# THE IMPORTANCE OF DIET AND HYGIENE IN PATIENTS WITH HEART DISEASE

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***Abstract. Introduction.*** *The article highlights that one of the consequences of today's hygienically improper dietary organization and failure to adhere to a healthy lifestyle is cardiovascular diseases, myocardial infarction, and the importance of nutrition.*

***Objective:*** *The importance of dietary hygiene in patients with cardiovascular diseases.*

***Materials and methods.*** *Patients who presented to the Ishtixon District Health Department's Polytrauma Center in Samarqand Province with complaints of poor health and who were provided with dietary guidelines and instructions on diet and its application in nutrition hygiene and dietetics were used.*

***Results.*** *As socio-economic development continues to advance, various diseases, particularly those related to the heart, are also becoming more sophisticated. We can see that not only the factors mentioned above, but also dietary habits and food hygiene play a very significant role in this process.*

***Conclusion.*** *The population's adherence to a healthy lifestyle and the extent to which they follow it is an integral process linked to food hygiene. In our era, when cardiovascular diseases are on the rise, the science of dietetics and food hygiene is also advancing rapidly. Health is the guarantee of a long life. Therefore, to protect the heart and keep the cardiovascular system healthy in this lifestyle, it is necessary to reduce or completely eliminate certain foods. To reduce the amount of bad cholesterol accumulated in the arteries, physical exercise and activity must be combined with a healthy diet.*

***Keywords:*** *cardiovascular diseases, healthy lifestyle, diseases, heart attack, myocardial infarction, food hygiene, diet, diet tables.*

# ВАЖНОСТЬ ДИЕТЫ И ГИГИЕНЫ ДЛЯ ПАЦИЕНТОВ С СЕРДЕЧНЫМИ ЗАБОЛЕВАНИЯМИ

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***Аннотация. Введение****. В статье подчеркивается, что современные пищевые привычки организованы негигиенично, а сердечно-сосудистые заболевания, инфаркт миокарда и важность питания считаются одним из последствий несоблюдения здорового образа жизни.*

***Цель:*** *Важность гигиены питания у пациентов с сердечно-сосудистыми заболеваниями.*

***Материалы и методы.*** *Использовались данные пациентов, обратившихся в политравматологический центр районного управления здравоохранения Иштикхон в Самаркандской области с жалобами на плохое самочувствие, а также данные о диетических режимах и инструкциях по их применению, предоставленные в области гигиены питания и диетологии.*

***Результаты.*** *В настоящее время, по мере продолжения социально-экономического развития, различные заболевания, особенно сердечно-сосудистые, также становятся все более сложными. Мы видим, что в этом процессе решающую роль играют не только вышеупомянутые факторы, но и пищевые привычки и гигиена питания.*

***Заключение.*** *Приверженность населения здоровому образу жизни и степень его соблюдения являются неотъемлемым процессом, связанным с гигиеной питания. В наше время, когда сердечно-сосудистые заболевания находятся на подъеме, наука о диетологии и гигиене питания также быстро развивается. Здоровье — залог долгой жизни. Поэтому для защиты сердца и поддержания здоровья сердечно-сосудистой системы в этом образе жизни необходимо сократить или полностью исключить определенные продукты. Для снижения количества вредного холестерина, накапливающегося в артериях, физические упражнения и активность должны сочетаться со здоровым питанием.*

***Ключевые слова:*** *сердечно-сосудистые заболевания, здоровый образ жизни, заболевания, сердечный приступ, инфаркт миокарда, гигиена питания, диета, диетические столы.*

# YURAK KASALLIKLARI BILAN HASTALANGAN BEMORLARDA OVQATLANISH TARTIBI VA GIGIYENASINING AHAMIYATI

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***Anotatsiya. Kirish.*** *Maqolada hozirgi kunda ovqatlanish gigiyenik jihatdan noto'g'ri tashkillashtirilganligi va sog'lom turmush tarziga rioya qilmaslikning natijalaridan biri deb hisoblangan yurak qon tomir kasalliklari, miokard infarkti va ovqatlanishning ahamiyati haqida yoritilgan.*

***Maqsadi.*** *Yurak qon tomir kasalliklari bilan og'rigan bemorlarda ovqatlanish gigiyenasining ahamiyati.*

***Materiallar va usullar.*** *Samarqand viloyat Ishtixon Sog'liqni Saqlash Bo'limi Politravma markaziga salomatligidan shikoyat bilan kelgan bemorlar va unga ovqatlanish gigiyenasi va dietologiya yo'nalishida berilgan ratsion va undan foydalanish bo'yicha yo'riqnomalardan foydalanildi.*

