

## CARDIOVASCULAR DISEASES AND REHABILITATION MEASURES FOR PATIENTS

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**Annotation :** The article examines key aspects of rehabilitation of patients with cardiovascular diseases, including the importance of a comprehensive approach to restoring patients' health. The main stages of rehabilitation are included, including medical, physical and psychological support. The methods of physical activity, diet therapy and psycho-emotional support that help improve the quality of life and reduce the risk of recurrent cardiovascular events are considered.

**Key words:** rehabilitation, physical activity, diet therapy, psychological support

Cardiovascular diseases (CVD) remain one of the leading causes of morbidity and mortality worldwide. Rehabilitation of patients with CVD is an important stage in restoring health and improving the quality of life of patients. In this article, we will consider the main aspects of rehabilitation, its goals, methods and significance.

Rehabilitation of patients with cardiovascular diseases is aimed at achieving the following goals:

- Improving physical activity: increasing endurance and strength, allowing patients to return to their normal activities.

- Reducing the risk of relapse: educating patients on how to manage risk factors such as hypertension, diabetes, and high cholesterol.

- Psycho-emotional support: help in overcoming stress, anxiety and depression, which often accompany cardiovascular diseases.

**Patient assessment:** Doctors conduct a comprehensive assessment of the patient's health, including physical, psychological and social status. Based on the assessments, a personalized rehabilitation plan is developed that takes into account the characteristics of the disease and the needs of the patient.

**Physical rehabilitation:** Involves physical exercises that help restore the cardiovascular system. Rehabilitation programs can range from light walking to more intense, supervised training.

Rehabilitation includes various methods, such as:

Physical activity: regular physical exercise adapted to the patient's condition helps improve cardiovascular function.

Diet therapy: development of an individual nutrition plan aimed at reducing cholesterol and blood pressure.

Medication therapy: following doctor's orders and regularly monitoring medication levels.

Psychotherapy: working with a psychologist to overcome stress and anxiety, learning relaxation techniques.

Rehabilitation plays a key role in restoring the health of patients with cardiovascular diseases. It helps not only to improve physical condition, but also to improve the quality of life, reduce the risk of recurrent cardiovascular events and improve psychological state.

In addition, rehabilitation promotes active patient participation in the treatment process, which increases their adherence to doctors' recommendations and improves treatment outcomes.

Rehabilitation of patients with cardiovascular diseases is a complex process that requires an individual approach and interdisciplinary interaction of specialists. Effective rehabilitation can significantly improve the prognosis for patients, increase their quality of life and reduce the risk of complications.

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