

**CLINICAL SIGNIFICANCE OF EARLY DETECTION AND CONTROL OF
ARTERIAL HYPERTENSION**

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Abstract: Approximately 1.28 billion adults aged 30–79 years worldwide have hypertension, the majority (two-thirds) of whom live in low- and middle-income countries. Approximately 46% of adults with hypertension are unaware that they have the condition. Less than half (42%) of adults with hypertension are diagnosed and treated. One in five (21%) adults with hypertension have their condition under control.[3,4]

Keywords: Arterial hypertension, obesity, rational nutrition.

Relevance of the topic – Hypertension is currently one of the most important and complex problems facing 21st century medicine. Prevention, early detection and effective treatment of this dangerous disease are among the urgent problems facing modern medicine. Eliminating the complications of the disease, alleviating its course, and thereby achieving the prolongation of life of patients with hypertension are urgent tasks for us, medical workers[1,2].

Excess body weight is one of the risk factors for the development and progression of cardiovascular diseases, including arterial hypertension (AH). Unlike other risk factors for AG, excess body weight is among the controllable factors, and its reduction or elimination is one of the non-drug treatment methods of the disease. Therefore, maintaining a healthy lifestyle is important in preventing arterial hypertension and reducing its complications[2].

An estimated 1.28 billion adults aged 30–79 years worldwide have hypertension, the majority (two-thirds) of whom live in low- and middle-income countries. Approximately 46% of adults with hypertension are unaware that they have the condition. Less than half (42%) of adults with hypertension are diagnosed and treated. One in five (21%) adults with hypertension have their blood pressure under control.[3,4]

Purpose of the study. The main purpose of this study is to determine the prevalence of arterial hypertension in the population and study the age-related characteristics of its clinical course.

During the study, the main factors influencing the development of arterial hypertension were studied, including harmful habits (smoking, alcohol consumption, sedentary lifestyle), unhealthy and irrational nutrition, excess body weight, stress, and the impact of social networks and media on human health in the conditions of modern globalization.

Also, one of the important areas of investigation is the study of the lifestyle of patients with arterial hypertension, the stages of development of the disease and its complications.

Based on the results of the study, scientific and practical conclusions are given aimed at early detection of hypertension-related problems and improving preventive measures. At the same time, one of the goals of this work is to develop healthy lifestyle measures aimed at the population to reduce the factors that predispose to arterial hypertension.

Materials and methods of the study. Our study was conducted during the summer internship period in 60 patients who complained of high blood pressure during a medical examination at the 30th Dostlik Family Polyclinic of the Izboskan District Medical Association. The average age of the patients was 60 ± 5 , of which 25 (42%) were men and 35 (58%) were women. We recorded the vital and disease-specific anamnesis of our patients, examination results in the observation card during treatment. We statistically analyzed the health indicators and morbidity of the patients.

Results and their analysis. The results showed that the complaints of the patients in our study when they came to the hospital were headache in 54 (90%), dizziness in 15 (25%), tinnitus in 36 (60%), neck pain in 53 (87.5%), numbness and coldness in the limbs when blood pressure increased in 22 (37.5%). 36 (60%) of the patients regularly take some type of antihypertensive drugs, 15 (25%) of the patients take them only when blood pressure increases, and the remaining 9 (15%) of the patients do not take such drugs. 36 (60%) of the patients have a problem with excess weight. When additional somatic diseases of the patients were studied, 36 (60%) of them suffered from diabetes mellitus, 23 (38%) had chronic cholecystitis. 48 (80%) of the patients had an unbalanced diet, their daily diet included fatty, spicy and doughy foods.

Conclusions: Arterial hypertension is one of the most pressing problems facing modern medicine, and its global prevalence and severity of complications require the development of specific strategies to combat this disease. The fact that more than 1.28 billion adults worldwide suffer from hypertension, and a large proportion of them are unaware of it, indicates the need for early detection and effective treatment of the disease. The study revealed that factors such as excess body weight, unhealthy diet, stress, smoking, alcohol consumption, and a sedentary lifestyle contribute to the development of arterial hypertension.

Based on observations conducted with the participation of 60 patients in the Izboskan district, a thorough analysis of the clinical symptoms of hypertension and problems associated with the disease was carried out. The majority of patients (90%) presented with symptoms such as headache (87.5%), neck pain (87.5%), and tinnitus (60%). In addition, 60% of them were overweight and had high blood glucose levels, indicating that hypertension was associated with other somatic diseases.

The results of the study show that the population's awareness of hypertension is low, and preventive measures and promotion of a healthy lifestyle are insufficient. The majority of patients have an unhealthy diet (80%) and the tendency to take medications only when the condition worsens, which is a serious obstacle to effective management of the disease. Therefore, in the prevention of arterial hypertension, complex approaches that promote the use of mass media, medical prevention and a healthy lifestyle are important. The number of

patients with hypertension can be reduced by early detection and treatment of the disease, as well as by widespread promotion of healthy nutrition and physical activity. This study once again confirms that hypertension is a serious social and medical problem and emphasizes the need to develop effective mechanisms for its prevention, diagnosis and treatment.

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