

STUDYING PATIENTS WITH ARTERIAL HYPERTENSION

Student of Karshi state university,

Xamzayeva Gulsevar Dilmuradovna

xamzayevagulsevar@gmail.com

Annotation. This article covers the clinical and practical aspects of studying patients with arterial hypertension, the causes of the disease's development, main risk factors, clinical signs, diagnostic methods, treatment principles, and preventive measures. Arterial hypertension is one of the most common chronic diseases of the cardiovascular system, and its long asymptomatic course poses a serious risk to the patient. Prolonged high blood pressure can lead to damage to the heart, brain, kidneys, eyes, and other vital organs. Therefore, early detection of the disease, comprehensive assessment of the patient's overall condition, regular monitoring of blood pressure, and the development of an individual treatment plan are very important.

Keywords. Arterial hypertension, blood pressure, hypertensive disease, cardiovascular system, blood pressure monitoring.

Annotatsiya. Ushbu maqolada arterial gipertoniya bilan kasallangan bemorlarni o'rganishning klinik va amaliy jihatlari, kasallikning rivojlanish sabablari, asosiy xavf omillari, klinik belgilari, tashxislash usullari, davolash tamoyillari hamda profilaktik chora-tadbirlari yoritilgan. Arterial gipertoniya yurak-qon tomir tizimining eng ko'p uchraydigan surunkali kasalliklaridan biri bo'lib, uning uzoq vaqt davomida belgilersiz kechishi bemor uchun jiddiy xavf tug'diradi. Qon bosimining uzoq muddat yuqori bo'lib turishi yurak, miya, buyrak, ko'z va boshqa muhim a'zolarining zararlanishiga olib kelishi mumkin. Shu sababli kasallikni erta aniqlash, bemorning umumiy holatini kompleks baholash, arterial qon bosimini muntazam nazorat qilish va individual davolash rejasini ishlab chiqish muhim ahamiyatga ega.

Kalit soʻzlar. Arterial gipertoniya, arterial qon bosimi, gipertenziv kasallik, yurak-qon tomir tizimi, qon bosimini nazorat qilish.

Аннотация. В этой статье освещаются клинические и практические аспекты изучения пациентов с артериальной гипертонией, причины развития болезни, основные факторы риска, клинические симптомы, методы диагностики, принципы лечения и профилактические меры. Артериальная гипертония является одним из самых распространённых хронических заболеваний сердечно-сосудистой системы, и её длительное бессимптомное течение представляет серьёзную угрозу для пациента. Длительное высокое артериальное давление может привести к повреждению сердца, мозга, почек, глаз и других важных органов. Поэтому важно раннее выявление болезни, комплексная оценка общего состояния пациента, регулярный контроль артериального давления и разработка индивидуального плана лечения.

Ключевые слова. Артериальная гипертония, артериальное давление, гипертоническая болезнь, сердечно-сосудистая система, контроль давления.

Many factors influence the development of arterial hypertension. Genetic predisposition, age, excess body weight, poor diet, high salt intake, lack of physical activity, constant mental stress, smoking, and excessive alcohol consumption are among the main risk factors for the disease. In addition, kidney diseases, certain endocrine system disorders, and other chronic illnesses can also lead to an increase in blood pressure. The main goal of studying patients with arterial hypertension is to detect the disease as early as possible, identify the factors that contribute to its development, assess the patient's cardiovascular risk, and determine an effective treatment strategy. It's not enough to evaluate a patient just based on blood pressure readings. Their overall health, current complaints, medical history, family history, eating habits,

physical activity, bad habits, and any existing illnesses should also be examined closely.

Studying a patient with arterial hypertension starts primarily with understanding their complaints and medical history. The patient may report issues like headache, dizziness, ringing in the ears, quick fatigue, rapid heartbeat, shortness of breath, chest discomfort, sleep problems, or blurred vision. However, these symptoms don't always show up. Some patients may have high blood pressure but still feel completely healthy. That's why regular blood pressure monitoring is very important when diagnosing arterial hypertension. During the process of collecting a patient's medical history, it is determined when the illness started, previous blood pressure readings, the maximum level of blood pressure, what treatments the patient has had before, and how effective the medications were. It is also assessed whether the patient has had heart ischemic disease, myocardial infarction, stroke, heart failure, kidney disease, or other chronic illnesses. Studying the family history is also important. If close relatives have arterial hypertension or cardiovascular diseases, the patient may have a higher risk of developing these conditions. Checking the patient includes properly measuring blood pressure, which is one of the main steps. Before measuring blood pressure, the patient should be calm and rest for a few minutes. Repeatedly measuring blood pressure and comparing the results helps clarify the diagnosis. In some cases, it's recommended that the patient regularly measures their blood pressure at home and records the results in a diary. This kind of monitoring allows the doctor to assess the progression of the disease and the effectiveness of treatment. When examining a patient with arterial hypertension, determining body weight is also important. Excess weight and obesity are significant risk factors that can cause high blood pressure. That's why the patient's height, weight, and body mass index are evaluated. Reducing body weight and maintaining a healthy weight can positively influence blood pressure control.

