



CARDIOVASCULAR PROBLEMS IN CHILDREN.

Daminova Barno Esanovna,

Associate Professor, Department of Algorithms and Programming

Technologies, Karshi State University, barnod@mail.ru

ORCID: 0009-0001-4211-6082

Abdullayeva Farangiz Oybek qizi,

Student of Karshi State University

Annotatsiya. Ushbu maqolada bolalarda uchraydigan yurak va qon-tomir tizimi kasalliklari, ularning kelib chiqish sabablari, rivojlanish omillari, klinik belgilari hamda oldini olish choralari keng yoritilgan. Bolalik davrida yurak-qon tomir tizimi organizmning normal o'sishi va rivojlanishida muhim ahamiyatga ega bo'lib, ushbu tizimdagi har qanday buzilish bola salomatligiga jiddiy ta'sir ko'rsatishi mumkin. Maqolada bolalarda ko'proq uchraydigan tug'ma yurak nuqsonlari, orttirilgan yurak kasalliklari, yurak ritmi buzilishlari hamda qon-tomir tizimi bilan bog'liq boshqa patologiyalar haqida ma'lumot berilgan.

Kalit so'zlar. Bolalar kardiologiyasi, yurak kasalliklari, qon-tomir tizimi, tug'ma yurak nuqsonlari, orttirilgan yurak kasalliklari, yurak ritmi buzilishi, arterial gipertoniya, yurak yetishmovchiligi, diagnostika, profilaktika, sog'lom turmush tarzi.

Annotation. This article provides a comprehensive overview of diseases of the heart and blood vessels in children, their causes, developmental factors, clinical symptoms, and preventive measures. The cardiovascular system is important for the normal growth and development of the body during childhood, and any disorders in this system can seriously affect the health of the child. The article provides information about congenital heart defects, acquired heart diseases, heart rhythm disorders, and other pathologies associated with the blood vessels that are most common in children.



Keywords. *Pediatric cardiology, heart diseases, circulatory system, congenital heart defects, acquired heart diseases, heart rhythm disorders, arterial hypertension, heart failure, diagnostics, prevention, healthy lifestyle.*

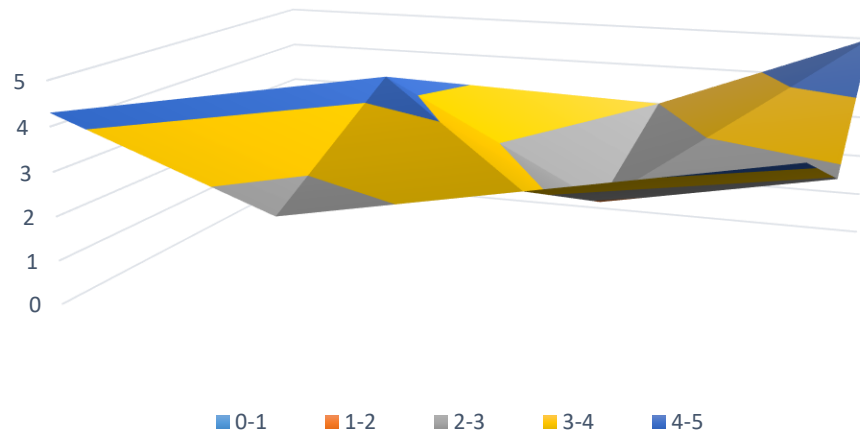
Аннотация. *В данной статье представлен всесторонний обзор заболеваний сердца и кровеносных сосудов у детей, их причин, факторов развития, клинических симптомов и профилактических мер. Сердечно-сосудистая система важна для нормального роста и развития организма в детском возрасте, и любые нарушения в этой системе могут серьезно повлиять на здоровье ребенка.*

Ключевые слова: *детская кардиология, болезни сердца, сердечно-сосудистая система, врожденные пороки сердца, приобретенные пороки сердца, нарушения сердечного ритма, артериальная гипертензия, сердечная недостаточность, диагностика, профилактика, здоровый образ жизни.*

The article also shows that severe complications of diseases can be reduced by early detection of these diseases, the use of modern diagnostic methods, and effective treatment measures. In addition, it is emphasized that the formation of a healthy lifestyle, proper nutrition, physical activity, and regular medical examinations are important in maintaining children's health.

