

HEART ATTACK

To'xtasinova Gulsanam

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A heart attack, or myocardial infarction, occurs when blood flow to a part of the heart is obstructed, typically due to atherosclerosis —a buildup of plaque in coronary arteries. This blockage deprives cardiac muscle of oxygen, leading to tissue damage.

Symptoms often include chest pain or discomfort, radiating pain in the arms, neck, jaw, or back, shortness of breath, and nausea. Immediate recognition of these signs is crucial for timely intervention. The American Heart Association emphasizes the importance of calling emergency services at the first sign of a heart attack.

Risk factors include hypertension, hyperlipidemia, smoking, diabetes, obesity, and a sedentary lifestyle. Preventive measures involve lifestyle modifications such as a balanced diet rich in fruits, vegetables, whole grains, and lean proteins, regular physical activity, and smoking cessation.

In the event of a heart attack, treatments may include medications like antiplatelets (e.g., aspirin), thrombolytics to dissolve clots, and procedures such as angioplasty and stent placement. Long-term management may involve cardiac rehabilitation and lifestyle changes to reduce the risk of future events.

THE PRIMARY REASONS AND RISK FACTORS ASSOCIATED WITH HEART ATTACK

1. Coronary Artery Disease (CAD)

-The most common cause, where plaque builds up in the coronary arteries, narrowing them and restricting blood flow to the heart.

2. High Blood Pressure (Hypertension)

-Elevated blood pressure can damage arteries over time, making them more susceptible to plaque buildup.

3. High Cholesterol Levels

-High levels of low-density lipoprotein (LDL) cholesterol can lead to plaque formation in the arteries.

4. Smoking

-Tobacco use damages blood vessels, reduces oxygen in the blood, and increases the risk of clot formation.

5. Diabetes-High blood sugar can damage blood vessels and nerves that control the heart, increasing the risk of CAD.

6. Obesity

-Excess weight is linked to high blood pressure, high cholesterol, and diabetes, all of which increase heart attack risk.

7. Sedentary Lifestyle

-Lack of physical activity contributes to obesity and increases the likelihood of high blood pressure and cholesterol.

8. Unhealthy Diet

-Diets high in saturated fats, trans fats, sodium, and sugar can contribute to obesity and high cholesterol levels.

9. Family History

-A family history of heart disease can increase an individual's risk, indicating a genetic predisposition.

10. Age and Gender

-Risk increases with age; men typically have a higher risk at a younger age compared to women, although women's risk increases after menopause.

11. Stress

-Chronic stress may contribute to heart disease, leading to unhealthy coping mechanisms such as poor diet or smoking.

12. Alcohol Consumption

-Excessive drinking can raise blood pressure and contribute to weight gain, increasing heart attack risk.

13. Inflammation and Other Conditions

-Conditions like rheumatoid arthritis or lupus can increase inflammation in the body, affecting heart health.

Preventing heart diseases like heart attacks involves a combination of lifestyle changes and, in some cases, medical management of risk factors. 1. Healthy Eating:

Focus on a balanced diet: Emphasize fruits, vegetables, and whole grains.

Limit unhealthy fats: Reduce saturated and trans fats found in processed foods, fatty meats, butter, and some baked goods. Opt for unsaturated fats from sources like olive oil, avocados, nuts, and oily fish (salmon, mackerel).

Reduce sodium (salt) intake: High salt consumption can increase blood pressure. Aim for no more than 6g (about 1 teaspoon) a day. Use herbs and spices to flavor food instead.

Limit added sugars: Excessive sugar can contribute to diabetes, a significant risk factor for heart disease.

Choose lean proteins: Opt for plant-based proteins (beans, lentils, nuts, seeds), fish, seafood, and lean poultry. Limit red meat consumption.

Unflavored dairy: Choose unflavored milk, yogurt, and cheese. If you have high cholesterol, opt for reduced-fat varieties.

2. Regular Physical Activity:

Aim for consistency: Get at least 150 minutes of moderate-intensity aerobic exercise (like brisk walking or cycling) per week, or 75 minutes of vigorous aerobic activity (like running).

Include strength training: Do resistance training at least two non-consecutive days per week. This helps build lean muscle mass and can improve cholesterol levels.

Even small amounts help: If you're new to exercise, start slowly and gradually increase your activity. Even short bursts of activity can offer heart benefits.

3. Maintain a Healthy Weight:

Being overweight or obese increases the risk of heart disease by contributing to high blood pressure, high cholesterol, and diabetes.

Work with a healthcare provider to determine a healthy weight range for you and develop a plan to achieve and maintain it. Even modest weight loss can significantly reduce your risk.

4. Quit Smoking (and don't start):

Smoking is a major risk factor for heart disease. Quitting is one of the most impactful things you can do for your heart health.

Seek support from your doctor or smoking cessation programs if you need help to quit.

5. Manage Blood Pressure:

High blood pressure puts extra strain on your heart and arteries.

Get your blood pressure checked regularly (at least once a year for most adults).

