

Features of Clinical Course of Coronary Heart Disease in Elderly Persons

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Annotation: Coronary heart disease is a problem affecting the whole world. The disease is constantly getting younger, becoming more common. It is also relevant that pathology can overtake anyone. It is one of the main causes of death in developed countries [1]. In individuals of older age groups, diseases of the cardiovascular system are most common, and primarily coronary heart disease (CHD), which is the main cause of death [2,3]. The risk of coronary atherosclerosis and CHD increases significantly with risk factors such as male sex, old age, dyslipidemia, hypertension, smoking, diabetes mellitus, restriction of physical activity [4,5].

Keywords: Cardiovascular system, dyslipidemia, disease, elderly, comorbidity, coronary heart disease

The purpose of this work was to study the peculiarities of the clinical course of coronary heart disease in persons of old and old age.

The study was carried out in the 2nd therapy department of the Samarkand City Medical Association. Medical histories of 74 patients with coronary heart disease aged 60-74 and 16 patients aged 75-89 years were analyzed. There were 64 men, 36 women. With progressive angina, 53 (59%) patients with acute myocardial infarction-21 (23%), post-infarct cardiosclerosis-16 (18%).

The leading place among cardiovascular diseases in the modern world is occupied by arterial hypertension, in second place is coronary heart disease, then cerebral strokes and congenital heart defects [6,7]. When studying risk factors, it was found that 33 (33%) people smoke, 14 (14%) have excess body weight, 24 (24%) have arterial hypertension and 42 (42%) have hyperlipidemia, 23 (23%) have diabetes mellitus, and 52 (52%) limit physical activity. Among the patients examined, 52% of patients were diagnosed with chronic heart failure of 2 "A" degree and 48% of patients of 2 "B" degree. When assessing the severity of CHF according to the NYHA classification, III FC was detected in all patients. The most frequent manifestation of acute myocardial infarction was the anginous variant - it was detected in 39 (43%) patients, 28 (31%) patients in this group showed pain in the heart area of insignificant intensity or sensation of an indeterminate nature [8,9].

In 23 (26%) patients, pain syndrome was absent, its equivalent was pronounced shortness of breath and impaired heart rate. In a significant part of cases (36%), asthmatic and arrhythmic variants of the course of the disease were stated, and in 11 (11%) patients, cerebral disorders clinically prevailed. With increasing age, an increase in atypical manifestations of the disease was noted [10,11].

ECG results confirm the presence of atrial fibrillation in 10 patients, ventricular extrasystolia in 4, MI in 6, PICS in 18, GLH in 48, GPG in 31, hypertrophy of both ventricles in 5, hypoxia and profound change in myocardium in 35, myocardial ischemia in 58, incomplete left leg blockade In an ECHO study, LV hypertrophy was diagnosed in 48 patients, LV cavity dilatation in 62%, decreased myocardial contractility in 82%, myocardial ischemia in 58%, myocardial hypo-akinesia in 42%, atherosclerosis and aortic calcinosis in 68% of patients.

Thus, coronary heart disease in persons of old and senile age is characterized by an increase in atypical manifestations, low symptom, hidden current [12]. There is an increase in diseases in men. A decrease

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in negative emotions as a cause of myocardial infarction is characteristic [13]. There was an increase in the number of cases of small-scale myocardial infarction in patients of this age group [14,15]. All this requires special attention to complaints of patients of old and old age.

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