

PREVENTION AND PROPHYLAXIS OF COVID-19 IN PATIENTS WITH BLOOD PRESSURE

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Abstract: Whole world problem COVID 19 disease everyone to worry put This disease is coming. mainly chronic disease there is people to worry is putting, especially hypertension with sick patients.

Key words: COVID 19, hypertension, neuro-functional, hormonal change, arterial hypertension, cholesterol, atherosclerosis.

INTRODUCTION

For more than three years now, we have been living in the conditions of a new coronavirus pandemic. New and new data appear in the literature proving that post-covid syndrome is as dangerous as COVID - 19. Also, the data obtained show that the symptoms of post-covid syndrome mainly appear after four or more weeks. Therefore, we consider it necessary to deeply study the post-covid state, for the purpose of early diagnosis and prevention[1]. As you know, the term post-covid syndrome was introduced in July 2020 to describe the condition that occurs in patients after a coronavirus infection. Monitoring the course and consequences of the post- covid state is noted after the illness. According to the US Centers for Disease Control and Prevention (CDC), this is a special condition associated with persistent, recurring or returning symptoms of a new coronavirus infection. It is known from the literature that the virus, entering the body, enters into a fight with the receptors of these organs. And it is also considered the most reactive to COVID – 19 receptors are located in the lungs, intestines, kidneys, cardiovascular system and musculoskeletal system. Without going into the histomorphological reactions that are described in detail in the available literature, the following preliminary conclusions can be made[2].

The virus, reacting with receptors, primarily blocks the absorption of oxygen by organs. A decrease in oxygen concentration, in turn, negatively affects the function of these organs, both locally and generally. Tolerance (sensitivity) to oxygen deficiency plays a major role here. If the organ is highly intensive with a high level of oxygen consumption, then in such organs the occurrence of post-covid syndrome is high. For example, the heart, kidneys, lungs and brain, and organs such as the skeletal system, where the intensity of oxygen consumption is relatively less, the manifestation of post-covid syndrome occurs later and less intensely. It is also known that the frequency of occurrence of post-covid syndrome depends on the presence of chronic diseases in the body[3].

Blood pressure increase or hypertension — today on the day heart and blood vein system the most wide widespread from diseases one The disease is arterial blood pressure rise with manifestation will be and often his/her reading is 140/90 exceed goes.

Hypertension blood of the veins neuro-functional activity violation as a result come outgoing is a disease. Disease mostly over 40 in adults occurs, but last in years also common

in young people observation record is being done. From hypertension both women and men kind suffering They smoke. This disease heart and blood vein system diseases with sick people inside leader death from the reasons is considered.

How many ten annuals during scientists this the disease study busy with research according to, hypertension on our planet disability main from the reasons is one. Statistical to the information according to, blood pressure when increased first help late if indicated, patients condition very aggravation, even death can also be observed.

Of the disease development reason far time stress during and depression in the case of walk, often psychological are tensions. Often these permanent emotional tension demand enough work activity brought It produces[4]. From this outside, brain to shake encountered patients also have the disease development danger high will be. Hereditary predisposition and reasons in the line: if someone in the generation this disease encountered if so, then this too disease development danger one how many equally increases.

Disease to develop impact conductor from factors the main thing is this hypodynamia. Age passing by increasingly in humans atherosclerosis development it is possible, this change in the background blood pressure increase and situation further seriously sends.

This is life. for extreme dangerous is considered, because narrowed blood veins through brain, heart, kidneys one to the part of blood without going to remain or enough not going If blood vein on the walls blood clot and cholesterol collections if they are strong pressure on time separated[5], capillary blood in the veins blocked, blood to pass obstacle to do possible. B then myocardium heart attack or a stroke occurs is coming.

In women blood pressure to increase reason menopause during the period hormonal changes to be possible. Salt or more precisely, then there is sodium, as well as smoking, alcohol drinks abuse obesity and cardiovascular disease to the system pressure conducts.

Modern Medicine distinguishes 3 stages of arterial hypertension distinguishes:

1 Stage — Blood pressure 140-159 / 90-99 mm Hg between will be. Blood pressure occasionally with to the standard arrival and again rise possible;

Stage 2— Blood pressure 160-179 / 100-109 mm Hg Arterial blood pressure often rising stands and less in cases to the standard falls.

3 stage — pressure 180/110 mm Hg. high rises. Pressure permanent accordingly high will be and his/her decrease heart diseases because of to the surface is coming.

Hypertension with sick many in patients following signs occurs:

Easily nose bleeding;

Return to do;

Insomnia;

Of memory violation;

Every how physical from activity after skin surface redness;

In the eye strong pressure (patient around than in the eyes pain appearance will be, therefore for they are resting and eyes closed to catch preferably see);

Of the heart fast beat;

In tissues swellings appearance to be;

Fatigue.

Coronavirus in illness hamrox diseases between Hypertension first place occupied. This example as Fergana COVID-19 patient at city hospital No. 2 with treated patients analysis the results we get possible.

RESULTS

Fergana 1113 COVID-19 patients in city hospital No. 2 with sick patients treated become they are sick with COVID-19 outside neighbor diseases hypertension, obesity, heart blood vein diseases and other diseases existence identified.

Fergana at city hospital No. 2 Covid 19 disease hamrox diseases with meeting.

Hypertension – 138

Sugary diabetes – 28

Myocardium heart attack – 7

Obesity - 11

Other diseases – 223

Fergana COVID-19 patient at city hospital No. 2 with of the sick number 1113 organization, of which 56 % men, 44 % women organization Diseases the most many meeting age 50-59 years range organization reached, this Fergana COVID-19 patient at city hospital No. 2 with 23% of those infected, 2nd in age group 60-69 between patients between encountered, this Fergana COVID-19 patient at city hospital No. 2 with 21% of those infected, 30-39 years old in 3rd place patients between encountered become Fergana city number 2 COVID-19 patient in hospital with 18% of those infected organization reached.

This COVID -19 patient in hospital with sick 12.5% of patients have hypertension with the one who hurts determined.

CONCLUSION

The disease in treatment qualified doctor every one patient for separately - separately drugs with treatment chair chooses. Treatment during patients every what kind of stress or emotional from stress far away those who were Patients open in the air: pool around, in the garden, in the forest walk they do recommendation It is true. food hypertension successful in treatment important is considered.

Eating order first of all, daily from the diet cholesterol and many in quantity salt saved products remove throw They need: oily meat; roast; fried foods; smoked products; pickles enters.

From the oven disconnected instead of fresh bread one or two day standing bread consumption to do useful. Daily to the diet rich in vitamins, minerals and to illness against to fight help giver from products more input They need: vegetables, fruits, berries, greens, milk products, dietary meat, beans, rice, buckwheat etc.

From this except for all diseases such as healthy even with hypertension to eat compliance let's do necessary, especially during the covid 19 pandemic on time stream two also prevent disease to take for daily to our diet floor importance we give necessary. Hypertension and covid 19 in treatment blood diluent and immunity from products rich in zinc, use to the goal according to.

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