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**RISK FACTORS ASSOCIATED WITH THE INCREASING OF MYOCARDIAL INFARCTION**

Cardiovascular diseases, including myocardial infarction, occupy a leading place among the causes of morbidity, disability and mortality of adults worldwide [1, p. 1-2]. There are many risk factors that affect the development of myocardial infarction [2, p. 23-25]. A detailed study and evaluation of these factors is among the most important issues of medical and social significance [3, p. 1649-1653].

**Objective:** this study was conducted to assess the impact of risk factors in patients for the development of myocardial infarction.

**Materials and methods:** the study was performed on 310 patients with myocardial infarction. 190 practically healthy people without cardiovascular diseases were chosen as a control subjects. A mean age of the examined 59,5±0,8 years (mean ± SD). The study was conducted by Kharkiv City Hospital and Clinical sanatorium.

**Results:** the most prevalent risk factor in male and female patients was hypertension. The frequency of hypertension in the main group 52 ± 2.84% was significantly higher than in the control group18±2,79%. It was found that 45±2,83% of respondents of the experimental group suffer from hypercholesterolemia, as opposed to 15±2,59% in control group. The survey showed that 35±2,71% of respondents in experimental group are smokers, as opposed 11±2,27% in control group. 33±2,67% of patients from main group have relatives, who suffered from cardio-vascular diseases and in control group this kind of respondents was 11±2,27%. Analysis showed that many fatty foods consumed 26±2,49% of respondents of main group and 8±1,97% of control group. The survey showed that 31±2,63% of respondents of experimental group and 13±2,44% of respondents of main group drink alcohol. 26±2,49% of patients from experimental group and 8±1,97% respondents of control group noted stress at work. 40±2,78% of respondents from main group and 21±2,95% of control group suffered from stress at home. It was found that 30±2,60% of patients from experimental group and 15±2,59% from control group do not engage in physical activity.

**Conclusions:** our findings suggest that the main risk factors for myocardial infarction are: hypertension, hypercholesterolemia, heredity, smoking, alcohol consumption, stress, physical inactivity. Identification of the risk factors provides new opportunities for the development of more effective approaches for the prevention and treatment of this pathology.

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