

Hypertonic Disease, Prevalence in the Bukhara Area (Small) and the Effect of Therapy

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Abstract: Prevalence hypertension disease among population makes 20,2%. Including among women hypertension disease there are 20,2% of cases, among men of 20,66%. Thus many patients irregularly accept treatments. Only 23,23% of women and 15,38% of men daily accept hypotensive preparations.

Key words: arterial hypertension, diuretics, beta-blockers, calcium antagonists, ACE inhibitors.

It is known that the problem of early diagnosis, prevention and treatment of hypertension disease (HD), the most common non-communicable disease, becomes threatening, reducing life expectancy, leading to disability of patients, violating their quality of life..

According to statistics, hypertension leads to serious socio-economic consequences for society [1]. Currently, hypertension occurs in 20% of the population, but among those who are regularly treated, only one in five achieve normalization of blood pressure [2]. According to S.N. Shalnova, 39.2% of men and 41.1% of women in Russia suffer from hypertension, while 5.7% of men and 17.5% of women are effectively treated [3]. It should be noted that hypertension is a disease that can be successfully controlled [4]. At the same time, the effectiveness of the prevention and treatment of hypertension largely depends on the strict adherence to a number of modern recommendations.

For the treatment of hypertension, there is a fairly large arsenal of drugs (diuretics, β -blockers, ACE inhibitors, calcium antagonists, α -blockers, angiotensin receptor blockers, centrally acting drugs). One of the main duties of a doctor is an adequate choice of a drug that corresponds to the pathogenesis of the disease, the stage of the pathological process, the presence of concomitant diseases and damage to target organs. Combination therapy for hypertension is of particular importance at the present stage [5].

One of the important aspects in the effective treatment of arterial hypertension is an adequate assessment of the state of its pharmacotherapy. At the same time, to assess the state of pharmacotherapy, it is necessary to apply the methods of pharmacoepidemiology - a science that studies the use and effects of drugs on a large number of people. To carry out such research, pharmacoepidemiology draws on the resources of pharmacology and epidemiology and thus can be interpreted as a science that combines these disciplines.

Purpose of the study.

The study of the state of pharmacotherapy of arterial hypertension among the male and female population in a polyclinic.

Material and research methods.

In order to study the prevalence and state of treatment of arterial hypertension in primary health care, a study was conducted of the prevalence of arterial hypertension among the population aged 15 to 69 years. A survey of 797 people (242 men and 555 women) was conducted. The

questionnaire included questions on the subject's awareness of the presence of hypertension, the regularity of treatment and the type of antihypertensive drug. A comparative assessment of the detection of hypertension by doctors of medical institutions was carried out.

The drugs were assigned to the following groups of antihypertensive drugs: diuretics, β -blockers, Ca antagonists, ACE inhibitors or β -blockers of angiotensin II receptors, α -blockers, centrally acting drugs (moxonidine and clonidine), other drugs (this group included rauwolfia, dibazol, papaverine, magnesium sulfate). The regularity of therapy was assessed. All patients underwent an objective examination, including measurement of blood pressure. For hypertension, SBP values greater than 140 mm Hg were taken. Art. and/or DBP greater than 90 mm Hg. Art. At the same time, cases were taken for hypertension when, when measuring blood pressure, it turned out to be normal, but the patient was on antihypertensive therapy.

Research results.

According to the data obtained, among the unorganized population of Bukhara, there is a rather high prevalence of AH (Table 1). In general, among the entire population, AH occurs in 20.2% (161 people), including among men - 20.66% (50 people), and among women - 20.0% (111 people). In general, the data obtained are consistent with the literature data that one fifth of the population suffers from hypertension.

In both men and women, there is an increase in the prevalence of hypertension with age. In the youngest group (20-29 years old), the frequency of AH among men is slightly higher than among women. In subsequent age groups (30-39 years old, 40-49 years old and 60-69 years old), the prevalence of hypertension among women was higher than among men. At the age of 50-59 years, hypertension is more common in men, and at the age of 60-69 years - in women.

