

**MODERN TREATMENT METHODS OF ISCHEMIC DISEASE.**

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**Abstract:** Ischemic disease, one of the most common diseases of the cardiovascular system, is caused by the narrowing or blockage of the arteries that supply blood to the heart muscle. This condition leads to a decrease in the supply of oxygen and nutrients to the heart, resulting in changes in the heart muscle and various clinical symptoms. Modern treatment methods of ischemic disease largely depend on the severity of the disease, the general condition of the patient and other factors. This article provides detailed information about modern treatment methods for ischemic disease.

**Key words:** ischemic disease, drugs, invasive methods, rehabilitation, heart implantation, individual approach, telemedicine.

In the treatment of ischemic disease, first of all, complex approaches aimed at identifying the causes of the disease and eliminating them are used. These include medications, invasive procedures, and rehabilitation programs. An individual approach is necessary for each patient, because each person's organism and the course of the disease are unique. Medicinal preparations play an important role in the treatment of ischemic disease. These include anticoagulants, antiplatelets, beta-blockers, ACE inhibitors, and statins. Anticoagulants reduce blood clotting and prevent blood clots. And antiplatelets reduce the aggregation of blood platelets, which prevents the formation of blood clots in blood vessels. Beta-blockers reduce the work of the heart, which reduces the oxygen demand of the heart muscle. ACE inhibitors lower blood pressure and improve heart function. Statins, on the other hand, prevent narrowing of the arteries by lowering blood lipids. Invasive methods are important in the treatment of ischemic disease. These include angioplasty and stenting, as well as heart replacement surgery. During angioplasty, the narrowed artery is widened and a stent is placed, which restores blood flow. Heart replacement surgery is used when other treatments have failed. These surgeries include removing the damaged parts of the heart muscle or implanting an artificial heart. Rehabilitation programs play an important role in improving the patient's condition after ischemic disease. The rehabilitation process is aimed at restoring the patient's physical activity, providing psychological support and developing a healthy lifestyle. Special exercise programs, dietary counseling and psychological support services are provided for patients. The rehabilitation process helps to improve the general condition of the patient, reduce the risk of relapse and increase the quality of life. Modern technologies are also important in the treatment of ischemic disease. For example, through telemedicine, patients can

contact doctors and monitor their conditions remotely. This method facilitates the treatment process of patients and allows doctors to continuously monitor the condition of patients.

Also, with the help of artificial intelligence and data analysis, it is possible to study the medical history of patients and develop individual treatment plans. Prevention is also important in the treatment of ischemic disease. Leading a healthy lifestyle, increasing physical activity, eating right, and managing stress can reduce the risk of developing ischemic disease. Also, regular medical examinations and control of blood pressure and lipids are also important as preventive measures.

Ischemic disease is a serious problem that affects the health of the heart and blood vessels, and it is necessary to implement a number of measures to prevent it. Knowing the factors that lead to the development of this disease and fighting against them is important in forming a healthy lifestyle. Proper nutrition plays a key role in preventing ischemic disease. It is recommended to avoid fatty, salty and sugary foods, and to eat vegetables, fruits, whole grains and foods rich in omega-3 fatty acids. These foods support heart health and help normalize blood lipids. Increasing physical activity is also important. Exercising for at least 30 minutes every day will help strengthen the cardiovascular system. Activities such as walking, running, swimming or cycling can improve heart health and help control weight. Stress management is important in the prevention of ischemic disease. Stress can increase heart rate and blood pressure.

It is recommended to use stress-reducing techniques such as meditation, yoga or breathing exercises. Also, reducing the consumption of tobacco and alcohol is important in the prevention of ischemic disease. Smoking narrows blood vessels and increases the risk of heart disease. Alcohol, if not consumed in moderation, can have a negative effect on heart health. It is also important to control blood pressure and blood sugar. High blood pressure and diabetes increase the risk of ischemic disease. Therefore, it is necessary to undergo regular medical examinations and follow the doctor's recommendations. Last but not least, consider family history. If you have a family history of cardiovascular disease, you should be more careful about your health. It is recommended to consult a doctor and, if necessary, take preventive measures. In general, maintaining a healthy lifestyle, eating right, increasing physical activity, managing stress, and getting medical check-ups are very important to prevent ischemic disease. These measures help maintain heart health and significantly reduce the risk of ischemic disease.

### **Conclusion:**

In conclusion, modern treatment of ischemic disease requires a multifaceted approach. Medicinal preparations, invasive methods, rehabilitation programs and modern technologies play an important role in the effective treatment of ischemic disease. An individual approach is necessary for each patient, which is determined by

the severity of the disease and the general condition of the patient. Leading a healthy lifestyle and taking preventive measures reduce the risk of developing ischemic disease and help improve the quality of life of patients.

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