

TREATMENT OF ARTERIAL HYPERTENSION AND HEART RHYTHM
DISTURBANCES IN WOMEN DURING MENOPAUSE

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Annotatsiya: klimaks davri, ayollarda gormonal o'zgarishlar bilan bog'liq bo'lib, bu jarayon ko'plab sog'liq muammolarini keltirib chiqarishi mumkin. Ushbu davrda arterial gipertenziya va yurak ritmining buzilishi keng tarqalgan muammolar hisoblanadi. Estrogen darajasining pasayishi qon tomirlarning elastikligini kamaytiradi va yurak-qon tomir tizimining funktsional holatini yomonlashtiradi. Ushbu muammolarni davolashda kompleks yondashuv zarur: tibbiy davolash, hayot tarzi o'zgarishlari va alternativ usullarni qo'llash. Gormonal terapiya, antihipertensiv dorilar va antiaritmik preparatlar simptomlarni yengillashtirishda samarali bo'lishi mumkin. Shuningdek, sog'lom ovqatlanish, jismoniy faoliyat va stressni boshqarish muhim ahamiyatga ega.

Kalit so'zlar: ayollar salomatligi, klimaks, yurak-qon tomir tizimi, gormonal o'zgarishlar, sog'lom ovqatlanish, jismoniy faoliyat, stressni boshqarish, individual yondashuv, sog'liqni saqlash, insult xavfi, kasalliklarni oldini olish.

Аннотация: период климакса связан с гормональными изменениями у женщин, и этот процесс может вызвать множество проблем со здоровьем. В этот период часто возникают артериальная гипертензия и нарушения сердечного ритма. Снижение уровня эстрогенов снижает эластичность сосудов и ухудшает функциональное состояние сердечно-сосудистой системы. Лечение этих проблем требует комплексного подхода: медикаментозного лечения, изменения образа жизни, применения народных методов. Гормональная терапия, антигипертензивные и антиаритмические препараты могут быть эффективными для облегчения симптомов. Здоровое питание, физическая активность и управление стрессом также важны.

Ключевые слова: женское здоровье, климакс, сердечно-сосудистая система, гормональные изменения, здоровое питание, физическая активность, стрессоустойчивость, индивидуальный подход, здравоохранение, риск инсульта, профилактика заболеваний.

Abstract: the period of climax is associated with hormonal changes in women, and this process can cause many health problems. During this period, arterial hypertension and heart rhythm disorders are common problems. A decrease in the level of estrogen reduces the elasticity of blood vessels and worsens the functional state of the cardiovascular system. The treatment of these problems requires a comprehensive

approach: medical treatment, lifestyle changes, and the use of alternative methods. Hormonal therapy, antihypertensive drugs, and antiarrhythmic drugs may be effective in relieving symptoms. Healthy eating, physical activity, and stress management are also important.

Key words: women's health, climax, cardiovascular system, hormonal changes, healthy diet, physical activity, stress management, individual approach, health care, stroke risk, disease prevention.

Climax (from the Greek "climacter" - staircase), climacteric period - the period of decline of sexual activity and transition to old age. It is observed in both women and men. The occurrence of climax is based on temporary changes in the body, along with the decrease in the activity of the sex glands. During menopause, women's periods change; functional changes occur in the hypothalamus — pituitary gland — ovaries. Menstrual bleeding is intermittent, sometimes heavy and long, and eventually stops completely (menopause). The function of the cardiovascular and nervous system is disturbed: there is a lot of blood in the head, the face turns red, the body first heats up, then shivers and cold sweats, hallucinogens, ringing in the ears; a woman is often agitated or depressed, her memory declines, she is restless for no reason, she has headaches, sleep is disturbed, etc. Climax usually begins at the age of 45-50, it can occur earlier than usual (before 40 - early climax) or later (after 55 - delayed climax). It depends on work, lifestyle, climatic conditions and genetic characteristics, as well as how a woman's puberty has passed (abortion, childbirth, sex life, etc.). A woman who is going through the menopause can sometimes give birth. In men, the climax is observed somewhat later - at the age of 60; neuro-humorous changes, pain in the heart area, decreased memory and working capacity, insomnia and other unpleasant symptoms appear. Regardless of whether the climax occurs in the body of a man or a woman, it is necessary to see a doctor and get appropriate advice as soon as the first symptoms appear.

