Volume 2, Issue 5, May 2024 ISSN (E): 2938-3765

HEART FAILURE IS A CONDITION WHERE YOUR HEART IS NOT WORKING AS WELL AS IT SHOULD

Akhmadaliyeva Gulshoda Shavkat qizi
Abzoirova Dilso`z Isa qizi
Students of the Tashkent State Dental Institute:

Abdusamatova Iroda Ilhamovna
Scientific Head of the Department of Anatomy

Abstract
In this article, heart failure is a condition in which the heart does not pump enough blood to the rest of your body. If your heart is damaged or isn't pumping properly, it can become enlarged, weak, or stiff about his illness.

Keywords: heart failure, abdominal swelling, heart muscle, ejection fraction, cardiovascular system, high blood pressure.

Introduction

If you suffer from heart failure, your muscles and organs receive less oxygen and nutrients. It can make you dizzy and tired. Excess fluid can build up in your body, which can make you short of breath and cause swelling in your legs or abdomen.

It can be caused by other conditions, including arrhythmias (irregular heartbeats), heart valve disease, uncontrolled blood pressure, or damaged heart muscle after a previous heart attack. As a result, the rest of the body does not receive enough blood, which is rich in oxygen and nutrients. This does not mean that the heartbeat has stopped, but the heartbeat is weaker.

Signs and symptoms of heart failure include exercise intolerance (inability to exercise), shortness of breath, fatigue, swelling (ankles, legs, feet, abdomen, neck), cough, loss of appetite, weight gain, pulse disorder and/or palpitations (feeling of heart beating).

What are the types of heart failure?

Heart failure can occur on the left, right or both sides of the heart. Heart failure can also be grouped by an important measurement known as ejection fraction, which measures how well your heart is pumping blood and is used to treat heart failure . .

Ejection fraction measures the amount of blood your heart pumps in and out with each heartbeat. In a healthy heart, the ejection fraction is 50% or higher, which means that the heart pumps at least half of the volume of blood that fills the chambers with each beat. In heart failure, you may have a reduced rejection fraction or a preserved ejection fraction.

Web of Medicine: Journal of Medicine, Practice and Nursing
webofjournals.com/index.php/5

Heart failure with reduced ejection fraction (HFrEF or systolic heart failure)

In heart failure with a reduced ejection fraction, the heart muscle weakens and cannot pump enough blood to meet your body's needs. As your heart muscle struggles to pump blood properly through your body, fluid begins to build up in your body's blood vessels.

As more fluid builds up, it can leak into the space around your lungs and other parts of your body, causing shortness of breath and swelling. When your heart isn't pumping well, your muscles and organs receive less oxygen and nutrients, which can make you feel dizzy and tired.

Heart failure with preserved ejection fraction (HFpEF or diastolic heart failure)

In heart failure with preserved ejection fraction, the heart muscle is able to pump blood to the rest of your body, but the heart muscle does not stretch well. If the heart muscle does not stretch, the pressure inside the heart can increase. This can cause fluid to leak into the space around the lungs and elsewhere in your body, causing shortness of breath and swelling.

There are other types of heart failure that can cause similar symptoms, such as hypertrophic obstructive cardiomyopathy and right ventricular failure. Talk to your doctor about your heart failure and what it means for your treatment and management.

Heart failure is the main type of cardiovascular disease (CVD) or heart disease. This increases the risk of hospitalization and death.

Heart failure can be suspected based on a physical examination of fluid overload, an abnormal EKG (electrocardiogram) or heart rhythm monitoring, and an echocardiogram (an ultrasound of the heart that shows pump function). Your medical and family history is also important.

Heart failure may show signs of fluid overload. Coughs can show fluid in the lungs as a sign of heart failure. Blood tests such as B-type natriuretic peptide (or BNP) help with diagnosis and are used to monitor the extent of heart failure and response to treatment. An exercise stress test can also screen for heart disease and determine your risk of future damage.

What are the causes of heart failure?

The most common causes of heart failure are heart attacks and coronary heart disease, but there are many other causes. Many people with heart failure live with other long-term conditions, such as lung disease or diabetes.