***Natijalar.*** *Hozirgi vaqtda ijtimoiy-iqtisodiy rivojlanish tobora oldinlab borgani sari, turli kasalliklar xususan yurak bilan bog'liq kasalliklar ham takomillashmoqda. Ushbu jarayonga nafaqat yuqoridagi omillar, balki ovqatlanish tartibi va ovqatlanish gigiyenasining ahamiyati juda katta ekanligini ko'rishimiz mumkin.*

***Xulosa.*** *Aholining soglom turmush tarziga rioya qilishi va unga qay darajada amal qilishi ovqatlanish gigiyenasi bilan uzviy bog'langan jarayondir. Yurak qon tomir tizimi kasalliklari avj olib borayotgan zamonamizda dietologiya va ovqatlanish gigiyenasi fani ham rivoj topishi jadallashmoqda. Salomatlik uzoq umr garovidir. Shuning uchun bu hayot tarzida yurakni asrash qon tomir tizimini salomatlikda saqlash uchun ba'zi mahsulotlarni miqdorini kamytirish yoki umuman olib tashlash zarurdir. Tomirlarda yig'ilgan yomon xolestrin miqdorini kamaytirishda jismoniy mashq va faollikni ham bir tekisda sog'lom ovqatlanish bilan yo'lga qo'yish lozim.*

***Kalit so'zlar.*** *yurak qon tomir kasalliklari, sog'lom turmush tarzi, kasalliklar, infarkt, miokard infarkti, ovqatlanish gigiyenasi, parhez, parhez stollari.*

**Relevance.** Life after cardiovascular disease involves organizing a healthy and nutritious diet.

Lifestyle changes are essential for a full recovery after a heart attack. An important step in this direction is adjusting your diet. What should your diet look like after cardiovascular disease?

If we look at the facts and figures, most people who are overweight are those who do not pay attention to their diet and the quality of food, and whose main source of nutrition is fast food.

The main cause of excess weight is poor nutrition, which in turn leads to atherosclerosis.

Obesity has become a major problem in the field of dietetics, which today attracts the most attention and is the subject of the most active campaign. It not only affects health, but also has a social impact on a person's mood and quality of work, causing lethargy and reduced productivity.

People who have had a heart attack are at higher risk of new cardiovascular events than people with healthy hearts. Lifestyle changes can significantly reduce this risk. According to statistics, in the US alone, effective prevention of recurrent cardiovascular events through lifestyle changes saves the lives of more than 80,000 people a year.

Studies show that quitting smoking, regular physical activity, and improving nutrition reduce mortality by more than 20%. However, despite such a strong preventive effect, not everyone is eager to switch to a special diet after cardiovascular disease, especially after a heart attack. It is known that in high-income countries, only 43.4% and 25.8% of patients with cardiovascular disease adhere to the principles of healthy eating. Even when fully informed about the importance of adjusting their diet and the basic requirements for making changes, many patients reduce the calorie content of their diet and continue to eat unhealthily. At the same time, the principles of healthy eating are simple to understand and apply in practice.

**Objective:** The importance of nutritional hygiene in patients with cardiovascular diseases.

**Materials and methods.** Data were used from patients who visited the poly-trauma center of the Ishtikhon District Health Department in the Samarkand region with complaints of poor health, as well as data on dietary regimens and instructions for their use provided in the field of nutritional hygiene and dietetics.

**Research results.** In our country, cardiovascular diseases and the problem of excess weight, as well as endocrinological factors, cannot be considered stable. According to some data, this indicator is considered one of the main problems causing concern throughout the world.

The basic principles of healthy eating include the following:

I. Daily consumption of vegetables, fruits, whole grains, nuts, and seeds.

II. A diet rich in healthy fats.

III. Eating fish or seafood two to three times a week.

IV. Limiting consumption of fried and baked foods, especially chips, cookies, cakes, and other foods made with white flour.

V. Limiting salt intake.

As an example, a sample healthy eating plan, compiled in accordance with the basic principles of choosing a diet for cardiovascular disease, can be organized as follows:

1. At least five servings of vegetables and two servings of fruit per day. Remember that one serving is about the size of your palm (approximately 80 g).

2. Include whole grain bread, whole grain pasta, and rice in your diet.

3. Choose lean meats (remove fat and skin from poultry). Limit your consumption of processed meats such as sausages and other meat delicacies.

