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EFFICACY AND RISK FACTORS IN ARTERIAL HYPERTENSION

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ABSTRACT

Relevance of the research: Cardiovascular diseases (CVD) are the main causes of death in the population of economically developed countries, including Russia. According to official statistics in 2010, Cardiovascular Diseases, as the cause of death, were registered in our country in 52.0% of cases among deceased men and 61.5% among deceased women. Arterial hypertension (AH) is one of the main risk factors (RF) that determine the prognosis of morbidity and mortality in the population of Uzbekistan. The incidence of hypertension throughout the world is in the nature of a pandemic. Increased blood pressure (BP) is a strong and independent risk factor for Cardiovascular Disease, the role of which exceeds the contribution of smoking, hyperglycemia, dyslipidemia and obesity. This risk has no threshold: the higher the blood pressure, the greater the risk, starting with prehypertension. According to the Center for Preventive Medicine, the prevalence of hypertension in Uzbekistan is 39.2% among men, 41.1% among women, that is, about 42.5 million people.

KEYWORDS: *Arterial Hypertension, Risk Factors, Cardiovascular Disease.*

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