Follow lifestyle recommendations (diet, exercise) and take medications as prescribed by your doctor if you have high blood pressure.

6. Control Cholesterol and Triglyceride Levels:

High levels of "bad" cholesterol (LDL) can clog arteries, while high triglycerides also increase risk.

A heart-healthy diet and regular exercise can help manage these levels. Your doctor may also recommend medication if needed.

7. Manage Diabetes:

If you have diabetes, carefully manage your blood sugar levels as directed by your healthcare provider. Diabetes significantly increases the risk of heart disease.

8. Limit Alcohol Consumption:

Excessive alcohol intake can raise blood pressure and cholesterol levels, increasing heart disease risk.

Moderate consumption is generally defined as up to one drink per day for women and up to two drinks per day for men. Some sources even suggest there's no safe amount of alcohol.

9. Manage Stress:

Chronic stress can negatively impact heart health and may lead to unhealthy coping mechanisms (e.g., overeating, smoking).

Implement stress-reducing strategies:

Regular physical activity

Mindfulness and relaxation techniques (meditation, deep breathing, yoga)

Adequate sleep (7-9 hours for adults)

Strong social connections

Time management and setting realistic goals

Seeking professional help if stress becomes overwhelming.

10. Regular Health Check-ups:

Regular check-ups allow your doctor to monitor your blood pressure, cholesterol, blood sugar, and overall heart health, and address any potential issues early.

By adopting these healthy habits, you can significantly reduce your risk of developing heart diseases and having a heart attack. Always consult with your healthcare provider for personalized advice and to address any specific health concerns.

YURAK HURUJI

Yurak huruji yoki miokard infarkti yurakning bir qismiga qon oqimi to'sib qolganda yuzaga keladi, odatda bu ateroskleroz — koronar arteriyalarda blyashka to'planishi natijasida kelib chiqadi. Bu tiqilish yurak mushagini kislorodsiz qoldiradi, natijada to'qimalar shikastlanadi.

Simptomlarga ko'pincha ko'krak qafasidagi og'riq yoki noqulaylik, qo'llar, bo'yin, jag' yoki orqaga tarqaladigan og'riq, nafas qisilishi va ko'ngil aynishi kiradi. Bu belgilarni darhol aniqlash o'z vaqtida tibbiy yordam ko'rsatish uchun juda muhimdir. Amerika Yurak Assotsiatsiyasi yurak xurujining birinchi belgisida tez yordamga qo'ng'iroq qilish muhimligini ta'kidlaydi.

Xavf omillariga gipertoniya, giperlipidemiya, chekish, diabet, semizlik va kam harakatli turmush tarzi kiradi. Profilaktik choralar meva, sabzavot, butun don va yog'siz oqsillarga boy muvozanatli ovqatlanish, muntazam jismoniy faollik va chekishni tashlash kabi turmush tarzini o'zgartirishni o'z ichiga oladi.

Yurak huruji sodir bo'lganda, davolash usullariga antitrombotsitar preparatlar (masalan, aspirin), trombolitiklar (qon quyqalarini eritish uchun) kabi dorilar va angioplastika va stentlash kabi muolajalar kirishi mumkin. Uzoq muddatli davolash kelajakdagi xavflarni kamaytirish uchun yurak rehabilitatsiyasi va turmush tarzini o'zgartirishni o'z ichiga olishi mumkin

YURAK HURUJIGA OLIB KELUVCHI ASOSIY SABABLAR VA XAVF OMILLARI

- Koronar Arteriya Kasalligi (KAK)
- Eng ko'p uchraydigan sabab, bunda koronar arteriyalarda blyashka to'planib, ularni toraytiradi va yurakka qon oqimini cheklaydi.
- Yuqori Qon Bosimi (Gipertoniya)
- Uzoq vaqt davomida yuqori qon bosimi arteriyalarni shikastlashi, ularni blyashka to'planishiga ko'proq moyil qilishi mumkin.
- Yuqori Xolesterin Darajasi
- Past zichlikdagi lipoprotein (LDL) xolesterinning yuqori darajasi arteriyalarda blyashka hosil bo'lishiga olib kelishi mumkin.
- Chekish
- Tamaki iste'moli qon tomirlarini shikastlaydi, qondagi kislorodni kamaytiradi va qon quyqalari hosil bo'lish xavfini oshiradi.
- Qandli Diabet
- Yuqori qon shakar yurakni nazorat qiluvchi qon tomirlari va nervlarni shikastlashi, KAK xavfini oshirishi mumkin.
- Semizlik
- Ortiqcha vazn yuqori qon bosimi, yuqori xolesterin va diabet bilan bog'liq bo'lib, bularning barchasi yurak huruji xavfini oshiradi.
- Kam Harakatli Turmush Tarzi
- Jismoniy faollikning yetishmasligi semizlikka olib keladi va yuqori qon bosimi va xolesterin ehtimolini oshiradi.
- Noto'g'ri Ovqatlanish