The heart and circulatory system are essential for the healthy growth and development of children. This system supplies all organs and tissues of the body with oxygen and nutrients, and plays a key role in removing waste products formed as a result of metabolism. The heart is the central organ that ensures blood circulation in the body, and its proper functioning ensures the normal functioning of the entire body. Especially in childhood, the healthy functioning of the heart and circulatory system directly affects the physical and mental development of the child.

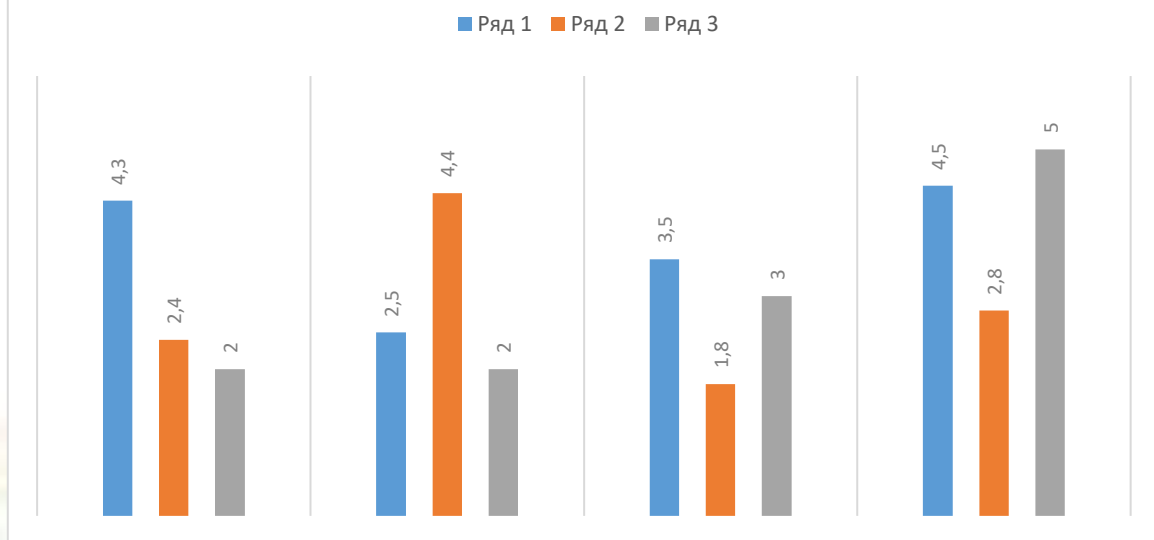
Diagram 1. Congenital heart defects (congenital diseases)



0-1 - Atrial septal defect (ASD/VSD), 1-2 - Tetralogy of Fallot, 2-3 - Patent ductus arteriosus (PDA), 3-4 - Coarctation of the aorta.

In recent years, problems related to diseases of the heart and blood vessels in children have become one of the most pressing issues in medicine. Such diseases can be congenital or acquired. Congenital heart defects occur as a result of improper formation of the heart structure during fetal development. Acquired heart diseases can develop during the child's life under the influence of various factors, including infectious diseases, immune system disorders, malnutrition, environmental factors, and a sedentary lifestyle.

