



## ACTIVE DETECTION AND PRIMARY PREVENTION OF ARTERIAL HYPERTENSION AMONG EMPLOYEES OF THE ORGANIZED POPULATION IN ANDIJAN REGION

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| <b>Received:</b> 28 <sup>th</sup> April 2021<br><b>Accepted:</b> 17 <sup>th</sup> May 2021<br><b>Published:</b> 10 <sup>th</sup> June 2021 | Numerous studies of cardiovascular diseases from the perspective of the cardiovascular continuum indicate the leading role of the imbalance of the neurohumoral system in favor of the increased activity of its sympatho-adrenal and angiotensin-adrenal components. Methods for assessing these vital regulators are very diverse, each of them has its own advantages and disadvantages. |
| <b>Keywords:</b> Arterial hypertension, primary prevention, cardiovascular disease.  |   |

### RELEVANCE.

One of the most important problems of modern cardiology is arterial hypertension (AH), which is combined with a high frequency of various complications, is the cause of mortality and disability in the adult population all over the world [4,8]. Due to the intensive study of theoretical and practical aspects of hypertension, the emergence of new methodological approaches to its treatment, as well as the introduction of educational and information programs, there is a tendency to improve the prognosis and quality of life of patients [1,6]. The sympatho-adrenal system is the most important integral system of regulation, since it acts as a link between the central nervous system and peripheral organs. One of the main effector organs of this system is the heart, since among all peripheral organs, the heart has the highest density of sympathetic innervation and, accordingly, the highest concentration of the main mediator of the sympathetic nervous system, norepinephrine. As a result of these structural and functional features, the heart is at the center of the influence of both emotional and physical stress, constantly experienced by a person throughout life [3,7]. Based on the idea of a direct relationship between the severity of immunological reactions and the functional state of the sympathoadrenal system, it is logical to assume that the absence of pronounced activation of this system after the introduction of tumor cells is due to the weak immunogenicity of the latter, and the decrease in the tone of the system in the subsequent periods of tumor growth is due to the specificity of the tumor process. Such changes in the activity of the sympatho-adrenal system can affect the state of antitumor immunity and cause its failure. Purpose of the study. To reduce the prevalence of arterial hypertension and risk factors, morbidity with temporary disability in the organized population by introducing a primary prevention program based on dietary restriction of table salt

### MATERIAL AND RESEARCH METHODS.

At the industrial enterprises of Uz-avto motors in the city of Asaka, a screening examination of men and women of 25-49 years old from among workers and employees was carried out. The average age was  $39.1 \pm 6.8$  years in the main group and  $39.0 \pm 7.1$  years in comparison.

Thus, the surveyed populations were of the same type in terms of the number of men and women, working conditions, age composition, which made it possible to use the research results for comparison.

### RESEARCH RESULTS.

At the beginning of the studied date range (2018), out of the studied cohort of patients (as of 2019 - 62 people), only 17 individuals had an established diagnosis of hypertension and were under dispensary observation. However, in some patients, the quality of medical care was not assessed due to the insufficient completeness of the clinical data available in the primary documentation. The coverage of the studied cohort of patients with clinical indicators varied significantly in different years. By 2019, the completeness of data in outpatient charts for all clinical parameters necessary for calculating indicators was sufficient in 72.6–87.1% of patients. Prior to this, insufficient data were noted primarily for assessing interventions to control levels of physical activity, smoking and cholesterol. For the period from 2018 to 2019, the cards reflected information on blood pressure control and rational nutrition most fully. The increase in the completeness of filling out medical records is primarily associated with appropriate measures to improve the quality of the organization of medical care (especially starting from 2020). Results of calculating clinical indicators in the studied cohort of patients with hypertension for 2018–2019. are shown in Fig. 1-6. Throughout

almost the entire period from 2018 to 2019, the implementation of measures to control the level of physical activity (Fig. 2), smoking, weight and nutrition was at a good level. However, if we evaluate the overall effectiveness of these measures, then they can be recognized as effective in most patients only for physical activity (most patients had a sufficient level of physical activity during all years).

The rest of the measures were somewhat less effective: by 2018–2020. the proportion of smokers has slightly increased; the proportion of people with increased body weight practically did not decrease during the entire period, despite the ongoing educational work; the overwhelming majority of patients with hypertension continued to eat irrationally, despite the explanations on the peculiarities of the diet in hypertension. Cholesterol control and blood pressure control remain the key "problematic" components of medical care for patients with hypertension at the Center for Emergency Medicine output. To increase the efficiency of mass preventive examinations, a short questionnaire and a tactical survey algorithm for the detection of cardiovascular diseases have been developed and implemented. The three-group system of prophylactic medical examination of the population is supplemented with specific recommendations for the prevention of early forms of hypertension and RF.

It was found that dietary intervention with sodium chloride restriction for three years significantly improves hemodynamic parameters, taste sensitivity to salt among people with early forms of hypertension and risk factors, does not cause side effects, and does not require significant material costs.

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