

ARTERIAL HYPERTENSION STATISTICS AT THE LEVEL OF PRIMARY HEALTH CARE IN THE CITY OF BUKHARA

Ochilova Dilorom Abdukarimovna¹, Usmonov Ulugbek Rizoyevich²

*^{1,2} Bukhara State Medical Institute, Republic of
Uzbekistan, Bukhara*

Abstract - In article results of studying of prevalence and a condition of early diagnostics of hypertension among the population of Bukhara are given. High prevalence and insufficient diagnostics, cases of hyper diagnostics of hypertension among men and women is shown.

Keywords: arterial hypertension, blood pressure, systolic pressure, diagnosis, prevalence

INTRODUCTION

Arterial hypertension (AH) is a widespread disease worldwide. The prevalence of hypertension in the adult population is 30-45% [1]. The prevalence of AH does not depend on income level and is the same in low -, middle-and high-income countries [1]. In the Russian population, the prevalence of hypertension among men aged 25-65 years is slightly higher (in some regions it reaches 47%), while among women the prevalence of hypertension is about 40% [2].

The prevalence of hypertension increases with age, reaching 60% or higher in people over 60 years of age [17]. Since the observed increase in life expectancy is accompanied by an aging population and, consequently, an increase in the number of sedentary overweight patients, it is predicted that the prevalence of hypertension will increase worldwide. According to the forecast, by 2025 the number of AH patients will increase by 15-20% and reach almost 1.5 billion [3].

Hypertension is a leading risk factor for the development of cardiovascular (SS) (myocardial infarction, stroke, coronary heart disease (CHD), chronic heart failure), cerebrovascular (ischemic or hemorrhagic stroke, transient ischemic attack) and renal (chronic kidney disease (CKD)) diseases [4-6]. A special place in the problem of hypertension should be

given to the patients themselves, whose careless attitude to their health dramatically affects the prevalence of hypertension. In many countries, hypertension remains the most common disease of the cardiovascular system, it is detected in 29% of the population of developed countries aged 18-74 years. In some regions, the detection rate of the disease among men of working age reaches 44%. With age, the number of patients suffering from this pathology increases. So, among people under 30 years of age, it is 4-10%, 50-60 years-44%, 61-69 years-54%, over 70 years-65%. At the medical site, out of 2000 residents served, hypertension is detected in 300-500. GB accounts for 95% of all cases of arterial hypertension.

The level of SAD ≥ 140 mmHg is associated with an increased risk of mortality and disability in 70% of cases, while the largest number of deaths during the year associated with the level of SAD occur due to CHD, ischemic and hemorrhagic strokes [21]. There is a direct link between the level of blood PRESSURE and the risk of cardiovascular diseases (CVD). This relationship begins with relatively low values-110-115 mm Hg for SAD and 70-75 mm Hg for DB [8,10].

Purpose of research: to study the prevalence and detectability of arterial hypertension in primary health care.

Materials and methods: a study of the prevalence of hypertension among the population aged 15 - 69 years in a polyclinic in Bukhara was conducted. A survey of 797 people was conducted. Of these, 555 are women and 242 are men. The questionnaire included questions about the subject's awareness of the presence of hypertension, the regularity of treatment, and the type of antihypertensive drug. A comparative

assessment of the detection of hypertension by doctors of medical institutions (LPU) was carried out.

A/D was measured twice on both hands, with an interval of at least 5 minutes, and the average values of 2 measurements were taken into account when assessing blood pressure (BP). For normal blood PRESSURE, the values of SBP \leq 139; DBP \leq 89, AH - SAD \geq 140; DBP \geq 90 were taken. At the same time, hypertension was recorded independently of blood PRESSURE indicators if the patient took antihypertensive drugs during the 2 weeks preceding the examination. At the same time, cases were taken as AH when the blood pressure was measured as normal, but the patient was on hypotensive therapy.

Results and discussion. The results show that the overall prevalence of hypertension among women was 20.54%, and among men 20.66%. The total population was 20.2%.

In the female population, as the age increases, the frequency of hypertension increases. You should pay attention to the following fact: the frequency of hypertension increases especially after 30 years (from 1.06% in the age group of 20-29 years to 16.52% in the age group of 30-39 years). In subsequent age periods (40-49 years, 50-59 years, and 60-69 years), the frequency of hypertension increased (22.41%, 37.5%, and 62.5%, respectively). These data suggest that the age of 30 years is critical for hypertension in the female population.

Thus, we can conclude that in the examined population there is insufficient detection of hypertension, and on the other hand, there is an overdiagnosis of this disease.

Next, the state of treatment of hypertension is considered. As it turned out, patients suffering from hypertension prefer pharmacological treatment and do not use enough dietary measures and physical activity. It should also be noted that 13.66% of patients with hypertension do not receive any treatment.

Conclusions.

1. The Prevalence of hypertension among the population is 20.2%. including among women, hypertension occurs 20.2% of cases, among men 20.66%. At the same time, 13.66% of patients do not receive treatment. Non-pharmacological methods of treating hypertension are not used enough.
2. Among the population, hypertension is insufficiently detected and there are cases of overdiagnosis of this disease.

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