Heart failure can develop as a result of other conditions that damage, weaken, or harden the heart, such as:

Old age
Chronic conditions - such as diabetes, HIV and thyroid disease
Coronary heart disease and heart attack
Damage to the heart muscle (cardiomyopathy) - causes can include infection, alcohol abuse, and certain medications.
Malfunctioning heart valves (valvular heart disease)
Heart rhythm problems (arrhythmias)
Heart conditions you were born with (such as congenital heart disease)
High blood pressure (hypertension)
Inflammation of the heart muscle (myocarditis)
Pregnancy makes your heart work harder than it should

Web of Medicine: Journal of Medicine, Practice and Nursing
webofjournals.com/index.php/5

Work with your professional healthcare provider to understand why you developed heart failure and how you can manage your symptoms and live a quality life.

What are the signs and symptoms of heart failure?

Heart failure causes symptoms due to a reduction in oxygen and nutrients to the muscles and organs and a build-up of fluid in your body (i.e., congestion). You may experience one or more of these common heart failure symptoms:

Swollen area
Chest pain
Coughing
Difficulty breathing or shortness of breath, especially during physical activity
Discomfort when standing straight due to difficulty breathing
head
Palpitations or rapid heartbeats (such as palpitations)
Loss of appetite or nausea
Swelling of the ankle or fissures (such as edema)
Fatigue
Waking up at night due to difficulty breathing
Weakness

What to do if symptoms worsen ?

If the symptoms of heart failure worsen, you should contact the emergency medical team. If you see your doctor early, you can stop heart failure symptoms from getting worse and help you avoid a long hospital stay.

How to prevent heart failure?

The best way to prevent heart failure is to prevent coronary heart disease and heart attack. If you've had a heart attack, it's important to manage your risk factors and follow your treatment plan, including regular checkups with your healthcare team.

However, sometimes heart failure cannot be prevented, and you may develop symptoms due to another condition, genes, or an unknown cause. Work with your health care team to understand why you developed heart failure and how you can manage your symptoms and live a quality life.

How is heart failure diagnosed?

To diagnose heart failure, your doctor will review your symptoms, ask about your family history of heart disease, and perform a physical exam. Your doctor may recommend some tests, including:

Blood tests
Echocardiogram (ECHO)
Electrocardiogram (ECG)
X-ray of the chest

Living well with heart failure

Web of Medicine: Journal of Medicine, Practice and Nursing
webofjournals.com/index.php/5

Heart failure is a serious chronic condition that requires lifelong treatment. The good news is that treatment can help you feel better, stay out of the hospital, and live a long, healthy life.

Heart failure is rarely curable, so it's important to discuss your end-of-life wishes with your loved ones and healthcare team. Letting your support network know what's important to you and what treatments are best for you is essential to managing your health and quality of life. You can write these wishes into an advanced care directive or plan with your health care team.

Eat healthier foods. Control your intake of sugar, salt, and fat, and get regular exercise (your health care provider can help you make changes to your diet and lifestyle).

Control your blood pressure.

If you are overweight, lose weight. Obesity contributes to high blood pressure and diabetes, which can damage the kidneys and heart.

Angina is a common symptom of aortic stenosis. 50% of patients who are not treated with surgery will die within 5 years after symptoms of angina pectoris appear. The cause of an angina attack is a decrease in the supply of blood and oxygen (oxygen) to the hypertrophied myocardium through the coronary arteries.

Anesthesia - occurs during physical exertion due to a decrease in arterial pressure due to the weakness of general peripheral vascular resistance due to a sharp decrease in blood supply to the brain. Among the causes of anesthesia, ventricular and ventricular arrhythmias, blockade of the conduction system as a result of calcification of the heart also play an important role.

Heart failure . 50% of patients with aortic stenosis and heart failure without surgical treatment will die within 1-2 years. Causes of developing heart failure include the effect of overload and the violation of the systolic and diastolic function of the myocardium.

Literature

1. Bobojonov S.N. Ichki kasalliklar. Toshkent, 2003; 2008 yil. Darslik
2. Sharapov U.B. Ichki kasalliklar. 1994 gg. 2003 gg. Darslik.
3. Sharapov F.G. Ichkikasalliklar. 2006 yil. Darslik
4. Gadaev A.G. “Ichki kasalliklar” Toshkent, 2012 yil. Darslik
5. Makolkin V.I., Ovcharenko S.I., Vnutrennie bolezni. Rukovodstvo k prakticheskim zanyatiyam. Medisina, 1987, 1989, 1994 gg. Darslik
6. Harrison's Principles of Internal Medicine-19th Edition – 2015.

Web of Medicine: Journal of Medicine, Practice and Nursing
webofjournals.com/index.php/5