Stages of the climax period

1. Preclimax (preparation for menopause): At this stage, the menstrual cycle of women may change: periods are uncertain, sometimes more or less bleeding is observed. Estrogen levels drop, which can cause symptoms such as mood swings, hot flashes, insomnia, and headaches.

2. Menopause: Menopause is the last period. If a woman does not menstruate for 12 months, she is considered to have entered menopause. During menopause, the levels of estrogen and progesterone decrease significantly.

3. Postmenopause: It is the period after menopause. Estrogen levels are very low during this period.

- Some symptoms may persist, such as hot flashes, dry skin or vaginal dryness.

Symptoms of climax:

- Hot flashes: A sudden feeling of heat, often accompanied by sweating and hot flashes. High blood pressure or other cardiovascular problems.

There are several treatments available to reduce the symptoms of menopause:

Medicines containing estrogen and progesterone hormones. This method helps reduce hot flashes and other symptoms. Some women prefer to use herbal preparations. A healthy diet, regular exercise, and stress reduction can help ease menopause symptoms. If the mood swings are severe, it may be helpful to consult a psychologist or psychiatrist.

Climax is a natural process for every woman and it goes through individually. This process can be different for every woman, so it is important to consult a doctor to manage symptoms. During menopause, a healthy lifestyle and the use of treatment methods, if necessary, can help relieve symptoms.

Hypertension (HTN or HT), also known as high blood pressure (HBP), is a long-term medical condition in which the blood pressure in the arteries is persistently elevated. Long-term high blood pressure can lead to stroke, coronary artery disease, heart failure, atrial fibrillation, peripheral is a major risk factor for arterial disease, vision loss, chronic kidney disease and dementia, Hypertension is the leading cause of premature death worldwide) High blood pressure is classified as primary (primary) or secondary hypertension Approximately 90-95% of cases are primary and are defined as high blood pressure due to non-specific lifestyle and genetic factors Lifestyle factors that increase the risk include diet caused by excess salt, excess body weight, smoking and irregular consumption of alcohol. The remaining 5-10% of cases are classified as secondary hypertension, which is defined as high blood pressure due to underlying conditions such as chronic kidney disease, narrowing of the renal arteries, endocrine disorders, or the use of birth control pills. Hypertension rarely presents with symptoms and is usually detected through screening or when seeking medical attention for an unrelated problem. Some people with high blood pressure experience headaches (especially in the back of the head in the morning) as well as dizziness, lightheadedness, tinnitus (ringing or buzzing in the ears), blurred vision. may change or faint, Hypertension on physical examination may be associated with the presence of changes in the optic fundus seen by ophthalmoscopy, The severity of changes characteristic of hypertensive retinopathy from I Until grade IV, distinguishing between grades I and II can be difficult

In women, arterial hypertension and heart rhythm disorders during menopause are often associated with hormonal changes. There are several approaches to treating these problems:

1. Medical treatment:

- Hormonal therapy: Medicines containing hormones such as estrogen and

progesterone can help relieve symptoms in some cases.

- Antihypertensive drugs: beta-blockers, ACE inhibitors or diuretics may be recommended for arterial hypertension.

- Antiarrhythmic drugs: Can be used to normalize heart rhythm.

2. Lifestyle changes:

- Healthy diet: reduce salt intake, increase fruits and vegetables, limit fatty and red meat.

- Physical activity: Regular exercise improves heart health and lowers blood pressure.

- Stress management: yoga, meditation, or other stress-reducing techniques.

3. Alternative and additional methods:

- Phyto-preparations: Certain herbs (such as dong quai or chasteberry) may be helpful in relieving symptoms, but a doctor should be consulted before taking them.

- Acupuncture: Some studies show that acupuncture may be helpful in reducing menopausal symptoms.

4. Monitoring and consultation:

- It is very important to consult your doctor before starting any treatment regimen. They help to choose the best approach according to the individual situation.

A comprehensive approach is important in dealing with arterial hypertension and heart rhythm disorders during the climax. The condition of each woman is individual, so it is necessary to consult a doctor.

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