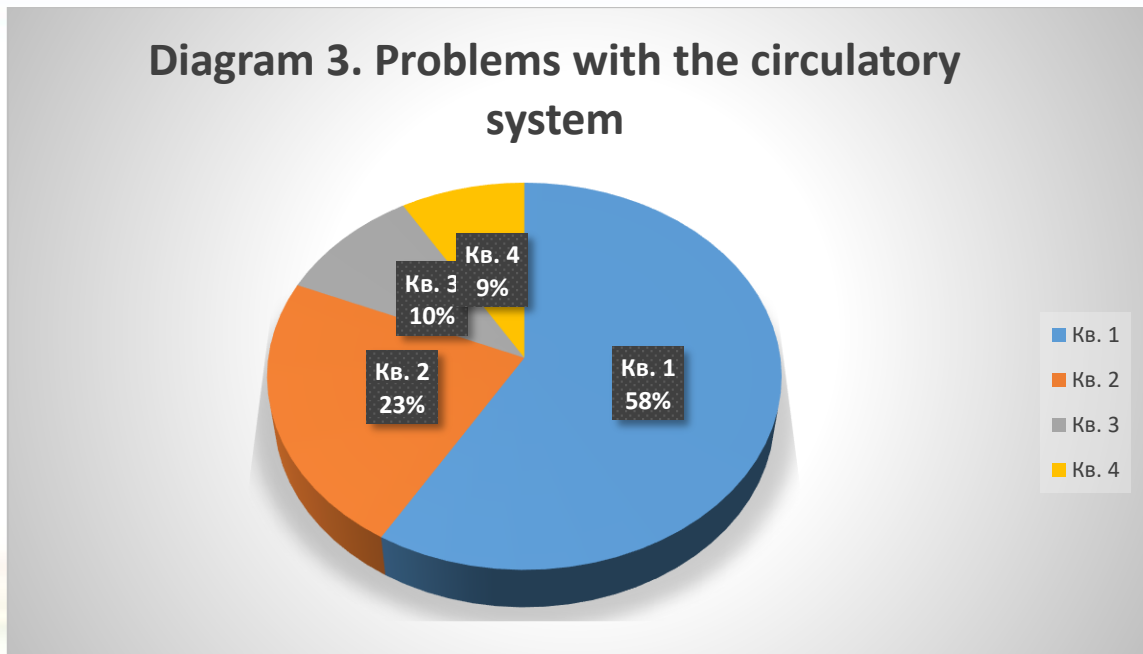
TABLE 2. ACQUIRED HEART DISEASES



1- Rheumatic heart disease, 2- Myocarditis, 3- Endocarditis.

Diseases of the heart and blood vessels in children can manifest themselves with various clinical symptoms. In particular, symptoms such as fatigue, decreased physical activity, shortness of breath, rapid heartbeat, paleness or bruising of the skin are observed. In some cases, diseases can be latent and can only be detected during medical examinations. Therefore, early detection and timely treatment of heart diseases in children is of great importance. It is also necessary to strengthen preventive measures to prevent diseases of the heart and blood vessels in children. This includes the formation of a healthy lifestyle, proper nutrition, physical activity, prevention of infectious diseases, and regular medical examinations. In this regard, the study of cardiovascular diseases, their early detection and effective treatment are of great scientific and practical importance in maintaining children's health and ensuring the healthy growth of the future generation.

Diagram 3. Problems with the circulatory system



1- Arterial hypertension, 2- Hypotension, 3- Vasculitis.

Diseases of the heart and blood vessels in children are one of the most important problems in the field of pediatrics and cardiology. These diseases can significantly affect the physical development of the child, general health and quality of life. Usually, diseases of the heart and blood vessels in children are divided into two main groups: congenital and acquired diseases. Congenital heart defects occur as a result of improper formation of the heart and blood vessels during fetal development. This condition can occur as a result of various factors, including hereditary factors, viral or infectious diseases of the mother during pregnancy, harmful habits, the negative impact of the environmental environment, and uncontrolled intake of certain medications. Congenital heart defects include holes in the walls of the heart (septal defects), improper development of heart valves, narrowing or incorrect location of blood vessels. As a result of such defects, blood circulation is impaired and various organs of the body are not adequately supplied with oxygen. Most congenital heart defects are detected at birth or in the first months of life. In some cases, symptoms of the disease begin to appear only when the child grows up. Children with congenital heart diseases have symptoms such as fatigue, difficulty breathing, pale skin, and rapid heartbeat. In some cases, such children also experience weight gain and growth retardation.

