

RISK FACTORS IN HYPERTENSION

Durdona Sh. Tursunkulova - 4th year student
Samarkand State Medical University (Samarkand, Uzbekistan)
durturshuh@gmail.com

Annotatsiya: Hypertension, or high blood pressure, is one of the most common chronic diseases in the modern world. This disease has a significant impact on the health of the heart and vascular system and can lead to many serious complications, including heart attack, stroke, kidney failure, and eye diseases. Hypertension is often called the “silent disease” because most patients do not know they have it for a long time, as there are no obvious symptoms in the early stages. Therefore, it is very important to identify and manage the risk factors for hypertension.

Keywords: hypertension, genetic factors, heart attack, blood vessels, malnutrition, patients, treatment.

Relevance: hypertension risk factors can be classified into two large groups: invariable and modifiable factors. Among the invariable factors is primarily genetic predisposition. If there are people with hypertension in the family, the likelihood of developing this disease increases significantly. Genetic factors affect the structure and function of blood vessels, which leads to a higher blood pressure than normal. At the same time, age also plays an important role in the development of hypertension. With age, the elasticity of blood vessels decreases, their walls thicken, and this increases blood pressure. In men, the risk of hypertension is higher than in women, and especially in middle-aged men, this figure is higher. In addition, race and nationality are also important factors that determine the risk of hypertension. For example, black people are more likely to have hypertension, and their course of illness may be more severe. The second group of risk factors are factors that can be modified and are related to a person's lifestyle and habits. Improper nutrition is one of the main reasons for the development of hypertension. An excess of salt intake increases blood pressure, as the substance sodium retains fluid in the body, which increases blood volume. Also, heavy consumption of fatty, fried, sugar, and fast-food causes damage to the cardiovascular system. However, insufficient consumption of vegetables and fruits, low fiber content are also harmful to health. Lack of physical activity also increases the risk of hypertension. A sedentary lifestyle slows down blood circulation, leads to the development of excess weight and obesity, which increases blood pressure and makes heart function difficult. Obesity, especially the accumulation of fat in the abdomen, is one of the most important factors in the development of hypertension. An excess of belly fat causes hormonal changes in the body, which increases blood pressure and worsens the work of the cardiovascular system. Therefore, weight control, healthy eating, and regular physical activity are important in reducing the risk of hypertension. Smoking tobacco is another risk factor that narrows blood vessels, injures them and increases blood pressure. Smoking increases not only the risk of hypertension, but also heart disease and lung disease. Also, excessive consumption of alcohol increases blood pressure and worsens the condition of the cardiovascular system. Stress and psychological pressure also negatively affect the development of hypertension. Prolonged stress conditions cause hormonal changes in the body, which increases blood pressure. The rapid pace of modern life, pressure at work, family problems increase stress and increase the risk of hypertension. Therefore, stress management, rest and maintaining psychological stability are important in preventing hypertension. In addition, there are other diseases that increase the risk of hypertension. For example, conditions such as diabetes, kidney disease, high cholesterol levels, and sleep apnea increase blood pressure and damage the cardiovascular system. [1]

Insufficient sleep, especially sleep apnea, plays an important role in the development of hypertension. Sleep apnea is a short pause in breathing during sleep, which increases blood pressure and makes heart function difficult. Therefore, improving sleep quality and treating sleep apnea are

important in reducing the risk of hypertension. Knowledge and control of Risk Factors in hypertension plays a key role in the prevention and treatment of the disease. By controlling the factors that can be changed, blood pressure can be maintained in moderation. To do this, it is necessary to adopt a healthy lifestyle, eat right, regularly exercise, give up harmful habits and reduce stress. Also, through regular medical examinations and blood pressure measurements, the possibility of identifying and treating the early stages of the disease increases. Since hypertension often goes without symptoms, it is very important to check your blood pressure regularly, especially for individuals who are part of a high-risk group. Compliance with the doctor's recommendations, timely medication intake and lifestyle changes reduce the complications of hypertension and improve the quality of life.[2]

