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MYOCARDIAL INFARCTION IN THE MODERN WORLD CONDITIONS

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***Abstract.** The paper discusses the importance of prophylaxis of cardiovascular diseases on the statistics in the Kharkiv region and Ukraine.*

***Key words:** myocardial infarction, prophylaxis, treatment, prevention.*

ІНФАРКТ МІОКАРДУ В УМОВАХ СУЧАСНОГО СВІТУ

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***Анотація.** Тези присвячені важливості профілактики серцево-судинних захворювань спираючись на статистику Харківської області та України.*

***Ключові слова:** інфаркт міокарду, профілактика, лікування .*

Nowadays in the conditions of civilized and progressive society when innovative technologies develop, an active fight against diseases which keep humanity on the alert during the whole period of its existence occurs. Thus a large number of diseases don't threaten people anymore. However despite such intensive struggle there are some diseases which are not eliminated, moreover they keep on doing great harm to people in spite of nationality, gender, race or age. One of such diseases is myocardial infarction. It doesn't disappear, besides it develops and afflicts the organisms of ever younger people. Now prevention and prophylaxis of myocardial infarction are the main aims of medicine all around the world. Topicality of this research work is caused especially by the problems which were mentioned above. The aim was to carry out a conception about some phenomenon connected with myocardial infarction. To reach this aim it was necessary: to study reasons of emergence of myocardial infarction among young people; to analyze the methods of its prevention; to search out the spread of this disease in the Kharkiv region; to review the main reasons of increasing of age limits of myocardial infarction.

Infarction is the disease which is caused by the necrosis of any organ or its region, one of the most spread types is the myocardial infarction. Besides affecting the heart this disease makes the whole organism suffer. Myocardial infarction can

even cause death if medical care isn't provided on time. The consequences of myocardial infarction may be very serious and dangerous even some time after its beginning.

Cardiovascular diseases are one of the most serious and global problems nowadays. According to the statistics the mortality from cardiovascular diseases amounts 66,6 % in Ukraine in 2010, in the Kharkiv region – 76,4%. In the Kharkiv region about 3,000 myocardial infarctions are registered annually (2009 y. – 3290, 2010 y. – 2938). In the last years this number has been growing in spite of the development of medical technologies and medicine on the whole. According to the statistics in Kharkiv only 8% of patients with myocardial infarction ask for medical care during first 2 hours, others lose precious time for saving heart. Statistics says that in 2004-2007 in Kharkiv and its region the general number of men, who had myocardial infarction, was twice more than number of women; accordingly 63,4% and 36,6%. However the mortality was higher in the women's group: 12,5% against 8,4%. It was discovered that the average age of women in the registry was $67,8 \pm 5,2$ and of men – $59,5 \pm 3,6$.

Although until recently myocardial infarction has often occurred after the age of 50, now it can affect people who are younger than 40 years old. Frequency reaches 0,1- 0,6 among 1000 men and 0,03-0,4 among 1000 women. It amounts 2-7% from all people who have myocardial infarction and whose age is under 65. It proves that the age limits are rashly growing. The main reasons of “rejuvenation” of myocardial infarction are unhealthy diet, obesity, smoking, stresses (young people are more prone to constant stresses and worries); excessive drinking of alcohol; low physical activity; lack of control of organism indications; negative heredity of cardiac ischemia (characterized by the lack of oxygen supply to the heart).

There are some events which could stop growing age limits of myocardial infarction, such as government and every person's measures. It's necessary to start a campaign to fight against bad habits such as smoking, alcoholism etc. We need to popularize healthy and active lifestyle. But in addition every person must take his

health very serious and understand that the necessary condition is the abidance of proper lifestyle.

As a result we can say that myocardial infarction is a very serious disease and it brings great harm to the human's health. Cardiovascular diseases take about 10-15 years of the life. That is why it is very important to look after your health. Recently myocardial infarction occurs among people who are younger than 40 years old.