

TREATMENT OF PATIENTS WITH ARTERIAL HYPERTENSION AND METABOLIC SYNDROME WITH CANCER

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Abstract: *The content of the article is that the treatment of patients with arterial hypertension and metabolic syndrome with sartans is described.*

Key words: *Arterial hypertension, hypertension, high blood pressure, infarct, stroke, cancers.*

Arterial hypertension, hypertension, high blood pressure are the factors that play the most important role in the development of cardiovascular diseases, the most dangerous of such complications are heart attacks and strokes. Most older people suffer from this problem, but nowadays high blood pressure is also found in middle-aged and young people. When is the blood pressure reading considered dangerous? How is first aid given during a hypertensive crisis? What measures should be taken in the early stages of high blood pressure? This article will tell you about it.

Causes of high blood pressure. The normal value of blood pressure for an adult is a systolic (high) pressure of 120 mm Hg and a diastolic (low) pressure of 80 mm Hg. The first reading is when the heart is contracting, and the second pressure is when the heart is relaxing. Of course, these indicators are relative averages, each body has its own normal blood pressure. Hypertension means blood pressure above 140 mm Hg, and diastolic blood pressure above 90 mm Hg. Blood pressure higher than these values requires special treatment measures. If arterial blood pressure is 180 to 110 and more, it is necessary to provide immediate medical assistance. In 90% of cases, it will not be possible to determine the cause of hypertension. This condition is called primary hypertension. Secondary hypertension (10%) appears as a consequence or complication of another disease. Such diseases may include; Atherosclerosis; Kidney and adrenal gland diseases

Dysfunction of the thyroid gland. Primary hypertension occurs under the influence of various factors. Such factors include: Hereditary factor; Excess body weight; Stress and strain; Drinking alcohol, smoking tobacco products, taking a lot of coffee and other energy drinks; Improper diet. Hypertensive crisis symptoms and first aid. Hypertension is usually asymptomatic, a person does not notice the pathological condition in the body at first. Failure to take timely action can lead to serious consequences, such as hypertensive crisis and other serious complications. Hypertensive crisis - a sudden increase in blood pressure and blood pressure readings exceeding the critical scales are often manifested by the following symptoms: Difficulty breathing; Chest pain, tachycardia; Severe headache,

dizziness; Vision problems, eye redness, increased intraocular pressure; Nausea and vomiting; Redness of the skin and a slight increase in temperature; Paleness of certain areas of the body or hands and feet. The above-mentioned symptoms can also occur in other diseases, so it is necessary to measure the blood pressure as soon as the symptoms appear, if the indicators are at a critical level, it is necessary to immediately seek emergency medical help.

Until the arrival of the doctor, the following measures should be taken: Place the patient in a comfortable place, raise the upper part of the body a little (limit any physical movement, do not move the patient); Undressing the patient, i.e. neck buttons are removed, belts are loosened;

Windows and vents are opened to allow fresh air to enter. If the patient was previously prescribed antihypertensive drugs, taking them outside of the regimen. As an emergency aid, one tablet of Nifedipine or Captopril can be given to suck under the tongue (according to the doctor's recommendation). If there is pain in the chest and behind the chest, give Nitroglycerin tablets; Sedatives also have a good effect (Corvalol, Valocordin) - they calm the patient and improve his general condition; Warm treatments (mustards, heating pads) also slightly lower blood pressure.

Sartans (antagonists of angiotensin II receptors) play an important role in the treatment of patients with arterial hypertension and metabolic syndrome. They are effective in controlling blood pressure and protecting the cardiovascular system. Below is information about the importance and effects of sartans in the treatment of these diseases.

1. Arterial hypertension. Arterial hypertension is a persistently high blood pressure. Sartans help in the treatment of this condition in the following ways:

- Lowering blood pressure: Sartans block the action of angiotensin II, which causes blood vessels to dilate and lowers blood pressure.
- Reduces the workload of the heart: Reduces the workload of the heart by lowering blood pressure, which helps maintain healthy heart muscle function.
- Reduce cardiovascular risk: Sartans help reduce the risk of cardiovascular diseases, such as heart attacks and strokes.

2. Metabolic syndrome. Metabolic syndrome is a condition that includes a number of metabolic problems (blood pressure, sugar levels, lipid levels). Benefits of sartans related to metabolic syndrome:

- Improve insulin sensitivity: Some studies show that sartans help increase insulin sensitivity, which reduces the risk of diabetes.
- Improve lipid profile: Sartans can help improve lipid levels, specifically lowering LDL (bad) cholesterol levels and increasing HDL (good) cholesterol levels.
- Control of fluctuating blood pressure: Blood pressure can be difficult to control in patients with metabolic syndrome. Sartans can facilitate this process.

3. Application and safety. Sartans are well tolerated by many patients. Their side effects are usually rare and mostly include mild conditions such as headache, dizziness, or abdominal pain. However, the prescription of drugs in each patient should be done individually.

4. Vasodilatation: Sartans dilate blood vessels, which reduces blood pressure and eases the burden on the heart.

5. Prevention of sodium retention: Cancers, in turn, reduce sodium intake and fluid retention by the kidneys, which play an important role in increasing arterial pressure.

6. Protection of the cardiovascular system: Cancers have a positive effect on improving the health of the heart and blood vessels, which reduces the risks associated with metabolic syndrome.

Clinical studies and experiments. Many studies have shown the effectiveness of sartans in the management of arterial hypertension. They are:

- Lowers blood pressure.
- It can reduce the weight of the heart and have a hepatotrophic effect.
- May improve symptoms of metabolic syndrome, particularly insulin sensitivity.

Side effects and precautions. Sartans are generally well tolerated, but some patients may experience the following side effects:

- Very low blood pressure.
- Increased potassium levels in blood tests.
- Much stronger tolerance than before for headaches etc.

Therefore, it is important that the treatment is carried out in permitted doses and under the supervision of a doctor.

Summary

Sartans are an effective tool in the treatment of patients with arterial hypertension and metabolic syndrome. They help lower blood pressure, reduce cardiovascular risk and improve metabolic status. Doctor's supervision during treatment is important, because the condition of each patient is individual. Sartans are an effective drug for patients with arterial hypertension and metabolic syndrome. They are used to control blood pressure and reduce the negative effects of metabolic syndrome. With proper monitoring by doctors and consideration of individual patient needs, treatment with these drugs can provide effective results.

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