

**ISCHEMIC HEART DISEASE CLINIC COMPLICATIONS AND TREATMENT  
METHODS**

**Izzatullo Karimov Kamoliddin o'g'li**

Andijan State Medical Institute Department of Internal Medicine

**Annotation:** Currently, ischemic heart diseases are becoming a global problem. In this article, the complications and treatment methods of the clinic of ischemic heart patients are promoted. The purpose of the article is to prevent the spread of ischemic heart diseases.

**Key words:** Myocardial ischemia, diabetes, coronary, atherosclerosis, infarction, hypodynamia, creatinine phosphokinase, angina pectoris, electrocardiography.

Ischemic heart disease is a common disease of the cardiovascular system; is accompanied by myocardial ischemia and coronary circulation disorders. Ischemic heart disease is mainly caused by the lack of blood circulation in the heart muscles as a result of atherosclerosis of the coronary (coronary) arteries, and because of this, the heart does not pump blood. Ischemic heart disease includes angina pectoris (initial, stable, unstable), myocardial infarction, post-infarction cardiosclerosis, arrhythmic type and heart failure. Ischemic heart disease is a serious heart disease that develops regularly. As the age increases, the occurrence of the disease increases.

Ischemic heart disease is clinically unrelenting, intermittent, and intermittent. Often, suffering from ischemic heart disease, the patient does not know that he has such a dangerous disease and does not consult a doctor. Usually, one of the first clinical signs of ischemic heart disease is an attack of angina pectoris, which occurs during physical activity. Later, the disease can last for a long time, even years. Often, exertional angina can be accompanied by attacks of resting angina, which can be observed after some time even at rest.

The origin and development of ischemic heart disease is caused by the age of people, genetic predisposition to the disease, hypertension, diabetes, obesity, addiction to alcohol, fatigue, lack of movement (hypodynamia), physical and mental stress, etc. A relatively high incidence of ischemic heart disease was observed among Kashandas.

Cholesterol plays a major role in the development of ischemic heart disease. An increase in the amount of cholesterol in the blood causes atherosclerosis, which increases the risk of developing ischemic heart disease.

There are both modifiable and non-modifiable risk factors for ischemic heart disease. It is impossible to eliminate asthma, chest tightness (angina), myocardial infarction, stroke; If a person has suffered from these diseases once, he has an ischemic heart disease. the risk of development is greater.

The first stage of ischemic heart disease is angina pectoris, while myocardial infarction is its most severe form. A patient with angina can live for a long time, but in the initial period (the first three days) 20-30% of patients experience myocardial infarction. Clinical symptoms of myocardial infarction are usually similar to those of angina pectoris, only the pain lasts longer and is more intense. In this case, death may occur in the first hours or serious complications may occur later. Post-infarction cardiosclerosis, cardiac arrhythmia, heart failure are actually ischemic diseases of the heart. are complications and are the main causes of disability and death from diseases of the cardiovascular system. Ischemic heart disease. if suspected, it is necessary to hospitalize the patient immediately. Diagnosis is based on the clinical symptoms of the disease (history of the

disease, patient complaints, percussion, auscultation, general examination), electrocardiography, enzymes and structural elements specific to heart muscles (creatinine phosphokinase isoenzymes, myoglobin, etc.), blood analysis, echocardiography, etc.

Treatment of ischemic heart disease is carried out therapeutically and surgically. Ischemic heart disease. It is important to follow a diet. It is necessary to limit the total amount and calories of food, to try to maintain a normal weight, to engage in physical education, to harmonize work and rest, and to carefully follow the doctor's instructions. Quitting smoking is a must. Ischemic heart disease. It is necessary to treat hypertension, diabetes, etc. to prevent it.

Etiology and pathogenesis. Several factors lead to the occurrence of ischemic heart disease (risk factors). Among them, it is necessary to put hypertension in the first place. This disease is found in 70% of patients with ischemic heart disease. Hypertension disease causes atherosclerosis and spasm in the coronary arteries of the heart to progress a little faster. Diabetes mellitus is also a predisposing factor for the occurrence of ischemic heart disease, which leads to the exacerbation of atherosclerosis due to the disorder of protein and lipid metabolism. Smoking also plays a role in the occurrence of ischemic heart disease. It is clear from the statistics that myocardial infarction occurs twice as often in smokers than in non-smokers. When smoking, the coronary arteries of the heart become narrowed (spasm), and blood clotting increases, which leads to the formation of blood clots in the altered coronary arteries. Hereditary factors are of some importance. If both father and mother suffer from ischemic heart disease, their children are four times more likely to develop this disease than children of healthy parents. Hypercholesterolemia greatly increases the risk of developing ischemic heart disease, which is one of the most important factors leading to the development of atherosclerosis in the body as a whole and in the coronary vessels of the heart in particular. Ischemic heart disease is several times more common in obese people than in people of normal weight. Obese patients have more cholesterol in their blood, in addition, such patients live with less activity, which leads to atherosclerosis and ischemic heart disease. Ischemic heart disease is one of the most common diseases in industrialized countries. Over the past 30 years, the incidence of ischemic heart disease has doubled, which is believed to be due to people's mental overexertion. Ischemic heart disease appears in men about 10 years earlier than in women, people with physical labor suffer less than people with mental work.

The cure. Nitroglycerin - 0.0005 g or validol is placed under the tongue in the area of chest tightness. If the disease does not disappear after repeated use of nitroglycerin, 1 ml of 2% promedol solution or 2% omnopon solution should be injected under the skin. In order to prevent pain attacks, vasodilator substances - nitrites: erenite, nitrosorbite are beneficial.

## **References:**

1. Yalgashevich, Khusainov S., and Murodov M. Shermamatovich. "Enhancing Athletes' Regained Performance Through Rational Nutrition." *International Journal of Innovations in Engineering Research and Technology*, no. 1, 2020, pp. 1-6.
2. Murodov M., & Khusainov, Sh. (2022). ROL LECHEBNOY PHYSICAL AND VOSSTANOVLENII. *Journal of cardiorespiratory research*, 1(SI-1), 68–69. <https://doi.org/10.26739.2181-0974-2020-SI-1-22>
3. <https://doi.org/10.5281/zenodo.7213946>
4. <https://pedagoglar.uz/index.php/ped/article/view/2510>

# **INTERNATIONAL MULTIDISCIPLINARY JOURNAL FOR RESEARCH & DEVELOPMENT**

**SJIF 2019: 5.222 2020: 5.552 2021: 5.637 2022:5.479 2023:6.563 2024: 7,805**

**eISSN :2394-6334    <https://www.ijmrd.in/index.php/imjrd>    Volume 11, issue 05 (2024)**

5. Sattarov Karshiboy Norkulovich. (2023). UNDERSTANDING THE PROCESS OF TECHNICAL AND TACTICAL PREPARATION OF FOOTBALL. Research, 7(1), 239–245. Retrieved from <http://tadykihotlar.uz/index.php/01/article/view/246>
6. Normakhmatov Ilhom Zainiddinovich. (2023). MORNING BODY EDUCATION AND PHYSICAL FITNESS OF MAN BENEFITS TO THE ORGANISM. Research, 7(1), 184–188. Retrieved from <http://tadykihotlar.uz/index.php/01/article/view/208>