hemoglobin in the blood is less than the normal values, which affects the clinical symptoms of the disease in patients. Holter ECG monitoring was found to cause painful and painless ischemia in the heart. Painless ischemia of the myocardium has a negative impact on people's quality of life.

Conclusion: it is necessary to determine the amount of hemoglobin and erythrocytes in the blood of patients with ischemic heart disease and give importance to it. This condition has a negative effect on the course of ischemic heart disease. Physical activity is significantly reduced in patients suffering from anemia.

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