



ISCHEMIC HEART DISEASES

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ABSTRACT

This article talks about ischemic heart disease, its origin, risk factors, and the occurrence of the disease.

Key words

Ischemic heart disease, myocardium, duodenal ulcer disease, stroke, angina pectoris, infarction.

For more than half a century, ischemic heart disease has taken one of the leading places in the list of the most important social problems, and also remains one of the main causes of temporary and permanent disability of the world's population in terms of the prevalence and risk of complications. Atherosclerosis underlying ischemic heart disease has a multifactorial origin, and not only the size of the atherosclerotic plaque, but also the formation of a thrombus is the reason for the development of the disease. To date, it has been proven that hemostasis, including platelets, play the most important role in the pathogenesis of UIC. Taking into account the leading role of the hemostasis system in the development and strengthening of atherosclerosis and its complications, the appointment of antithrombotic drugs for the purpose of treatment and prevention of cardiovascular diseases, including ischemic heart disease, is pathogenetically based.

Ischemic heart disease or cardiac ischemia is a chronic or acute disorder of blood supply to the myocardium (the muscular layer of the heart). This condition is caused by insufficient supply of oxygen to the heart. This occurs when arterial blood is supplied to the heart muscle in a limited amount due to damage to the coronary vessels. Acute form of ischemic heart disease - myocardial infarction, chronic form - angina pectoris. Cardiovascular diseases occupy the leading place in the sad list of causes of death in many developed countries. In recent years, there is a trend of decreasing death from this cause. Since 2015, the death rate from



cardiovascular diseases has accounted for less than half of all deaths and continues to decline. Nevertheless, this indicator is still higher than in European countries.

Despite the fact that diseases of the circulatory system are the main cause of death in all developed countries of the world, the death rate from cardiovascular diseases in the European Union is significantly lower than in Russia, in Europe in 2015 this figure was 36.7%. Ischemic heart disease, which causes more than half of the deaths from cardiovascular diseases, is distinguished among diseases of the circulatory system. According to statistics, in 2018, cardiac ischemia caused 53% of deaths caused by diseases of the circulatory system - it was 24% of the total number of deaths (in 3% of cases, death was caused by myocardial infarction) .

The main causes of ischemic heart disease are atherosclerosis of the coronary vessels of the heart, spasm of large vessels, formation of embolus and blood clots, and as a result of this, the oxygen demand of the myocardial tissue is not fully fulfilled. Atherosclerosis of the coronary vessels is leading in the development of the disease in older people, and now in people under 40 years old, often even in men. The initial stage of ischemic heart disease is angina pectoris, and myocardial infarction is its most severe form. Ischemic heart disease is divided into two groups according to risk factors: controllable and uncontrollable risk factors.

In patients with ischemic heart disease, there is a tendency to this disease, the presence of coronary heart disease in their close relatives, other factors that cause this disease in them, such as obesity, malnutrition, atherosclerosis of blood vessels, hypodynamia, hypercholesterolemia, diabetes, hyperglycemia, lipid metabolism. Factors such as disorders, harmful habits, i.e. drinking, smoking, environmental influences, stress, workplace can cause these diseases. According to the results of the analysis, complications were observed even after treatment of this disease in most of the patients with LUCT. They will have to avoid straining, nervousness, hard work, and of course take preventive medicine and diet. They will have to undergo regular medical examinations.

Ischemic heart disease is a disease that causes a violation of the flow of the heart due to a short-term tension reserve. This condition is caused by the failure of the coronary arteries, which supply the heart with enough oxygen, to function properly.

Risk factors for ischemic heart disease may include:

1. Atherosclerosis: Many channels in blood vessels are connected and the inner side of the vessels is narrowed. This prevents the heart from getting enough oxygen and leads to ischemic disease.

2. Heart strain: A blockage in the arteries that supply blood and oxygen through a single vessel in the heart may occur. This blockage causes the arteries to not get enough blood to the heart due to fuel and starts ischemic disease.



3. Thrombosis: Blood clots (thrombus) can clog an artery and block it. This and other risks can cause thrombosis in the thrombotic population and lead to an increase in ischemic heart disease.

4. Constriction of Arteries: The heart temporarily needs enough oxygen to move upwards. If the arteries are narrowed and due to other factors due to the surface of attached plaques, the amount is not enough, ischemic disease can be formed.

5. Heart disease: Certain heart diseases, such as coronary arteritis, coronary vasospasm, and heart failure can increase the risk.

These factors are the main risk factors for ischemic heart disease. Also, high salt and fat intake, smoking, diabetes, and lifestyle habits that increase dominance can also increase the risk. Ischemic heart disease is treated with medication, including stents.

But at the same time, it's important to avoid common risk factors, make lifestyle choices that are important for good heart health, and get regular medical checkups to stay healthy.

There are symptoms that are easy to identify ischemia: angina pectoris, arrhythmia, heaviness on the left side behind the sternum, shortness of breath. This is a serious reason to clarify the diagnosis. In our clinic, patients receive the newest methods of treatment and diagnosis of coronary artery disease in Moscow. We use ultrasound examination of veins and arteries. This is a painless procedure that allows the specialist to determine the location of the affected vessels and the intensity of blood flow. Diagnostic results reveal individual characteristics to assign an effective method of assistance. An additional method of research is coronary angiography (performed under local anesthesia). Electrocardiogram (ECG) helps to identify angina pectoris (and distinguish it from other similar pains in the heart), arrhythmia and myocardial infarction. In order for the result to be complete, an EKG can be ordered for the patient both at rest, with load, and under Holter control (monitoring the electrical activity of the heart during the day).

Ischemic heart muscle is one of the heart muscles that can be affected by obesity. Ischemic heart disease is caused by insufficient oxygen and blood flow. In this case, the blood flow to the heart muscle decreases and prevents the normal functioning of the heart.

Obesity is usually more common in people who are overweight or obese. Obesity can trigger ischemic heart disease as a result of factors such as high blood pressure, high cholesterol and diabetes. Obesity is associated with the accumulation of fat in the body, which can cause blood vessels to narrow and become blocked. Clogged arteries prevent the heart from getting oxygen and nutrients.



Obesity is common in people with coronary heart disease because it can cause obesity, high blood pressure, and high cholesterol, which are risk factors for the disease. Being obese can increase these risk factors and lead to coronary heart disease. As a result, ischemic heart muscle can be affected by obesity, which can lead to narrowing and occlusion of the arteries, causing obesity and other risk factors. Therefore, it is important for individuals with coronary heart disease to adopt a healthy lifestyle to keep obesity under control.

Nutrition is of great importance in cases of ischemic heart disease, that is, heart attack. A heart attack is caused by a blockage in the coronary arteries, which prevents the heart from receiving oxygen and nutrients. In this case, a healthy diet helps the heart get the oxygen and nutrients it needs. Nutrition affects a number of factors that are important for heart health. A healthy diet helps keep cholesterol levels under control. High cholesterol increases the risk of heart attack by clogging blood vessels. In addition, dietary changes such as reducing salt intake and choosing low-fat foods can help lower blood pressure. Diet is also important in weight control. People who are overweight or obese have a higher risk of heart disease. Losing or maintaining weight through a healthy diet can improve heart health.

Finally, diet also plays an important role in keeping blood sugar under control. Patients with diabetes should monitor their blood sugar levels regularly and control their blood sugar levels with a balanced diet. High blood sugar levels can increase the risk of heart attack. In the case of ischemic heart muscle, healthy eating and developing good eating habits are important to protect heart health. Therefore, it is important to consult with your doctor or dietitian to create a diet plan that works for you.

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