DEVELOPMENT OF MEASURES TO REDUCE THE RISK OF CARDIOVASCULAR DISEASE IN CITIZENS OF MILITARY AGE OF THE REPUBLIC OF UZBEKISTAN

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Abstract: *Cardiovascular disease (CVD) is a major health concern in many countries, including the Republic of Uzbekistan. This disease is a leading cause of death and disability worldwide, and it affects people of all ages, including those of military age. In Uzbekistan, the prevalence of CVD among the military population is high due to various risk factors such as smoking, poor diet, physical inactivity, and stress. Therefore, this article focuses on the development of measures to reduce the risk of CVD in citizens of military age of the Republic of Uzbekistan.*

Keywords: *Development, measures, reduce, risk, cardiovascular disease, citizens, military age, Republic of Uzbekistan.*

CVD is a group of disorders that affects the heart and blood vessels. These disorders include coronary artery disease (CAD), stroke, heart failure, and peripheral arterial disease. CVD occurs when the blood vessels supplying blood and oxygen to the heart and other organs become narrowed or blocked, leading to reduced blood flow and damage to the affected organs. According to the World Health Organization (WHO), CVD is the leading cause of death worldwide, and it accounts for approximately 31% of all global deaths. The burden of CVD is particularly high in low and middle-income countries, including Uzbekistan. In Uzbekistan, CVD is responsible for approximately 40% of all deaths, and it is a major cause of morbidity and disability.

Risk Factors for Cardiovascular Disease. CVD is a multi-factorial disease, and several factors contribute to its development. These factors include modifiable and non-modifiable risk factors. The following are some of the common modifiable risk factors for CVD:

1. Smoking: Smoking is a major risk factor for CVD. Cigarette smoke contains harmful chemicals that damage the blood vessels and increase the risk of atherosclerosis (narrowing of the blood vessels)

2. Poor diet: A diet that is high in saturated and trans fats, cholesterol, salt, and sugar increases the risk of CVD.

3. Physical inactivity: Lack of regular physical activity is a risk factor for CVD. Exercise helps to improve heart health by reducing blood pressure, improving cholesterol levels, and reducing body weight.

4. Obesity: Obesity is a risk factor for CVD. Excess body weight increases the workload on the heart and leads to hypertension, dyslipidemia, and insulin resistance.

5. Diabetes: Diabetes is a risk factor for CVD. High blood sugar levels damage the blood vessels and increase the risk of atherosclerosis.

Non-modifiable risk factors for CVD include age, gender, genetics, and family history of CVD. Prevention and management of CVD requires a multi-faceted approach that addresses both modifiable and non-modifiable risk factors. The following are some of the strategies that can be used to reduce the risk of CVD:

1. Smoking cessation: Quitting smoking is the most effective way to reduce the risk of CVD. Smoking cessation programs should be provided to the military population in Uzbekistan.

2. Healthy diet: A healthy diet that is low in saturated fat, trans fat, cholesterol, salt, and sugar is essential for reducing the risk of CVD. The military population should be provided with education on healthy eating habits.

3. Regular physical activity: Regular physical activity is important for maintaining a healthy heart and reducing the risk of CVD. The military population should be encouraged to engage in regular physical activity.

4. Weight management: Maintaining a healthy weight is important for reducing the risk of CVD. The military population should be provided with education on weight management.

5. Blood pressure control: Hypertension is a major risk factor for CVD. Regular blood pressure monitoring and control should be implemented for the military population.

6. Cholesterol management: High cholesterol levels increase the risk of CVD. The military population should be provided with education on cholesterol management.

7. Diabetes management: Diabetes is a risk factor for CVD. Regular monitoring of blood sugar levels and control of diabetes is essential for reducing the risk of CVD.

In conclusion, CVD is a major health concern in Uzbekistan, and it affects people of all ages including those of military age. The development of measures

to reduce the risk of CVD in citizens of military age of the Republic of Uzbekistan is essential for improving the health and well-being of the military population. The strategies highlighted in this article, including smoking cessation, healthy diet, regular physical activity, weight management, blood pressure control, cholesterol management, and diabetes management, can help to reduce the risk of CVD. Implementation of these measures will require collaboration between various stakeholders, including the government, healthcare providers, and the military.

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