



METHODS OF DIAGNOSING AND TREATING HEART DISEASES IN MODERN MEDICINE

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Annotation. Heart diseases are among the leading causes of death worldwide, requiring advanced methods for early diagnosis and effective treatment. Modern medicine has introduced innovative technologies such as electrocardiography, echocardiography, angiography, MRI, and CT scans to accurately detect cardiovascular problems at early stages.

In addition, treatment methods have significantly improved with the use of medications, minimally invasive procedures, stent implantation, and advanced cardiac surgery techniques. This article explores modern approaches to diagnosing and treating heart diseases, emphasizing the importance of early detection, preventive care, and technological advancements in improving patient outcomes and reducing mortality rates.

Keywords. Heart diseases, cardiovascular system, diagnosis, treatment, electrocardiography, echocardiography, angiography, cardiac surgery, stent, prevention, modern medicine.

Annotatsiya. Yurak kasalliklari butun dunyo bo'ylab o'limning asosiy sabablaridan biri bo'lib, erta tashxis qo'yish va samarali davolash uchun ilg'or usullarni talab qiladi. Zamonaviy tibbiyot yurak-qon tomir muammolarini erta bosqichlarda aniq aniqlash uchun elektrokardiografiya, ekokardiografiya,



angiografiya, MRT va KT kabi innovatsion texnologiyalarni joriy etdi. Bundan tashqari, davolash usullari dori vositalari, minimal invaziv muolajalar, stent implantatsiyasi va ilg'or yurak jarrohligi texnikalaridan foydalanish bilan sezilarli darajada yaxshilandi.

Ushbu maqolada yurak kasalliklarini tashxislash va davolashning zamonaviy yondashuvlari o'rganiladi, bemorlarning natijalarini yaxshilash va o'lim darajasini pasaytirishda erta aniqlash, profilaktik yordam va texnologik yutuqlarning ahamiyati ta'kidlanadi.

Kalit so'zlar. Yurak kasalliklari, yurak-qon tomir tizimi, diagnostika, davolash, elektrokardiografiya, ekokardiografiya, angiografiya, yurak jarrohligi, stent, profilaktika, zamonaviy tibbiyot.

Аннотация. Сердечно-сосудистые заболевания являются одной из ведущих причин смерти во всем мире, требуя передовых методов ранней диагностики и эффективного лечения. Современная медицина внедрила инновационные технологии, такие как электрокардиография, эхокардиография, ангиография, МРТ и КТ, для точного выявления сердечно-сосудистых проблем на ранних стадиях. Кроме того, методы лечения значительно улучшились благодаря использованию медикаментов, малоинвазивных процедур, имплантации стентов и передовых методов кардиохирургии.

В данной статье рассматриваются современные подходы к диагностике и лечению сердечно-сосудистых заболеваний, подчеркивается важность раннего выявления, профилактической помощи и технологических достижений в улучшении результатов лечения пациентов и снижении смертности.

Ключевые слова: Сердечно-сосудистые заболевания, сердечно-сосудистая система, диагностика, лечение, электрокардиография,



эхокардиография, ангиография, кардиохирургия, стент, профилактика, современная медицина.

The cardiovascular system plays a vital role in maintaining human life by supplying oxygen and nutrients to all parts of the body. Heart diseases, also known as cardiovascular diseases, are among the most serious health problems in the world today. They include conditions such as coronary artery disease, heart failure, arrhythmia, and congenital heart defects.

In recent years, the number of patients suffering from heart diseases has increased due to unhealthy lifestyles, stress, poor nutrition, lack of physical activity, smoking, and genetic factors. However, modern medical advancements have significantly improved the ability to diagnose and treat these diseases effectively. Early detection and timely treatment are crucial in reducing complications and improving survival rates.

Modern medicine offers a wide range of diagnostic methods for heart diseases. One of the most common techniques is electrocardiography (ECG), which records the electrical activity of the heart and helps detect irregular heart rhythms. Echocardiography uses ultrasound waves to create images of the heart, allowing doctors to evaluate its structure and function.

Angiography is another important diagnostic method used to examine blood vessels and detect blockages in coronary arteries. In addition, advanced imaging technologies such as CT scans and MRI provide detailed information about heart tissues and blood flow, helping doctors make accurate diagnoses.

Along with diagnostic methods, treatment approaches for heart diseases have also improved significantly. Medication therapy is widely used to control blood pressure, reduce cholesterol levels, and prevent blood clots. In more severe cases, minimally invasive procedures such as angioplasty and stent placement are performed to restore normal blood flow in blocked arteries.



Cardiac surgery is used in critical situations, including heart valve repair or replacement and coronary artery bypass surgery. These advanced surgical techniques have greatly increased the chances of survival for patients with severe heart conditions. Furthermore, lifestyle changes such as a healthy diet, regular exercise, and stress management play an important role in both treatment and prevention.

In conclusion, modern medicine has made significant progress in the diagnosis and treatment of heart diseases. Advanced technologies such as ECG, echocardiography, angiography, and modern imaging techniques allow for early and accurate detection of cardiovascular problems. At the same time, innovative treatment methods, including medication, stent placement, and cardiac surgery, have greatly improved patient outcomes.

However, prevention remains the most effective approach in reducing the risk of heart diseases. Maintaining a healthy lifestyle, avoiding smoking, eating a balanced diet, and engaging in regular physical activity are essential for heart health. Early diagnosis combined with modern treatment methods can significantly reduce mortality rates and improve the quality of life for patients suffering from cardiovascular diseases.

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