

ATHEROSCLEROSIS

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Abstract: This article deals with Atherosclerosis disease, diseases of internal organs related to it, non-modifiable risk factors, modifiable risk factors, pathological anatomy, degrees of the disease, stages of severe and mild course.

Key words: Atherosclerosis , risk factors , aortic, coronary, cerebral, atheromatous wounds, thrombo -necrotic and sclerotic lesions .

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Atherosclerosis (from the Greek " *athere*" - porridge and " *scleros*" - hard) is a chronic disease, which is caused by the formation of a fibrous plaque that narrows the vessel opening and changes the physiological function of the affected artery as a result of the infiltration of lipids into the walls of the arteries and the growth of connective tissue. development is typical. The disease accounts for 1/3 of all deaths among people aged 35-65, and about half of all deaths. Atherosclerosis and related diseases of the internal organs (CHD, MI, circulatory disorders in the brain, legs and abdominal organs, etc.) are one of the main causes of morbidity, disability, disability and death among the population of most developed countries.

Atherosclerosis polyetiological disease being , him formation and on the rise row internal and external risk factors important importance occupation is enough

Currently, more than 30 risk factors are known, of which the following are of great importance:

1. Unchangeable risk factors : people over 50-60 years old, gender (men), heredity.

2. Modifiable risk factors: dyslipidemia (increased blood cholesterol (XS), triglycerides (TG) and atherogenic lipoproteins and/or decreased antiatherogenic high-density lipoproteins (HDL), arterial hypertension (AG), hypertension, obesity, carbohydrate metabolic disorders (hyperglycemia, diabetes), lack of movement, poor nutrition, hyperhomocysteinemia and other factors.

Each of the above should be considered not as the main cause that directly affects the occurrence of atherosclerosis, but as an important factor that creates conditions for its development and aggravation. Therefore, preventing their occurrence and eliminating existing ones significantly slows down the development of atherosclerosis.

Pathological anatomy. The disease mainly occurs with morphological changes in large elastic vessels . It is observed in aorta , coronary , cerebral , kidney and leg arteries . The main morphological process continues with the development of the vascular system. Atherosclerotic platelets are eroded , wounds are formed , fibrin fibers fall into wounds again, as a result , embolism occurs . Sometimes the cells are burned and calcium salts fall out.

Atherosclerosis morphogenesis: changes in 4 macroscopic stages are observed:

In the 1st stage - lipid stains or drawings are formed, which appear only when the intima of the vessels is damaged, and in the branches of the vessels that are damaged by the bridge, they are observed in a red color with the surface of the intima.

In the 2nd stage, fibrous cells are formed, which are oozing from the intima, oval in shape, some of them are joined. It is characterized by the reactive growth of fibrous tissue in relation to lipid infiltration .

At the 3rd stage, atheromatous wounds are formed , when the vessels are narrowed , the surface of the fibrous cells is split , and the atheromatous detritus mass in the cavity is spread to the vessel cavity , and the resulting cavity is filled with blood , premural thrombi are formed , sometimes aneurysms burst when the wounds are deep .

In the 4th stage, calcification is observed - dystrophic calcification is observed in areas of atheromatous changes, as a result, the vascular wall becomes brittle and loses its elasticity. In atherosclerosis, large and medium- caliber arterial blood vessels with a strong base and twisted branches are damaged .

The consequence. There are 3 stages of atherosclerosis: ischemic, thrombo - necrotic and sclerotic stages .

I blood supply of the organs is disrupted , irreversible dystrophic and functional changes occur .

II As a result of blood circulation in the organs, thrombi are formed and undergo degeneration , necrosis occurs . is formed.

Degenerative-necrotic changes in organs in stage III scarring connective tissue will be Each stage has its own symptoms .

Clinic. Clinical signs of the disease depend on the location of the disease (coronary arteries, aorta, brain, kidney, pulmonary atherosclerosis, etc.) stage of the disease .

For example: if the coronary arteries of the heart suffer from atherosclerosis, ischemic heart disease develops, which manifests itself in the area of the heart with pain, shortness of breath, heart rhythm disturbances, etc. In atherosclerosis of the cerebral vessels, headaches, dizziness, memory loss, point and letter disorders, etc. are observed.

Atherosclerosis in the blood - hypercholesterolemia, increase in the amount of phospholipids, increase in the amount of prothrombin, etc.

The cure. Atherosclerosis is treated with general hygiene measures . For this, it is necessary to pay attention to the conditions of work and rest , the rules and order of meals . In the treatment of patients , it is necessary to reduce the calorie intake (fat and cholesterol - containing foods). It is necessary to use vegetable oil instead of animal fat , reduce carbohydrates , salt , and medicine . The game must have enough unsaturated fatty acids . A patient with atherosclerosis should take vitamins and mineral salts . If the patient is prone to obesity, it is recommended to eat light meals 1-2 days a week.

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