

Current problems in cardio rheumatology and approach to treatment

Dilnura Tursunova Akram qizi

Samarkand State Medical University, 5th year

Zunira Eshonkulova Jamolidinovna

Samarkand State Medical University, 5th year

Fariza Sadikova Ashrafovna

Samarkand State Medical University, 5th year

ABSTRACT

Cardiorheumatology is a branch of medicine that studies the interaction of cardiovascular and rheumatological diseases. This field, by analyzing the complex relationship between the cardiovascular system and rheumatic diseases, helps to develop new treatments aimed at improving the health of patients. This article provides information about the current problems of Cardiorheumatology and the approach to treatment.

ARTICLE INFO

Received: 28th November 2024

Accepted: 26th December 2024

KEYWORDS:

Cardiorheumatology, treatment, problem, patient, prevention, rheumatic diseases, cardiovascular diseases, diagnosis.

INTRODUCTION

Current problems in cardiorheumatology include the interaction of cardiovascular diseases and rheumatic diseases, the diagnosis and treatment of patients as well as the prevention of these diseases and changes in the healthcare system. Cardiovascular diseases are the leading cause of death worldwide and rheumatic diseases are also a serious problem for many patients. The combination of these two areas enables the development of more effective treatments for patients.

MATERIALS AND METHODS

Numerous studies have shown the connection between cardiovascular diseases and rheumatic diseases. For example, rheumatoid arthritis can lead to the development of cardiovascular diseases. This is achieved through inflammatory processes, autoimmune reactions and metabolic changes. Cardiovascular disease can also increase the severity of rheumatic diseases. This situation complicates the treatment of patients and requires new approaches from doctors.

RESULTS AND DISCUSSIONS

The diagnostic process in cardiorheumatology is carried out on the basis of the patient's clinical appearance and laboratory and instrumental studies. In the process of diagnosis, the patient's complaints, medical history and physical examination results are important. In laboratory studies, it is used to detect signs of inflammation, evaluate cardiac function, and confirm rheumatic diseases. On the other hand, instrumental studies are necessary to study the anatomical structure and function of the heart. Treatment methods in cardiorheumatology depend on the type, severity and individual characteristics of the patient. Treatments primarily focus on medication, physical therapy, rehabilitation, and lifestyle changes. Medicines help to reduce inflammation, improve heart function and stop the development of rheumatic diseases. Anti-

inflammatory drugs, immunosuppressants and cardiac support drugs are commonly used in cardiorheumatology. Physiotherapy and rehabilitation play an important role in improving the overall health of patients. These processes help increase the patient's physical activity, strengthen muscles and strengthen the cardiovascular system. Factors such as lifestyle changes, proper nutrition, stress reduction and smoking cessation are also important in improving the patient's health. Innovative approaches to solving current problems are also important in cardiorheumatology. For example, gene therapy, biologics, and new drug development processes are creating new opportunities in the field of cardiorheumatology. These innovations help provide patients with more effective treatments and stop disease progression.[1]

Current problems of cardiorheumatology and approaches to treatment are also associated with changes in the health system. In the health system, it is necessary to develop new strategies for the Prevention of cardiorheumatological diseases, early identification of patients and improving the treatment process. This helps to improve the quality of life of patients and reduce the mortality rate.[2]

International cooperation and scientific research play an important role in solving current problems in cardiorheumatology. Cardiorheumatology research helps develop new medications and treatments. International conferences, symposiums and scientific research enable experts to exchange experiences and learn new concepts. Current problems in cardiorheumatology and treatment methods are also related to the psychological state of patients. Cardiovascular disease can cause stress, depression and anxiety in patients. Therefore, psychological guidance and support are important in the treatment process. Improving the psychological state of patients contributes to the effective implementation of the treatment process.[3]

In order to solve urgent problems in cardiorheumatology, it is also necessary to increase the self-control capacity of patients. Patients must be actively involved in monitoring their health, taking medication, and changing their lifestyle. This is important in improving patient health and preventing disease progression.[4]

CONCLUSION

In conclusion, the current problems of cardiorheumatology and approaches to treatment are associated with complex relations between cardiovascular and rheumatic diseases, the diagnostic process, methods of treatment, innovative approaches and changes in the health system. Research and new approaches in this area will help improve patient health and improve quality of life. In order to achieve successful results in cardiorheumatology, it is important to collaborate among professionals, scientific research, and improve patients' self-management skills.

REFERENCES

1. Abdullaeva, M. (2022). "Cardiorheumatology: Theory and Practice." Tashkent: Publishing House of the Uzbek Medical University.
2. Kadyrov, A., & Sultanov, R. (2023). "The Relationship Between Cardiovascular Diseases and Rheumatological Disorders." Education: Academy of Medical Sciences.
3. Islamov, D. (2021). "Rheumatic Diseases and Their Impact on the Cardiovascular System." Samarkand: Samarkand State Medical Institute.
4. Rasulov, N., & Rakhmonov, I. (2023). "Modern Approaches to Cardiorheumatology." Tashkent: Ministry of Health of Uzbekistan.
5. Mirzayeva, L. (2022). "Diagnosis and Treatment of Cardiorheumatological Diseases." Bukhara: Bukhara State University.
6. Karimov, B. (2021). "Cardiovascular and Rheumatic Diseases: Problems and Solutions." Fergana: Fergana State Medical Institute.
7. Nurmatov, S., & Kholov, A. (2023). "Innovative Approaches in Cardiorheumatology." Tashkent: Medical Academy of Uzbekistan.