



**PREVENTION OF COMPLICATIONS OF CARDIOVASCULAR
DISEASES BY ORGANIZING MORPHOLOGICAL AND CLINICAL
INDICATORS OF ARCUS SENILIS**

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Abstract: cardiovascular disease is one of the biggest risk factors for human health. These diseases are one of the main causes of death and disability worldwide, and their prevention and early diagnosis are among the most pressing tasks of today's medicine. The development of cardiovascular diseases depends on many factors, among which are atherosclerosis, arterial hypertension, diabetes, hyperlipidemia, etc. At the same time, complications of diseases often reduce the quality of life of patients and require complex medical procedures. Therefore, new diagnostic tools and approaches are being sought for the early detection and Prevention of diseases.

Key words: cardiovascular system, atherosclerosis, arterial hypertension, diabetes, hyperlipidemia, morphological changes, medicine.

The vascular system of the heart is one of the most important systems of the human body, the main function of which is to ensure blood circulation. Through this system, all cells of the body are supplied with oxygen and nutrients, and waste substances formed by metabolism are released. The vascular system of the heart consists of the heart, blood vessels and blood, and their harmonious functioning is important in ensuring the normal functioning of the body. The cardiovascular system is divided into two main parts: the small circulation and the large circulation. While the small circulation ensures that the blood is saturated with oxygen through the lungs, the large circulation supplies oxygenated blood to all tissues of the body. Rhythmic contraction and relaxation of the heart ensures that the blood moves through the blood



vessels, which guarantees a continuous flow of blood to different parts of the body. The blood vessels in turn are divided into arteries, veins and capillaries. The arteries leave the heart and deliver blood to the tissues with oxygen-rich blood, while the veins bring oxygen-free blood and waste substances towards the heart. Capillaries, on the other hand, are located between arteries and veins, carrying out the exchange of gases and substances. The cardiovascular system also plays an important role in keeping the body's internal environment in balance, controlling temperature, and functioning of the immune system. The normal functioning of this system is a key factor in a person's ability to live a healthy life. Any disorder or illness can negatively affect the functioning of the cardiovascular system and lead to serious health problems. Therefore, it is important to maintain the vascular system of the heart, regularly control its condition and lead a healthy lifestyle. The complexity of this system and its role in human life requires constant research and attention in the field of Medicine.[1]

Arcus senilis is a white or gray circular lipid accumulation that occurs on the corneal edge of the eye and, although often viewed as a sign of old age, is an important diagnostic tool in showing the risk of cardiovascular disease. This sign can be detected by a simple eye examination by a doctor or specialist who sees the eye from the outside. Morphological changes in Arcus senilis are more associated with the accumulation of lipids in the cornea, a process caused by impaired lipid metabolism in the body. In this respect, arcus senilis is assessed as a visible sign of the Atherosclerosis process. Morphological analyses provide a deeper understanding of the occurrence and development of arcus senilis. The composition of the lipid layer that appears on the corneal edge and its effect on the vessel walls are studied. Due to the accumulation of lipids, specific changes occur in the corneal layer, which are associated with the beginning of the Atherosclerosis process in the cardiovascular system. In this context, arcus senilis is of great importance as a sign of changes that occur in the early stages of cardiovascular disease. These morphological indicators provide additional information in assessing the patient's overall health and heart function.[2]

Clinically, arcus senilis is often observed along with other symptoms associated with cardiovascular disease. For example, arterial hypertension, heart failure, angina



pectoris, myocardial infarction, etc. Clinical indications of patients are evaluated using diagnostic tests, including blood pressure, lipid profile, blood glucose levels, ECG, and others. The presence of Arcus senilis is used as an additional diagnostic indicator in assessing the patient's risk of cardiovascular disease. This makes it possible to identify the disease at an early stage and prescribe preventive measures. Arcus senilis has a large role in preventing cardiovascular disease. This sign indicates the need for a more thorough medical examination of the patient. The development of the disease can be obtained by normalizing Lipid metabolism, controlling blood pressure, controlling diabetes and promoting a healthy lifestyle. At the same time, risk factors are controlled using regular medical observations and laboratory analysis. Patients' lifestyles, eating habits, physical activity, and stress levels are also considered. For a deeper understanding of the mechanism of development of cardiovascular diseases, it is necessary to study morphological and clinical indicators. The appearance of Arcus senilis is seen as the accumulation of lipids into the vessel walls and the beginning of the Atherosclerosis process. This makes it possible to detect the disease early and take preventive measures in time. In this context, arcus senilis is of great importance as a sign of changes that occur in the early stages of cardiovascular disease.[3]

Conclusion:

In conclusion, arcus senilis is a sign that is important in the early diagnosis of cardiovascular disease. By studying its morphological and clinical indicators, the mechanism of disease development is better understood and effective measures for the Prevention of complications are developed. Promoting a healthy lifestyle, normalizing lipid metabolism and regular medical monitoring are some of the main factors in preventing cardiovascular disease. At the same time, the presence of arcus senilis serves as a signal for a more thorough examination of the patient and the development of an individual treatment plan. This makes it possible to ensure the patient's long-term wellness and improve the quality of life. Thus, the study of morphological and clinical indications of arcus senilis is an important tool in the development of effective strategies to prevent cardiovascular disease and reduce their complications.

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