



## ON THE STATISTICS OF CARDIOVASCULAR DISEASES WIDESPREAD IN NAVOI REGION (UZBEKISTAN)

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### ABSTRACT

*The aim of the work is to study and evaluate the statistics of the dynamic growth of cardiovascular diseases at the regional level.*

*As it is widely known, over 70% of the territory of the Republic of Uzbekistan consists of plains. Navoi region (province) makes up a large part (24.7%) of the whole territory of the country; its most part is covered by steppe zones. As a result of our research, the main target of study is to draw attention to the Kanimekh District of Navoi province.*

*Basically, the degree of growth of cardiovascular diseases of 1997-2000 and 2014-2018 was observed and the causes of diseases of registered patients were evaluated.*

**KEY WORDS:** *dynamic growth, cardiovascular diseases, Kanimekh, statistics, region*

### MATERIALS AND METHODS OF RESEARCH

When studying with the history of statistics of the medical association of the Kanimekh District of the Navoi Region, cardiovascular diseases play the main role among the diseases in this territory. There are 8 rural medical centers, 2 family clinics and 1 multidisciplinary clinic in this area. Currently, according

to the results of 2018, the total population is 30 636 people.

According to the results of studies in villages (auls Yangikazgan, Dungalak, Eltai), it was determined that the disease was previously observed in patients over the age of 55-60, but at this time young people often suffer from this disease.

**Table 1 Patients registered with cardiovascular disease**

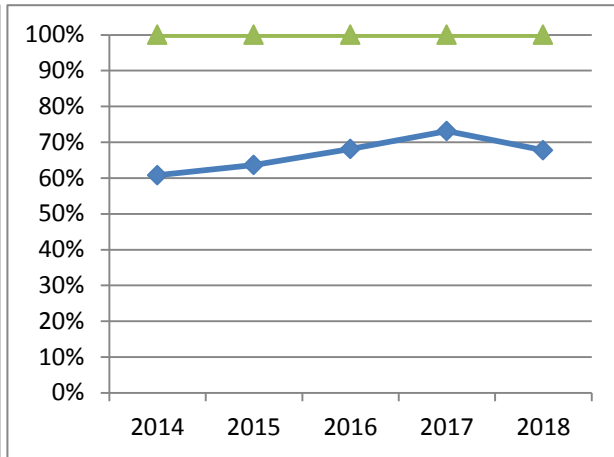
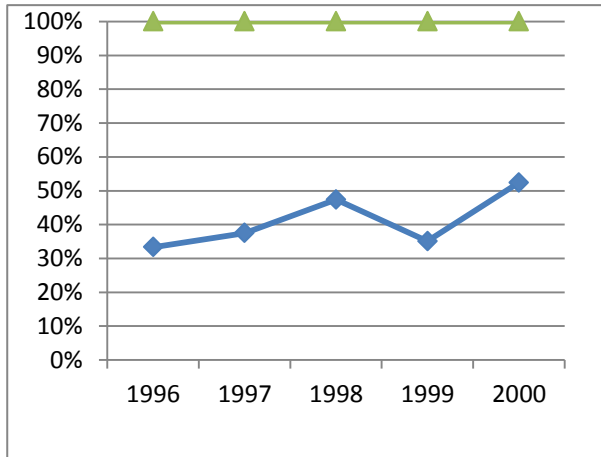
1998 (population in the number - 36 407)		2013 (population in the number- 29 399)	
Patient age	Number of patient	Patient age	Number of patient
0-14	13	0-14	8
15-18	24	15-18	6
18-60	169	18-60	205
60-	77	60-	98

**RESULTS OF THE STUDY**

The study found that among the population in most of the cardiovascular diseases hypertension occurs. In the region, the weather is always changeable and dry, because of this, the elderly of 35 patients (14 men, 21 women) have an average blood pressure of 140-90.

A relatively low reading is in children, adolescents and pregnant women. An increase in population and a decrease in the age of the disease can be observed from this diagram: (reading % 1997-98-99-2000; 2014-15-16-17-2018)

**Table 2**



**CONCLUSIONS**

Currently, this disease is a global problem on a global scale, in this regard, we have noted prevention as a preventive measure through physical actions, to reduce the statistical growth rate of cardiovascular diseases and to focus constantly on medical culture.

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