

## HEART DEFECT

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### Abstract:

Persistent defect, deficiency and changes in the anatomical structure of the heart; interferes with normal blood flow. A distinction is made between congenital and acquired heart disease. Congenital heart defects occur as a result of incorrect formation of the fetal heart and large vessels of the heart during embryonic development. In the early period of pregnancy, poisoning of the mother's body, suffering from some diseases, biological effects of ionizing rays, hereditary diseases, etc. cause.

**Keywords:** Acquired heart disease is a disease of the heart during life, mostly rheumatic carditis, sometimes atherosclerosis, septic endocarditis, wounds, etc. appears as a result of diseases. Acquired heart defects: non-tight closing of the heart valves (at the time of closing); narrowing (stenosis) of the opening between the ventricles (right and left ventricles) or the outlet of the main vessels; a combination of these defects, a defect in one or more valves, etc. enters.

### Introduction

#### The appearance of X-rays

One of the dangerous complications of this disease is that it can kill the patient in three years. Moreover, women are more prone to it.

Mitral valve insufficiency is one of the heart diseases. Most often, the diagnosis is made in patients aged 40-60 years. This is a very dangerous disease, and with the development of some complications, the survival period of patients does not exceed three years. However, there are literally "written" symptoms on the face, which help to detect the disease at an early stage and start treatment in time.

#### What kind of disease is this?

Mitral valve disease (also known as heart disease) is a condition in which the heart valve has a smaller opening or enlargement. Due to this, blood circulation and heart function are disturbed, blood stagnation may develop in the lungs.

#### Why does heart disease develop?

There are several reasons that lead to the development of the disease. Past infections, damage to the cardiovascular system, tumors in the left atrium, connective tissue diseases, and syphilis are also possible.



How to diagnose heart failure?

The danger of this disease is that it develops almost without symptoms in the early stages. However, there are some signs that you should see a doctor as soon as possible:

shortness of breath;

persistent or long-term cough with sputum production;

hemoptysis (not always);

bright blush on the cheeks. Is this disease curable?

There is no complete cure for heart disease, but there are medications that can help control the heart rate and reduce arrhythmias and heart failure. However, in the most difficult cases, surgery may be necessary.

### General understanding of congenital heart disease

Congenital heart defect, i.e. heart defect, is a morphological change of the heart in the first 3 months of the fetus, during the development of the child's heart due to certain external or internal factors. That is, various disorders appear in the development of the heart. Because of this, there is a possibility that the child will be born with a congenital heart defect.

What are the causes of congenital heart defects?

Congenital heart defects are the 3rd most common congenital heart defects after neurological congenital defects and musculoskeletal system defects. It is one of the diseases that cause early death of children.

Many people are interested in the origin of this disease. The first question of parents is "Why was my child born in this condition?" there will be a question.

The cause of congenital heart defects is still not fully understood. The research shows more than 30 causes of the disease. In the first place, infection of the child after the birth of the fetus. That is, the transmission of infection from the mother. In addition, this disease can occur as a result of exposure to the external environment, harmful weather. The neurological condition of a pregnant woman can also be affected. One of the most common causes nowadays is the consumption of alcohol or tobacco products by a pregnant woman. Another question that worries parents a lot is whether the disease was caused by the father or the mother. It is not yet fully proven, but there is also an assumption that a certain percentage is passed through genes.

What are the types (groups) of congenital heart defects?

- We can divide them into two big groups:

The first group: periods with a decrease in the amount of blood circulation in the small blood circulation. These are also called "blue porogs".

The second group: thresholds that occur due to an increase in the amount of blood circulation (pressure) within the small blood circulation. These are called "white porogs". Diagnosis and detection of white powders is delayed. The reason is that these diseases are hidden. As a result, time passes in many cases. We may be late for the operation. Also, many common heart defects in cardiology include interventricular septal defect, interlobular septal defect, aortic stenosis, coarctation of the aorta, stenosis of the pulmonary artery. What can we see the signs of the disease?

