

CHRONIC HEART FAILURE DISEASE, SYMPTOMS AND TYPES OF HEART ISCHEMIA

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Annotation: Diseases associated with blood circulation disorders is one of the main problems of modern medicine. Doctors of the world are early in this type of disease new methods of detection and their treatment are constantly working on developing methods. The article is about the most dangerous disorders of the heart one - the symptoms of ischemic disease are listed as well as its symptoms, types and treatment information about the methods is provided.

Key words: blood circulation disorders, detection, their treatment, constantly working.

Relevance. Ischemic heart disease or heart ischemia is myocardium (of the heart muscle layer) blood supply-chronic or acute disorder. Such the heart is adequately supplied with oxygen. it is caused by lack of provision. This coronary artery blood to the heart muscle due to vascular damage hundred when given in limited quantities will give. Acute ischemic heart disease form — myocardial infarction, chronic form - angina pectoris. Russian Federation of the Ministry of Health According to information, he is able to work people aged 54-59 years (over 42%) mainly heart vessels die from the disease (from 42%) and death rate among men cardiovascular disease is twice that of women times higher. Retirement age in the population (after 60-65 years) every death rates for both sexes is approximately equal to There are many cardiovascular diseases in developed countries, death the leader in the sad list of reasons is occupying the place. In recent years decrease in death from this cause trend is observed. from 2015 death from cardiovascular diseases rate of half of all deaths made a minimum and continue to decrease is doing. Nevertheless, this indicator is still there from the indicator in European countries high [2]. Diseases of the circulatory system all developed world the main cause of death in their countries despite being in the European Union death from cardiovascular diseases.

The level is significantly higher than in Russia level is low in Europe in 2015 the indicator was 36.7%. Among circulatory system diseases death from cardiovascular diseases the heart caused more than half ischemic disease is distinguished. Statistics according to information, in 2018, the heart ischemia circulatory system diseases 53 percent of the deaths caused by caused by general deaths made up 24 percent of the number (3 percent in cases of death from myocardial infarction out).

Causes of ischemic heart disease. Blood Vascular narrowing is the most common because it is fat on the walls of blood vessels formed due to the combination the appearance of atherosclerotic plaque to be. Therefore, to the risk group accumulation of cholesterol in blood vessels has many conditions for people include: smokers, alcoholics drinkers, diabetes and those suffering from obesity, genetic predisposition to hyperlipidemia.

The first of ischemic heart disease Symptoms: Shortness of breath. This situation is fast while walking or climbing stairs and the face during peaceful activities can give:

- Arrhythmia. Interruptions in the work of the heart, rapid heartbeat.
- Hypertension. A sudden drop in blood pressure jumps and climbs.
- Pressure angina. Rib cage ressure pains in the back, passing to the neck and left shoulder.

• **Myocardial infarction.** This is angina pectoris. It's like a seizure, but drugs is not controlled by Heart accompanied by severe pain in the part. Cardiovascular disease indicates its development. By itself life due to heart failure is dangerous for Ischemic heart disease specific factors for the development of diseases the disease itself even in people without it can show. that is why symptoms of coronary artery disease important to know about. Blood circulation the sooner the violation is detected, probability of successful treatment it will be higher. At the same time, development of ischemic heart disease often passes slowly and its preliminary stages are almost symptomless (rare people in the area of the heart to pains and slight shortness of breath pays attention) [4]. In the initial stage cardiologist to identify the disease and regularly by the therapist it is necessary to undergo a preventive examination.

Types of ischemic heart disease. Treatment depends on the type of ischemic disease. It should be determined during diagnosis Ischemic heart disease There are several forms: Sudden coronary death. Not because of myocardial infarction, but due to electrical instability of the myocardium Primary cardiac arrest. But such a situation always leads to death sometimes successful resuscitation measures can be taken.

Angina. Angina, in turn, divided into several subtypes: stable and unstable angina pectoris (new started, initial infarction stage or progressive), vasoplastic and coronary syndrome X.

Myocardial infarction. During a heart attack insufficient or absent blood supply due to necrosis of heart tissue appears. Causing cardiac arrest possible.

Postinfarction cardiosclerosis. Heart necrotic fibers of connective tissue when replaced by tissue, myocardium develops as a result of infarction. With that at the same time, the tissue has the ability to contract no, it's chronic heart leads to deficiency.

Heart failure or circulatory failure deficiency. The disease has a name for itself speaks — this form of coronary arteries not getting enough oxygenated blood shows.

Prevent heart disease. Everyone knows that from the treatment of any disease it is easier to prevent it. That's why for blood vessels and veins prevention for maintaining health measures should not be neglected. First of all, a person has heart disease there are no obvious risk factors for should do: quit smoking, alcohol drink consumption to a minimum reduce fatty foods and cholesterol. Also to physical activity should pay attention (especially cardio activities - walking, cycling, dancing, swimming). It not only helps to reduce weight, but the walls of blood vessels also helps to strengthen. The amount of sugar and cholesterol in six months from a blood test for control you have to pass [4].

Hair loss. It's hard to believe, though premature hair loss in men and women really clogged arteries with a high risk of retention and blood clots depends. For example, 37,000 male participants The results of the study showed that hair loss and development of cardiovascular diseases confirmed the connection between from 4000 Another one involving more women research has shown that this is a symptom women also have it. Hence the hair spillage is greater than before If observed, regularly by a cardiologist inspection is recommended [2].

Ear fold. Ischemic heart disease another sign is in the ear cavity folds or wrinkles. This is the disease sign has been held in recent decades noted in many studies. According to doctors, it is the main thing in the deterioration of blood supply: blood due to blocked arteries It is not driven well and the organism is the first important organs in turn with oxygen strives to provide, and to the rest of the bodies it becomes difficult for oxygen to flow.

Pain in the legs. Especially smokers It is very important to pay attention to this sign important: deterioration of blood supply due to the arteries of the lower extremities congestion and sharp pain in the leg causing limping or falling can come If such a situation occurs to undergo a medical examination, and to eat more vegetables and you should try to walk.

Pain in neck and jaw. This is every woman very important to know is a symptom: the truth is that in women one of the first signs of a heart attack not on the chest, but on the neck or pain in the jaw. Unfortunately, that's why and women often go to the doctor too late appeals because they are heart does not even suspect an attack. Do not forget, neck or jaw pains to contact a cardiologist is an important reason[4].

Back pain. Ischemic heart disease another unusual but very wide one common symptom is back pain. Truth is lack of blood circulation weakening of the discs and the spine can increase the pressure in the leg, as a result, back pain appears. If you have frequent back pain, see a cardiologist in consultation with a cardiogram and ultrasonic observation.

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