Purpose of the study: Risk Factors in hypertension are made up of many factors that influence the patient's increased blood pressure and the development of the disease. Within these risk factors, genetic predisposition, that is, the presence of people with hypertension in the family, is important. Also, with an increase in age, the risk of hypertension increases, since with age, the elasticity of blood vessels decreases, and their walls thicken. Lifestyle factors also play a big role; for example, poor diet, especially high salt intake, and eating too much fatty and high-calorie foods increase blood pressure. Lack of physical activity, leading a sedentary lifestyle for a long time also leads to the development of hypertension. Also, being overweight or obese is an important risk factor that increases blood pressure. Stress and mental exertion can also cause high blood pressure, as they increase the work of the heart by changing the level of hormones in the body. [3]

Smoking and alcohol abuse also increase the risk of hypertension, as they worsen the condition of blood vessels and disrupt heart function. Some diseases, such as kidney disease, diabetes mellitus, and hormone problems, can also trigger the development of secondary hypertension. The purpose of the study is to identify risk factors in hypertension and study their impact on disease progression. Through this goal, preventive measures are developed that are necessary for the Prevention of the disease, its early detection and effective treatment. The study also helps to better understand the factors associated with hypertension, promoting a healthy lifestyle and improving the quality of life of patients. Based on the results of the study, recommendations will be developed for doctors and health professionals, which will be important in managing the disease and reducing its complications.[4]

Materials and methods: Various materials and methods are used to study Risk Factors in Hypertension. Materials used in the study will include patient medical cards, questionnaires, clinical examination results, and laboratory analysis. Medical cards collect data on patients ' blood pressure indicators, family Anamnesis, lifestyle, and other health conditions. Questionnaires are used to collect data on patients ' eating habits, levels of physical activity, stress levels, and lifestyles such as smoking and alcohol consumption. Clinical trials include blood pressure measurement, cardiac and vascular system evaluation, and body weight determination. Through laboratory analysis, blood composition, sugar levels, fat levels and other biochemical indicators are determined, which play an important role in assessing the risk of hypertension. As research methods, the observation method is widely used, in which the lifestyle and health status of patients are regularly studied over a certain period of time. Experimental methods can also be used, for example, treatment or preventive measures aimed at reducing the risk factors of hypertension are tested. The data collected using statistical analysis methods are analyzed, the impact of risk factors on the development of hypertension is assessed, and their correlation is determined. Then, based on the results, recommendations are developed for identifying and managing risk factors in hypertension. In addition, the study may also use an interview method, by interviewing patients and their families to gain more in-depth information about their lifestyle, stress levels, and other important factors. Also, with the help of the method of literature analysis, previous studies and scientific articles are studied, existing knowledge about the risk factors of hypertension is summarized and the basis for a new study is laid. In general, a comprehensive and systematic approach is used in the study of Risk Factors in hypertension, which makes it possible to collect the information necessary for the prevention and effective treatment of the disease. The

materials and methods used in the study are selected taking into account the individual characteristics of patients and serve to achieve practical results aimed at improving their quality of life.[5]

Results and discussion: Hypertension, i.e. high blood pressure, is one of the common health problems in the modern world. It is considered one of the most common diseases of the cardiovascular system and can lead to many serious complications. Hypertension often occurs for a long time without any symptoms, so it is very important to detect and prevent it in time. This disease increases the risk of heart attacks, strokes, kidney failure, and other serious problems. Therefore, lifestyle changes and the formation of healthy habits are necessary to prevent hypertension. A healthy diet is one of the most important factors in preventing hypertension. Reducing salt intake is of particular importance, as excess salt leads to narrowing of blood vessels that compress the blood and increases blood pressure. It is recommended to maintain daily salt intake in moderation, that is, not to exceed five grams. Salt can be replaced with spices and natural herbs. More fruits, vegetables, whole grain products and low-fat dairy products should be included in the diet. The vitamins, minerals and fiber they contain help strengthen blood vessels. Minerals such as calcium, magnesium and potassium in particular play an important role in lowering blood pressure. Fiber foods, such as beans, chickpeas, nuts, and cereals, are useful in stabilizing blood pressure. It is necessary to limit yourself to fatty and fried foods, as well as products with a high sugar content, as they can cause excess weight and increased blood pressure. Choosing healthy fats, such as fish oil, olive oil, and avocado, can help maintain vascular health. Physical activity is also important in preventing hypertension. It is recommended to do moderate intensity exercise for at least three hundred minutes a week. Activities such as walking, running, swimming, or cycling strengthen the heart, improve blood circulation, and stabilize blood pressure. Leading an active lifestyle, not sitting in one place for a long time is also good for health. Physical activity not only helps control blood pressure, but also plays an important role in reducing excess weight. Regular exercise is also effective in reducing stress, which further reduces the risk of hypertension.[6]

