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Research Article

INTRODUCTION OF PATIENTS WITH CHRONIC CEREBROVASCULAR DISEASE CAUSED BY ARTERIAL HYPOTENSION, IN PATIENTS OF YOUNG AGE

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ABSTRACT

Vascular diseases of the brain due to their high prevalence and severe consequences for the health of the population represent a major medical and social problem. In the structure of cerebrovascular diseases significant weight have chronic forms of vascular lesions of the brain, which in the domestic literature is traditionally treated as a discirculatory encephalopathy. In Uzbekistan the number of sufferers with chronic forms of cerebrovascular diseases is increasing, therefore the urgency of solving this problem in Uzbekistan can be defined as an extreme one, requiring the concentration of efforts of specialists in different fields.

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KEYWORDS

Cerebral vascular diseases, MRI, arterial hypotension.

INTRODUCTION

The high incidence of chronic cerebral circulatory disorders is due to the prevalence of their main causes, which include atherosclerosis, arterial hypo- and hypertension, cardiac pathology, anomalies, vascular compression, diabetes mellitus, vasculitis, coagulation system pathology, dyslipidemia. Additional correctable risk factors for vascular disease include socially determined influences: smoking, stress, excessive alcohol consumption, sedentary lifestyle. There are grounds for further increase in the incidence of cerebrovascular pathology.

The pathogenesis of DE is caused by cerebral circulatory insufficiency in a relatively stable form or in the form of repeated brief episodes of dyscirculation, which may be asymptomatic or manifest clinically. Under conditions of chronic cerebral hypoperfusion, compensation mechanisms are depleted, the brain energy supply becomes insufficient, resulting first in functional disorders and then in irreversible diffuse morphological changes of the brain. All this leads to clinical manifestations of chronic ischemia in the form of subjective and objective symptomatology arising due to disruption of cortical-striatal and cortical-stem communication. In recent years, cerebrovascular disorders tend to increase in occurrence among middle-aged and young people, in connection with which the health status of young able-bodied population is becoming increasingly relevant, which indicates the necessity to study this category of patients.

Among clinical manifestations of DE, cognitive impairment is of great importance, the severity of which can vary considerably, from minimal dysfunction to the stage of dementia, depending on the stage of the process and the severity of the underlying vascular disease. Currently, more and more attention is paid to less severe CN. This reflects the modern tendency to optimize the earliest possible diagnosis and therapy of

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cognitive impairment. From the practical point of view, the most promising direction is the diagnosis of earlier, pre-diagnostic forms of cognitive impairment that precede severe irreversible changes in the brain, which ensures social and everyday adaptation of the young working-age population. Chronic cerebrovascular disorders develop gradually, and patients often seek medical care at a time when treatment options are already limited. Early diagnosis significantly increases the chances of successful preventive and therapeutic measures, which is a socially important task for the prevention of DE, population disability, cerebral strokes, affecting the duration and quality of life. Despite numerous studies, the problem of course and outcomes of different clinical variants of chronic cerebral ischemia has no unambiguous solution, there are no unified criteria for evaluation of patients both in the period of clinical destabilization and at the stage of rehabilitation. There is a sufficient number of studies devoted to diagnosis and treatment of cerebrovascular pathology in elderly patients, while this problem in young patients is insufficiently covered.

All these facts indicate the relevance of scientific research aimed at resolving a number of key issues, such as studying the clinical picture of chronic cerebrovascular diseases in young patients, its dynamics, determining diagnostic criteria of the disease, correction of risk factors, providing pathogenetic therapy to prevent and delay development of chronic brain ischemia.

Purpose of the study: investigation of chronic cerebrovascular diseases caused by arterial hypotension in young patients

MATERIALS AND METHODS

More than 64 patients with arterial hypotension of young age, 20 patients in the control group were used as a material. Which were examined clinico-neurologically, in addition, MRI, ultrasound, ECG, blood chemistry, hemostasis, markers (vascular endothelium characteristic of arterial hypotension before and after treatment), with particular attention to the microcirculatory blood vessels within the hematoma, in the perifocal zone, and at a distance from the hematoma.

RESULTS

In the structure of cerebrovascular diseases, chronic forms of cerebral vascular lesions have a

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significant weight, which in the national literature are traditionally treated as dyscirculatory encephalopathy. The high incidence of chronic cerebral circulatory disorders is due to the prevalence of their main causes, which include atherosclerosis, arterial hypotension, cardiac pathology, anomalies, vascular compression, diabetes mellitus, vasculitis, coagulation pathology, dyslipidemia. Additional correctable risk factors for vascular disease include socially determined influences: smoking, stress, excessive alcohol consumption, sedentary lifestyle. The pathogenesis of DE is caused by cerebral circulatory insufficiency in a relatively stable form or in the form of repeated brief episodes of dyscirculation, which may be asymptomatic or manifest clinically. Under conditions of chronic cerebral hypoperfusion, compensation mechanisms are depleted, the brain energy supply becomes insufficient, resulting first in functional disorders and then in irreversible diffuse morphological changes of the brain. All this leads to clinical manifestations of chronic ischemia in the form of subjective and objective symptoms arising due to disruption of cortical-striatal and cortical-stem communication.

Conclusion

Thus, the results obtained during the study make it possible to timely qualify chronic cerebrovascular disorders developing in young patients on the background of AH and EAH, which is the basis for determining the leading directions of diagnostics and treatment of patients with this pathology.The used modern methods of DE diagnosis in young age allow to correctly navigate in timely diagnosing. The data of the conducted research work indicating the progression of chronic cerebrovascular disorders in patients of young age give grounds to carry out pathogenetic treatment and prophylaxis in patients at the earliest stage of the disease in order to prevent the progression of chronic cerebrovascular disorders.

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