Lack of physical activity is also one of the factors that can contribute to developing high blood pressure. Regular exercise improves cardiovascular function, helps reduce excess weight, and boosts overall health. Depending on the patient's age and health, walking, light workouts, and other suitable physical activities can be used. When examining patients with arterial hypertension, lab and instrumental tests are also important. Blood tests, biochemical tests, glucose, lipid metabolism indicators, and tests to assess kidney function are carried out depending on the clinical condition. Urine tests are also important for evaluating kidney function. Electrocardiography helps identify heart activity and certain changes in it. If necessary, an ultrasound of the heart and other instrumental tests are also performed. Treating arterial hypertension requires a comprehensive approach. The main goal of treatment is to control blood pressure, reduce the risk of cardiovascular complications, and improve the patient's quality of life. Treatment with medications is prescribed by a doctor, taking into account the patient's individual characteristics, blood pressure level, age, other illnesses, and cardiovascular risk. The patient should take the medications regularly according to the doctor's instructions. It is not recommended to stop taking the drugs or change the dose on your own.

Following the treatment plan is very important for controlling high blood pressure. Some patients might feel better as their blood pressure decreases and may stop taking their medication. This can lead to the disease coming back. Therefore, it's necessary to explain to the patient that high blood pressure is a chronic condition and requires regular treatment. Proper communication with medical staff, along with giving the patient enough information about the illness and treatment, helps improve adherence to the treatment. Healthy lifestyle plays a big role in preventing arterial hypertension. Eating right, reducing salt intake, controlling body weight, staying physically active regularly, quitting smoking, limiting alcohol, and reducing stress all help prevent the development of the disease. Additionally, regularly checking your

blood pressure and consulting a doctor on time when needed allows for early detection of the condition.

When studying patients with arterial hypertension, it's important to comprehensively evaluate their complaints, medical history, hereditary predisposition, blood pressure, body weight, eating habits, physical activity, harmful habits, and any accompanying diseases. Using laboratory and instrumental tests, you can get information about the patient's overall condition, cardiovascular system, and the state of other target organs.

REFERENCE

1. Qizi N. M. Z. et al. Isolation of Methyl 5-oxo-DL-prolinate from *Agaricus bisporus* Mushroom Grown in Natural Conditions and Structural Elucidation Using Spectroscopic Methods //International Journal of Biochemistry Research & Review. – 2026. – Т. 35. – №. 2. – С. 241-251.

2. Эргашева Р. У., Джуракулова Н. Х., Эргашева К. И. К. Изучение комплекса солей Ni (II) с 2-(3-гидроксипропил) бензимидазолом методом термического анализа //Universum: технические науки. – 2023. – №. 12-6 (117). – С. 58-61.

3. Qizi N. M. Z. et al. Isolation of Methyl 5-oxo-DL-prolinate from *Agaricus bisporus* Mushroom Grown in Natural Conditions and Structural Elucidation Using Spectroscopic Methods //International Journal of Biochemistry Research & Review. – 2026. – Т. 35. – №. 2. – С. 241-251.

4. Журакулова Н. Х. и др. Исследование термического и элементного анализа комплексных соединений нитрата серебра и ацетатов Ni (II) с 3, 5-динитросалициловой кислотой //Вестник Дагестанского государственного университета. Серия 1: Естественные науки. – 2025. – Т. 40. – №. 1. – С. 84-90.

5. Журакулова Н. Х., Эшкобилова М. Синтез и исследование комплексных соединений хлорида Fe (III) и ацетатов Ni (II) с 3, 5-

динитросалициловой кислотой //Universum: химия и биология. – 2024. – №. 8 (122). – С. 38-42.

6. Kamolov L. et al. Low molecular metabolites of fungi. 13, 22-Dimetoxytachibotrin from Stachybotrys chartarum. – 2022.

7. Daminova B. E. et al. APPLICATION OF MODERN INFORMATION AND COMMUNICATION TECHNOLOGIES IN TEACHING ENGLISH //Экономика и социум. – 2024. – №. 5-1 (120). – С. 197-201.

8. Daminova B. E. et al. SOFTWARE TOOLS FOR CREATING MULTIMEDIA RESOURCES IN TEACHING ENGLISH //Экономика и социум. – 2024. – №. 5-1 (120). – С. 202-206.

9. Daminova B. E. et al. THE MAIN ADVANTAGES, PROBLEMS AND DISADVANTAGES OF USING MULTIMEDIA IN TEACHING FOREIGN LANGUAGES //Экономика и социум. – 2024. – №. 5-1 (120). – С. 189-192.

10. Даминова Б. Э. и др. ОБРАБОТКА ВИДЕОМАТЕРИАЛОВ ПРИ РАЗРАБОТКЕ ОБРАЗОВАТЕЛЬНЫХ РЕСУРСОВ //Экономика и социум. – 2024. – №. 2-2 (117). – С. 435-443.

11. Daminova B. E. GAUSS AND ITERATION METHODS FOR SOLVING A SYSTEM OF LINEAR ALGEBRAIC EQUATIONS //Экономика и социум. – 2024. – №. 2 (117)-1. – С. 235-239.

12. Daminova B. E., Oripova M. O. METHODS OF USING MODERN METHODS BY TEACHERS OF MATHEMATICS AND INFORMATION TECHNOLOGIES IN THE CLASSROOM //Экономика и социум. – 2024. – №. 2 (117)-1. – С. 256-261.