4. Eat two to three servings of fish and seafood per week. They can be fresh, canned, or frozen.

5. Include legumes in your diet. Twice a week, your menu should include lentils, chickpeas, dried or canned beans, etc.

6. Eat about six eggs per week.

7. Minimize your consumption of salty, fatty foods, baked goods, and sweets.

8. Choose low-fat milk and dairy products over full-fat ones.

9. Include unsaturated fats in your diet for cooking. Use sunflower, olive, soybean, or sesame oil instead of spreads, mayonnaise, and margarine.

10. Limit your consumption of sweetened beverages and tea, replacing caffeine with decaffeinated alternatives.

Healthy eating is inextricably linked to high-quality food preparation. Healthy eating is not just about eating plenty of fruit, vegetables, fish, and whole grains. It is also about cooking food properly in cookware that preserves its beneficial properties.

How to cook properly?

Instead of frying meat in a pan, it is better to wrap it in foil and cook it in the oven or on the grill. The same is best done with fish and poultry.

-Use sunflower or olive oil for frying. Use a non-stick pan so that the food does not absorb too much oil.

-It is important to remove fat from meat before cooking.

How to cook properly?

-Use a minimum amount of salt.

-Cool food immediately after cooking. The fat will solidify on the surface, after which it can be removed.

Which foods are best to choose?

-Use low-fat dairy products and unsweetened natural yogurt.

-Replace sour cream or mayonnaise with low-fat cottage cheese or natural fat-free yogurt.

-Choose low-fat cheeses.

-Use olive oil and other vegetable oils instead of cooking fats.

-Choose lean meats and skinless poultry.

There are three foods that are harmful to the cardiovascular system when consumed in excess:

**Fats!** High consumption of saturated fats leads to an increase in low-density lipoproteins—a type of cholesterol known as “bad” cholesterol. Studies show that replacing saturated fats in the diet with polyunsaturated fatty acids found in vegetable oils reduces the risk of cardiovascular disease by 18%.

Sources of saturated fats in the diet include animal fats found in meat, poultry, and dairy products. They are also present in some vegetable oils, particularly palm and coconut oil. Sources of saturated fats include animal fats found in meat, poultry, and dairy products. They are also present in some vegetable oils, particularly palm and coconut oil.

Trans fats are another important risk factor for cardiovascular disease. Cardiovascular risk doubles with every 2.2% increase in calories consumed from trans fats.

Trans fats increase the level of total and “bad” cholesterol in the blood, and also reduce the level of “good” cholesterol — high-density lipoproteins. Small amounts of trans fats are naturally present in dairy products, beef, sunflower seeds, and lamb. However, industrial, artificial trans fats can make up a very large proportion of the diet. They are used in cooking, so cookies, cakes, pastries, and other sweets are rich in trans fats. Keep in mind that trans fats are also present in butter: it contains 50% saturated fat and 4% trans fat. According to the World Health Organization's recommendations, saturated fat intake should be less than 10% of total energy intake, and trans fat intake should be less than 1.01%. They should be replaced with unsaturated fats.

**Salt!** Close attention should be paid to controlling salt intake. It is well known that excessive consumption of salty foods leads to the development of hypertension and other cardiovascular diseases. Daily salt intake of more than 5 g increases the risk of cardiovascular disease by 17% and the risk of stroke by 23%.

After a heart attack or stenting, it is necessary to carefully control salt intake, as it is present in many processed foods, including cookies, processed and dried meat, sauces, pizza, hamburgers, and others. The World Health Organization recommends a maximum daily salt intake of 5 g.

**Alcohol!** There is also a proven link between excessive alcohol consumption and cardiovascular diseases, in particular cardiomyopathy, hypertension, arrhythmia, hemorrhagic and ischemic stroke. “Excessive” consumption is defined as consuming three or more units of alcohol per day.

One unit of alcohol is contained in 100 ml of wine, 285 ml of beer, or 30 ml of spirits. There are no established norms for alcohol consumption within the framework of a healthy diet. It is undoubtedly recommended to exclude alcohol from your diet or, at least, to reduce its consumption to a minimum.

**Conclusion.** The population's commitment to a healthy lifestyle and the degree to which it is adhered to are an integral process associated with nutritional hygiene. Nowadays, when cardiovascular diseases are on the rise, the science of dietetics and nutritional hygiene is also developing rapidly. Health is the key to a long life. Therefore, to protect the heart and maintain the health of the cardiovascular system in this lifestyle, it is necessary to reduce or completely eliminate certain foods. To reduce the amount of harmful cholesterol that accumulates in the arteries, exercise and physical activity should be combined with a healthy diet.

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