- To'yingan yog'lar, trans yog'lar, natriy va shakarga boy dieta semizlik va yuqori xolesterin darajasiga olib kelishi mumkin.
- Oila Anamnezi
- Oila a'zolarida yurak kasalliklari bo'lganligi shaxsning xavfini oshirishi mumkin, bu genetik moyillikni ko'rsatadi.
- Yosh va Jins
- Xavf yosh bilan ortadi; erkaklar odatda ayollarga qaraganda yoshroq davrda yuqori xavfga ega, garchi ayollarning xavfi menopauzadan keyin ortsa ham.
- Stress
- Surunkali stress yurak kasalliklariga olib kelishi mumkin, bu noto'g'ri ovqatlanish yoki chekish kabi nosog'lom yengillashish mexanizmlariga olib keladi.
- Alkogol Iste'moli
- Haddan tashqari ichish qon bosimini oshirishi va vazn ortishiga yordam berishi, yurak huruji xavfini oshirishi mumkin.
- Yallig'lanish va Boshqa Holatlar
- Revmatoid artrit yoki lupus kabi holatlar tanadagi yallig'lanishni kuchaytirishi, yurak salomatligiga ta'sir qilishi mumkin.

Atamalar lug'ati:

Aspirin - Aspirin

Atherosclerosis - Ateroskleroz

Balanced diet - Muvozanatli ovqatlanish

Back - Orqa

Blood clots - Qon quyqalari

Blood flow - Qon oqimi

Blood vessels - Qon tomirlari

Cardiac muscle - Yurak mushagi

Cardiac rehabilitation - Yurak reabilitatsiyasi

Chest pain - Ko'krak qafasidagi og'riq

Chronic stress - Surunkali stress

Clot formation - Qon quyqasi hosil bo'lishi

Coronary arteries - Koronar arteriyalar

Coronary Artery Disease (CAD) - Koronar Arteriya Kasalligi (KAK)

Diabetes - Qandli diabet

Discomfort - Noqulaylik

Emergency services - Tez yordam xizmati

Excess weight - Ortiqcha vazn

Excessive drinking - Haddan tashqari ichish

Family History - Oila anamnezi

Fruits - Meva

Gender - Jins

Genetic predisposition - Genetik moyillik

Heart attack (Myocardial infarction) - Yurak huruji (Yurak infarkti)

Heart health - Yurak salomatligi

High blood pressure (Hypertension) - Gipertoniya (Yuqori qon bosimi)

High blood sugar - Yuqori qon shakar

High Cholesterol Levels - Yuqori Xolesterin Darajasi

Hyperlipidemia (High cholesterol levels) - Giperlipidemiya (Yuqori xolesterin)

Hypertension (High blood pressure) - Gipertoniya (Yuqori qon bosimi)

Inflammation - Yallig'lanish

Jaw - Jag'

Lean proteins - Yog'siz oqsillar

Lifestyle modifications - Turmush tarzini o'zgartirish

Long-term management - Uzoq muddatli davolash

Low-density lipoprotein (LDL) cholesterol - Past zichlikdagi lipoprotein (LDL) xolesterin

Lupus - Lupus

Medications - Dorilar

Menopause - Menopauza

Myocardial infarction - Miokard infarkti

Narrowing - Torayish

Nausea - Ko'ngil aynishi

Neck - Bo'yin

Nerves - Nervlar

Oxygen - Kislorod

Oxygen in the blood - Qonda kislorod

Plaque - Blyashka

Plaque buildup - Blyashka to'planishi

Preventive measures - Profilaktik choralar

Radiating pain - Tarqaladigan og'riq

Regular physical activity - Muntazam jismoniy faollik

Rheumatoid arthritis - Revmatoid artrit

Risk factors - Xavf omillari

Saturated fats - To'yingan yog'lar

Sedentary lifestyle - Kam harakatli turmush tarzi

Shortness of breath - Nafas qisilishi

Smoking - Chekish

Smoking cessation - Chekishni tashlash

Sodium - Natriy

Stent placement - Stentlash

Stress - Stress

Sugar - Shakar

Symptoms - Simptomlar

Tissue - To'qima

Tobacco use - Tamaki iste'moli

Trans fats - Trans yog'lar

Treatments - Davolash usullari

Unhealthy coping mechanisms - Nosog'lom yengillashish mexanizmlari

Unhealthy Diet - Noto'g'ri ovqatlanish

Vegetables - Sabzavotlar

Weight gain - Vazn ortishi

Whole grains – don mahsulotlar

Foydalanilgan adabiyotlar:

1)"Heart Attack Proof: A Six-Week Cardiac Makeover for a Lifetime of Optimal Health" by Michael Ozner.

2)"Have You Planned Your Heart Attack?" by Dr. Warrick Bishop.

3)"Heart Attack Demystified: Heart Attack Myths Busted Step-by-Step Guide to Heart Attack Prevention and Care" by Dr. K. V. Sahasranam.

4)<https://www.health.harvard.edu/a-through-c>

5) <https://www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/heart-healthy-diet/art-20047702?hl=en-GB>