

NURSING CARE IN CARDIOVASCULAR DISEASES

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Annotation

This article presents scientific information about the structure, physiological functions of the cardiovascular system and the causes of cardiovascular diseases. Also, measures to prevent these diseases and the role of a healthy lifestyle in heart health are analyzed. The article aims to highlight the importance of the cardiovascular system in the human body.

Keywords

Heart, blood vessels, artery, vein, capillary, circulatory system, hypertension, atherosclerosis, myocardial infarction, prevention.

Introduction

The cardiovascular system is one of the most important systems in the human body. This system supplies all tissues and cells with oxygen and nutrients. At the same time, it plays an important role in removing waste products formed during metabolism from the body.

The cardiovascular system consists of the heart and blood vessels, through which blood moves throughout the body. According to modern medicine, cardiovascular diseases are among the most common and deadly diseases in the world. Therefore, it is important to study the structure, function, and prevention of this system. The activity of the heart is controlled by the nervous system and hormonal mechanisms.

Purpose

The purpose of this article is to analyze the structure, functions, and modern methods of preventing diseases of the cardiovascular system. One of the main goals is also to substantiate the effectiveness of innovative approaches in reducing heart disease.

Tasks

Study of the structure and functions of the cardiovascular system

Analysis of the main types of cardiovascular diseases

Identification of the causes of diseases

Clarification of the main clinical symptoms

Study of prevention methods

Research methods

The following scientific methods were used in the process of conducting this study:

- ★ Analysis of scientific literature
- ★ Observation method



- ★ Analytical method (analysis of the factors causing diseases)
- ★ Innovative approach (early detection and development of preventive measures)

Main part

Cardiovascular diseases are dangerous for human life, and their early detection and prevention are important.

The most common diseases:

1. Arterial hypertension
2. Ischemic heart disease
3. Myocardial infarction
4. Atherosclerosis
5. Heart failure
6. The following factors contribute to the development of these diseases:
7. Poor nutrition
8. Obesity
9. Low physical activity
10. Stress
11. Smoking and alcohol consumption
12. Hereditary factors
13. Circulatory disorders

Prevention of cardiovascular diseases is closely related to adherence to a healthy lifestyle:

Reducing fatty, salty and fried foods in the diet, consuming more vegetables, fruits, fish and protein products

Regular physical activity (walking or playing sports for at least 20 minutes a day)

Giving up on harmful habits

Reducing stress

Regularly monitoring blood pressure, sugar and cholesterol levels

Regular medical examinations are important for early detection of heart diseases. It is especially important to consult a doctor immediately if shortness of breath, pain in the heart area or changes in pulse are observed.

As a result of circulatory disorders, blood clots can form in the vessels. This negatively affects the functioning of the heart and leads to serious complications. Therefore, it is important to take preventive and treatment measures in a timely manner.

Conclusion

In conclusion, following a healthy lifestyle, avoiding bad habits, regular physical activity, and undergoing medical examinations are important in preventing cardiovascular diseases. This not only strengthens human health, but also ensures the health of future generations.



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