

FEATURES OF THE COURSE OF ARTERIAL HYPERTENSION IN COMORBID PATIENTS

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Abstract

Arterial hypertension (AH) is one of the most common chronic diseases of the cardiovascular system and is often combined with other somatic pathologies, forming a comorbid condition. The aim of this study was to investigate the clinical and statistical features of the course of arterial hypertension in comorbid patients. The study was conducted at the First Clinic of Samarkand State Medical University. A total of 40 patients with arterial hypertension aged 45–70 years were examined. It was found that the presence of comorbid diseases aggravates the course of arterial hypertension, contributes to more frequent target organ damage, and reduces the effectiveness of standard antihypertensive therapy.

Keywords: arterial hypertension, comorbidity, cardiovascular diseases, clinical course.

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Аннотация

Артериальная гипертония (АГ) является одной из наиболее распространённых хронических заболеваний сердечно-сосудистой системы и часто сочетается с другой соматической патологией, формируя состояние коморбидности. Целью настоящего исследования явилось изучение клинико-статистических особенностей течения артериальной гипертонии у коморбидных больных. Исследование проведено на базе 1-й клиники Самаркандского государственного медицинского университета. Обследовано 40 пациентов с артериальной гипертонией в возрасте от 45 до 70 лет. Установлено, что наличие коморбидных заболеваний утяжеляет течение АГ, способствует более частому поражению органов-мишеней и снижает эффективность стандартной антигипертензивной терапии.

Ключевые слова: артериальная гипертония, коморбидность, сердечно-сосудистые заболевания, клиническое течение.

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Annatatsiya

Arterial gipertenziya (AH) eng keng tarqalgan surunkali yurak-qon tomir kasalliklaridan biri bo'lib, ko'pincha boshqa somatik patologiyalar bilan bog'liq bo'lib, komorbidlik holatini yaratadi. Ushbu tadqiqotning maqsadi komorbid kasalliklari bo'lgan bemorlarda arterial gipertenziyaning klinik va statistik xususiyatlarini o'rganish edi. Tadqiqot Samarqand davlat tibbiyot universitetining 1-klinikasida o'tkazildi. 45 yoshdan 70 yoshgacha bo'lgan arterial gipertenziya bilan og'rigan 40 nafar bemor tekshirildi. Komorbid kasalliklarning mavjudligi gipertenziya kursini og'irlashtirishi, maqsadli organlarning tez-tez shikastlanishiga yordam berishi va standart antihipertenziv terapiya samaradorligini kamaytirishi aniqlandi.

Kalit so'zlar: arterial gipertenziya, qo'shma kasalliklar, yurak-qon tomir kasalliklari, klinik kechishi.

Introduction

Arterial hypertension remains one of the leading medical and social problems of modern healthcare. According to epidemiological studies, the prevalence of arterial hypertension increases with age and is particularly high among individuals over 45 years old. A significant proportion of patients with arterial hypertension have concomitant chronic diseases such as coronary heart disease, type 2 diabetes mellitus, obesity, and chronic kidney disease. Comorbidity has a significant impact on the pathogenesis, clinical course, and prognosis of arterial hypertension, increasing the risk of cardiovascular complications and complicating the choice of optimal therapy.

Aim of the Study

To study the clinical and statistical features of the course of arterial hypertension in comorbid patients treated at the First Clinic of Samarkand State Medical University.

Materials and Methods

The study was conducted at the First Clinic of Samarkand State Medical University. The study included 40 patients aged 45–70 years with diagnosed arterial hypertension of grades I–III.

Inclusion criteria were:

- confirmed diagnosis of arterial hypertension;
- age 45–70 years;
- presence of one or more concomitant chronic diseases.

All patients underwent a comprehensive examination, including medical history assessment, physical examination, repeated blood pressure measurements, electrocardiography, and general clinical and biochemical blood tests. Special attention was paid to the identification and analysis of concomitant pathologies.

Statistical Analysis

Statistical analysis of the study results was performed using methods of variation statistics. Quantitative variables are presented as mean \pm standard deviation ($M \pm SD$). Qualitative variables are expressed as absolute values and percentages (%). The Student's t-test was used to assess the significance of differences. Differences were considered statistically significant at $p < 0.05$.

Results

Table

Clinical and Statistical Characteristics of Patients with Arterial Hypertension (n = 40)

Parameter	n	%
Total number of patients	40	100
Men	22	55
Women	18	45
Mean age, years	58.4 \pm 6.2	—
Grade I arterial hypertension	10	25
Grade II arterial hypertension	18	45
Grade III arterial hypertension	12	30
Coronary heart disease	21	52.5
Type 2 diabetes mellitus	14	35

Obesity	17	42.5
Chronic kidney disease	9	22.5
Left ventricular hypertrophy	19	47.5
History of hypertensive crises	16	40

The analysis of the obtained data showed that arterial hypertension in most patients was combined with several concomitant diseases. The most frequently detected conditions were coronary heart disease and metabolic disorders. Comorbid patients more often had hypertensive crises and signs of target organ damage, particularly left ventricular hypertrophy.

Discussion

The results of this study confirm that comorbidity has an adverse effect on the course of arterial hypertension. The presence of concomitant diseases leads to a more severe clinical course of hypertension, increased cardiovascular risk, and greater difficulty in selecting effective therapy. The obtained data are consistent with the results of other clinical studies emphasizing the need for a comprehensive approach to the management of comorbid patients.

Conclusion

Comorbid conditions significantly aggravate the course of arterial hypertension in patients aged 45–70 years. Such patients demonstrate a higher frequency of target organ damage and disease complications. The results of the study indicate the necessity of early detection of concomitant pathologies and the application of an individualized approach to the treatment of patients with arterial hypertension.

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