Table 1. The prevalence of hypertension among the male and female population (in%).

Sex	Age group and number of persons	There is AG	No AG	Total
Men by age group	20-29 year old (n=63)	1,59	98,41	100,00
	30-39 year old (n=52)	7,69	92,31	100,00
	40-49 year old (n=46)	15,22	84,78	100,00
	50-59 year old (n=32)	40,63 *	59,38	100,00
	60-69 year old (n=49)	51,02 *	48,98	100,00
Among all men	20-69 year old (n=242)	20,66	79,34	100,00
Women by age group	20-29 year old (n=188)	1,06	98,94	100,00
	30-39 year old (n=115)	16,52 *	83,48	100,00
	40-49 year old (n=116)	21,55 *	78,45	100,00
	50-59 year old (n=72)	34,72 *	65,28	100,00
	60-69 year old (n=64)	62,50 *	37,50	100,00
Among all women	20-69 year old (n=555)	20,00	80,00	100,00
GENERALLY among all surveyed	20-69 year old (n=797)	20,20	79,80	100,00

Note: the table shows the significance of the difference in indicators (*) relative to the age group of 20-29 years.

Next, the regularity of hypertension therapy among the population was studied. It turned out that only 21.01% of AH patients take antihypertensive drugs daily. Every third patient with AH 33.33% receives treatment from 1 to 4 times a year. 45.65% of patients with hypertension resort to antihypertensive therapy only when they notice various signs of high blood pressure in the form of headaches, pain in the heart, arrhythmias, etc.

An analysis of these data in a comparative aspect among men and women showed (Fig. 1) that women are 1.5 times more likely than men to receive continuous (daily) treatment. However, the majority of both men and women are not regularly treated (84.62% and 76.77% respectively).

The data obtained indicate that among the population there is an unfavorable situation regarding the regularity of treatment of hypertension. Almost 4/5 patients with AH (77.41%) do not receive regular treatment. In such a situation, the risk of complications of hypertension in the form of damage to internal organs and the development of various vascular accidents increases significantly.

Of particular interest is the question of which groups of antihypertensive drugs are used to treat hypertension. According to the data obtained (Fig. 2), ACE inhibitors are most often used for the treatment of hypertension (56.0% of cases). In second place is the use of β -blockers (10.4%). Although β -blockers take second place, it should be noted that this group is used 5 times less often than ACE inhibitors. Somewhat less frequently than β -blockers for the treatment of hypertension, drugs from other groups are used (dibazole, papaverine and magnesium sulfate - 9.6%).

Centrally acting drugs such as clonidine and moxonidine are used by only 7.2% of patients.

Less than 5% of patients use calcium antagonists. Diuretics and preparations containing rauwolfium are used least often (1.6% each). It should be noted that in the surveyed population, no cases of patients using α -blockers and angiotensin receptor blockers (ARBs) were identified.

With a more in-depth analysis, it turned out that of the number of ACE inhibitors used (56.0%), enalapril accounts for 43.2%, and lisinopril - 12.8%. Of the β -blockers (9.6%), atenolol (6.4%) and anaprilin (2.4%) are most commonly used, nebivolol (1.6%) is used least frequently. Of the drugs of central action, clonidine accounts for 4.0%, and moxonidine - 3.2%.

It should be noted that in the surveyed population, the method of combination therapy for hypertension was noted only in 1.86% of cases, in other cases of treatment of hypertension, monotherapy was used.

Conclusions.

1. Among the unorganized population, there is a fairly high prevalence of hypertension. At the same time, most patients with hypertension do not receive regular pharmacotherapy. Only 23.23% of women and 15.38% of men take antihypertensive drugs daily.
2. Among patients treated for hypertension, the most frequently used drugs are ACE inhibitors, used in more than half of the cases. At the same time, insufficient attention is paid to the combined pharmacotherapy of AH.

Literature list

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