Excess weight is the main cause of the development of hypertension. Fats that accumulate especially in the abdomen increase blood pressure and increase the risk of cardiovascular disease. To maintain a healthy weight level, it is necessary to maintain a diet and physical activity in balance. By controlling weight, blood pressure is stable and the heart is healthy. Among overweight people, the risk of hypertension is significantly higher, so it is very important to reduce weight and keep it in moderation. Tobacco and alcohol increase the risk of hypertension. Smoking narrows blood vessels, makes blood circulation difficult and raises blood pressure. For this reason, it is necessary to stop or at least reduce smoking. Alcohol, on the other hand, is recommended to be consumed in moderation or given up altogether. Excessive consumption of alcohol increases blood pressure and leads to heart disease. Abstinence from smoking and alcohol not only reduces the risk of hypertension, but also improves overall health.

Stress also plays an important role in the development of hypertension. The constant state of stress in life increases blood pressure and disrupts heart function. Various methods can be used to manage stress. Meditation, breathing exercises, yoga, and other relaxation techniques can help reduce stress. Adequate sleep and Rest also reduce stress. If psychological problems are severe, it is important to consult a specialist. By managing stress, it is possible to normalize blood pressure and maintain heart health. Regular medical examinations are important in the prevention and control of hypertension. It is necessary to regularly measure blood pressure and follow the doctor's recommendations. If your blood pressure rises, it is essential to take medication and change your lifestyle in time. Also, controlling other diseases, such as diabetes, high cholesterol, or kidney disease, also reduces the risk of hypertension. Through medical examinations, it is possible to identify the early stages of the disease and treat it in time. Increasing water intake can also help stabilize blood pressure. Proper watering of the body improves blood circulation and normalizes blood pressure. Drinking enough water during the day has a positive effect on the general health of the body. It is also recommended to eat more foods rich in potassium. Potassium plays an important role in lowering blood pressure, as it reduces the action of sodium (salt) and dilates blood vessels. Bananas, oranges,

potatoes, spinach and other greens are sources of potassium. Sleep quality is also an important factor associated with hypertension. Adequate and high-quality sleep promotes heart health, reduces stress, and stabilizes blood pressure. Getting enough sleep every night is essential to maintain healthy blood pressure.[7]

To prevent hypertension, it is necessary to bring all of the above measures to life. It helps not only to control blood pressure, but also to keep the cardiovascular system healthy. Through a healthy lifestyle, proper nutrition, regular physical activity, stress management and medical examinations, the risk of hypertension can be significantly reduced. At the same time, it is important that each person pays attention to his health, gradually bringing changes to life. To prevent hypertension, it is necessary not only to take medication, but also to restore health to the whole lifestyle. This is the most effective path to health care. In addition, participating in social activities, spending time with loved ones and maintaining positive relationships also improve mental state and reduce stress. This in turn helps to reduce the risk of hypertension. Appreciating the little joys and successes in life, self-stimulation also strengthens mental health. To prevent hypertension, it is necessary that each person takes their health seriously, adopt a healthy lifestyle and constantly monitor their own health. This process requires patience and continuous work, but the result is long-term and effective. A healthy lifestyle serves to prevent not only hypertension, but also many other diseases. Therefore, everyone should take the necessary measures to strengthen their health.[8]

Conclusions: In conclusion, risk factors in hypertension are many, and they are of different natures. While there are no changes to the immutable factors, knowing them encourages the individual to be more cautious. The most important thing is to control and manage the factors that can be changed. By eating a healthy diet, regular physical activity, reducing stress, avoiding tobacco and alcohol, the risk of hypertension can be significantly reduced. At the same time, regular medical examinations and following the doctor's recommendations are important in maintaining the health of the cardiovascular system. It is possible to live a healthy and active life by fully realizing the risk factors of hypertension and taking effective measures against them. This serves to improve not only the individual's own health, but the health of the community as a whole.

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