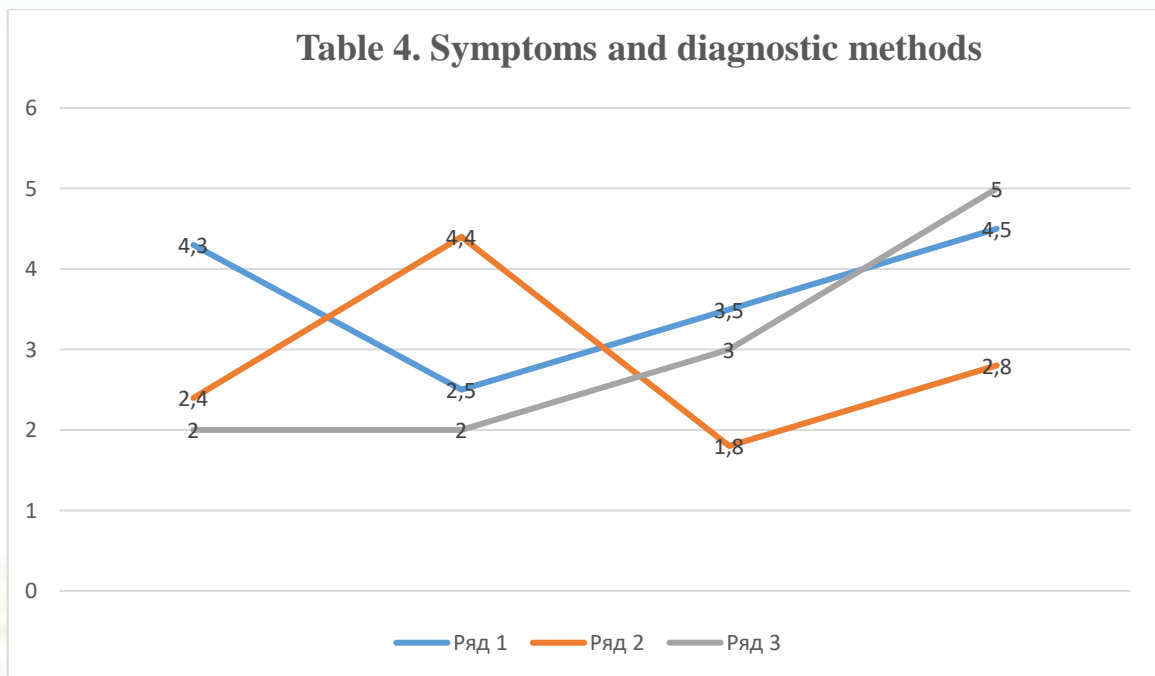


Acquired heart diseases develop during the child's life for various reasons. These include diseases such as rheumatic heart disease, myocarditis, endocarditis, pericarditis, and arterial hypertension. These diseases often occur as a complication of bacterial or viral infections, immune system disorders, malnutrition, a sedentary lifestyle, or other diseases. For example, untreated conditions during throat or respiratory tract infections can later negatively affect heart function.

Clinical signs of diseases of the heart and circulatory system in children can vary. The most common symptoms include fatigue, shortness of breath, fast or irregular heartbeat, pale or blue skin, dizziness, and decreased physical activity. Some children also experience chest pain, loss of appetite, or general weakness. It is important to see a doctor if these symptoms occur.

Modern diagnostic methods are widely used to diagnose heart disease. In particular, electrocardiography (ECG) allows you to assess the heart's rhythm and electrical activity. Ultrasound (ECO or Echocardiography) is important in determining the structure of the heart, the condition of the valves, and the blood circulation. In addition, laboratory tests, X-rays, and other diagnostic methods also help to accurately diagnose the disease.

Treatment methods are determined depending on the type and severity of the disease. In some cases, medications can improve heart function and reduce inflammation. Some complex congenital heart defects require surgery. In addition, physiotherapy, rehabilitation exercises, and a proper diet are important parts of the treatment process.



