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**IMPORTANCE FOR MANAGEMENT OF MAJOR CARDIOVASCULAR RISK FACTORS**

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Сardiovascular diseases represent the most important medical and social problem in most developed countries. In Ukraine almost every second citizen has a cardiovascular pathology, the mortality rate from which has recently increased and is twice as high than that in Europe and 3,6 times higher as compared with countries of European Union. Epidemy of cardiovascular disease (CVD) is largely related to the mode of life and resulting physiological risk factors; their management is associated with a decrease in morbidity and mortality rates.

Among cardiovascular risk factors modifiable and non-modifiable ones can be distinguished. Non-modifiable risk factors include age, male gender, and heredity (cases of premature death from CVD or blood relatives suffering from CVD: men under the age of 55 years and women under the age of 65 years). Major modifiable cardiovascular risk factors are arterial hypertension (blood pressure ≥ 140/90 mm Hg for those without diabetes and ≥ 130/80 mm Hg for patients with diabetes); dyslipidemia, diabetes (or impaired glucose tolerance), overweight, smoking (also passive), lack of physical activity, excessive alcohol consumption; abnormal uric acid metabolism, and air pollution.

Prolonged impact of these factors contributes to the progression of atherosclerosis, growth and destabilization of atherosclerotic plaques that eventually leads to stenosis and occlusion of arteries supplying the vital organs - heart and brain. Therefore, correction of modifiable cardiovascular risk factors is a primary goal of modern preventive medicine.