- Children with pertussis may have symptoms such as blue nails, blue lips, panting when walking, tiredness, and sitting. The main symptoms are pale skin, bruising, heart murmurs, growth retardation, shortness of breath and signs of heart failure. If a congenital heart defect is suspected,



an ECG, X-ray, echocardiography, cardiac catheterization, aortography, cardiography, cardiac MR are performed. Intercompartmental defects may not cause any symptoms, and the murmur may not be felt when auscultating the heart. If a parent suspects that their child has a congenital heart defect, they should first consult a pediatrician or a pediatric cardiologist. In many cases, parents say they will go tomorrow or the day after, next year, and stay late. In this case, the disease becomes complicated and surgery cannot be performed. The earlier the congenital heart defect is identified and the surgery is performed, the easier it is for the child to get out of intensive care and to recover. Early detection of the disease is very important. If the time is missed, first of all, the condition of the child will be difficult. Secondly, complications arise for doctors. Therefore, it is necessary to identify and prevent it in time. Can congenital heart defects be treated without surgery?

- In our people, there is a concept that congenital heart defects will be closed. True, there are defects that can be closed. You should wait only if the doctors say "we will wait". For example, an interventricular congenital heart defect may close. After the congenital heart defect is detected, it is better to detect it in time and be under constant control, rather than waiting for it to become complicated and inoperable. It is not recommended to go to different doctors. It can only be treated with surgery. Today, about 9,000 children are diagnosed with congenital heart defects in our republic. We don't have enough centers to operate on children born with hypothermia. We have the opportunity to perform only 2-2.5 thousand operations in the republic. There are measures to treat and prevent congenital heart defects, which include maintaining a healthy lifestyle and treating the disease according to its symptoms. When surgical treatment is necessary, children with congenital heart defects are often operated on at the age of 3-10 years. It is possible to achieve an uncomplicated course of the disease through comprehensive care. They should be kept away from people with frequent colds, and any respiratory infections should be treated immediately. In order to have a healthy child, first of all, women should be healthy themselves, refrain from drinking alcohol and smoking, avoid diseases such as diabetes, avoid consanguineous marriages, and in the first three months of pregnancy they should not get viral infections.

Acquired heart disease is a disease of the heart during life, mostly rheumatic carditis, sometimes atherosclerosis, septic endocarditis, wounds, etc. appears as a result of diseases. Acquired heart defects: non-tight closing of the heart valves (at the time of closing); narrowing (stenosis) of the opening between the ventricles (right and left ventricles) or the outlet of the main vessels; a combination of these defects, a defect in one or more valves, etc. enters. There are mitral (opening between the left ventricle and the ventricle and bicuspid valve), aortic, mitral-aortic and other heart defects. In heart defects, due to valve defects, blood partially flows back or as a result of straining through a narrowed opening, the muscular wall of the heart thickens (hypertrophy), then the force of contraction decreases, and its cavities expand (dilatation). As a result, blood circulation is derailed - circulatory failure occurs. Acquired heart disease can occur quickly or slowly over a long period of time. Depending on the location, type, and degree of the disease, the clinical symptoms of the disease are different. Sometimes it can go without any symptoms for a long time. Pregnancy, colds, flu, as well as strong physical stress, etc., cause the symptoms of the disease to intensify and manifest themselves. Symptoms of heart failure, such as rapid pulse, swelling of the legs, shortness of breath, and a murmur in the heart indicate the presence of heart attack. The clinical appearance of heart defects depends on the nature of the defect, as well as the



course of the main disease causing it, the patient's work and rest regime. Timely therapeutic and surgical treatment can alleviate the patient's condition and prolong his life. The treatment is carried out under the doctor's instructions and under his constant supervision. Some types of heart disease can be treated with medication and diet. For this reason, the specialist doctor decides not to operate the patient. Surgical treatment forms the basis of treatment of heart defects.

In order to prevent it, it is necessary to treat diseases that cause heart disease in time.

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