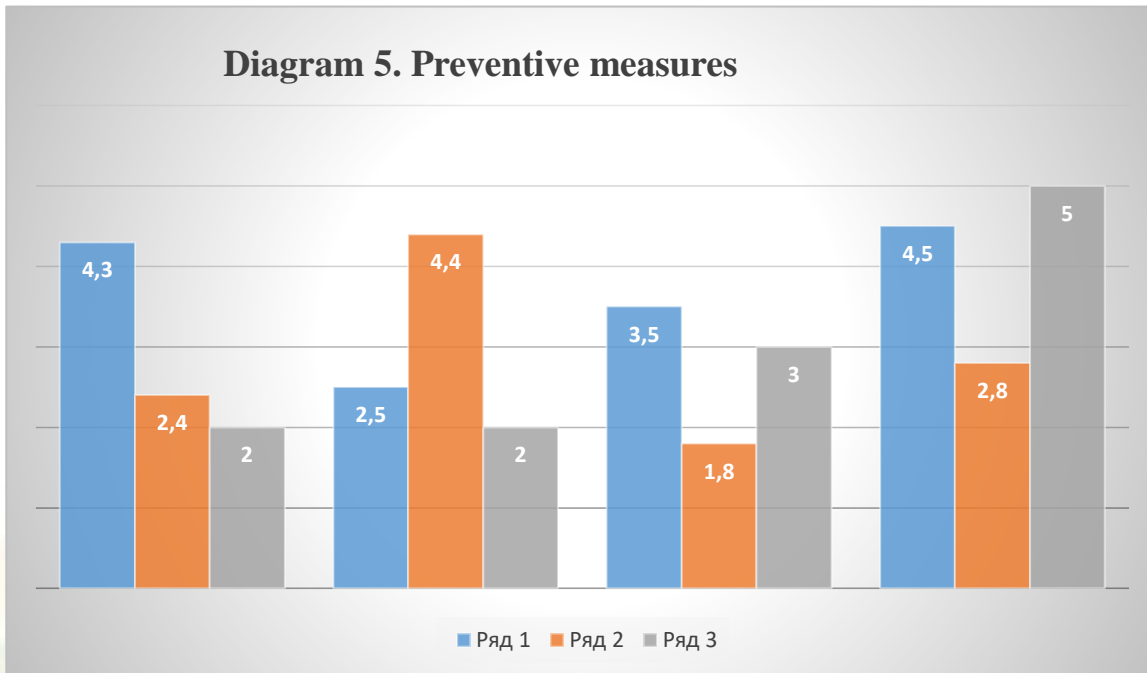
1-Nafas qisishi, 2-Ko'karish (sianoz), 3- Tez charchash.

Prevention of cardiovascular diseases in children is also important. For this, it is necessary to pay attention to the health of the mother during pregnancy, abandon harmful habits, timely treat infectious diseases, properly feed children and ensure their physical activity. Also, regular medical examinations increase the possibility of early detection and timely treatment of diseases.

Therefore, in-depth study of cardiovascular diseases in children, their early detection and use of effective treatment methods are important factors in raising a healthy generation.

In conclusion, cardiovascular diseases in children are one of the urgent problems of modern medicine. These diseases directly affect the physical and mental development of the child, his general health and future quality of life. Therefore, timely detection, correct diagnosis and effective treatment of cardiovascular diseases are very important in protecting children's health.

Diagram 5. Preventive measures



1- Pregnancy, 2- Childhood, 3- Checkups.

Since heart diseases in children can be congenital or acquired, their early detection is of great importance. Thanks to the development of modern diagnostic methods, it is possible to detect many heart diseases at an early stage and treat them effectively. Timely diagnosis can prevent serious complications of diseases and ensure the normal growth and development of the child.

Also, preventive measures play a major role in the prevention of diseases of the heart and circulatory system. The formation of a healthy lifestyle, proper and balanced nutrition, sufficient physical activity, avoidance of harmful habits, and timely treatment of infectious diseases help prevent the development of heart diseases in children. In addition, regular medical examinations of children are also important in the early detection of diseases.

The cooperation of parents, educators, and doctors is an important factor in maintaining children's health. As a result of their joint efforts, it will be possible to form a healthy lifestyle in children, prevent diseases, and raise a healthy generation. Therefore, the study of diseases of the heart and circulatory system in children, their early detection and effective treatment measures remain one of the important areas of the healthcare system.



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