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THE OCCURENCE OF ARTERIAL HYPERTENSION IN IMPAIRED GLUCOSE TOLERANCE AND THE EFFECTIVENESS OF ITS TREATMENT

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Annotation: This article discusses the amount of glucose in humans and the occurrence of hypertension under its influence. What changes glucose causes in the human body. It discusses what forms it occurs in. In addition, we can observe metabolic disorders among people today, including malnutrition and the emergence of glucose tolerance as a result of this. Arterial hypertension is also one of the most common diseases among the people. In this regard, the article also discusses its types and risk factors

Keywords: tolerance, hypertension, risk factors, frequency, glucose tolerance, prophylaxis, treatment effectiveness, comorbidity.

ВОЗНИКНОВЕНИЕ АРТЕРИАЛЬНОЙ ГИПЕРТЕНЗИИ ПРИ НАРУШЕНИЯХ ТОЛЕРАНТНОСТИ К ГЛЮКОЗЕ И ЭФФЕКТИВНОСТЬ ЕЕ ЛЕЧЕНИЯ

Примечание: В данной статье рассматривается количество глюкозы в организме человека и возникновение гипертонии под ее влиянием. Какие изменения вызывает глюкоза в организме человека. Рассматриваются формы ее возникновения. Кроме того, в настоящее время у людей наблюдаются нарушения обмена веществ, включая недоедание, и возникновение нарушений толерантности к глюкозе как следствие этого. Артериальная гипертония также является одним из наиболее распространенных заболеваний среди населения. В связи с этим в статье также рассматриваются ее типы и факторы риска.

Ключевые слова: толерантность, гипертония, факторы риска, частота, толерантность к глюкозе, профилактика, эффективность лечения, сопутствующие заболевания.

The glucose tolerance test (GTT) is a very simple test used to check your body's response to sweets or sugar. First, you are given a sample of glucose, and then blood samples are taken at various intervals. This blood sample is used to assess the response of the body's cells to glucose. Your doctor may recommend this test if they suspect the following conditions:

o diabetes
o Insulin resistance
o Decreased beta-cell function
o Carbohydrate metabolism disorder
o Hypoglycemia

There are many types of glucose tolerance tests. The OGTT, or oral glucose tolerance test, is the most common type of GTT. It is mainly used to diagnose gestational diabetes.

Arterial hypertension (hypertension) is a condition in which blood pressure in the blood vessels is persistently higher than normal. This condition is a major cause of serious complications such as myocardial infarction and stroke. It is divided into primary (primary disease) or secondary (complication of other diseases).

Blood Pressure Indicators

• Normal pressure: less than \(120 / 80\) mm Hg

• High normal: \(130 - 139\) mm Hg (systolic) and \(85 - 89\) mm Hg (diastolic)
• Hypertension (primary): \(140 / 90\) mm Hg and above.

Causes

• Hereditary predisposition: Presence of hypertension in parents
• Unhealthy lifestyle: Excessive salt intake, inactivity (hypodynamia) and obesity
• Chronic stress: Constant tension of the central nervous system
• Bad habits: Smoking and alcohol abuse
• Secondary causes: Kidney disease, thyroid disease, or medication

Main Symptoms

In many cases, the disease is initially asymptomatic (hidden). That is why it is called the "silent killer". Later, the following symptoms may occur:

• Headache (especially in the back of the head) and dizziness
• Vision of flies
• Rapid heartbeat (tachycardia) and chest pain
• Fatigue and insomnia

Treatment and Prevention

To control the disease and prevent complications, it is important to follow the following measures:

1. Lifestyle changes: Normalize body weight, reduce daily salt intake, increase physical activity.

2. Drug treatment: Blood pressure-lowering drugs (e.g., beta-blockers, diuretics, calcium antagonists) are taken regularly as prescribed by the doctor.

3. Regular monitoring: It is recommended to measure blood pressure regularly

The purpose of the study. The relationship of arterial hypertension with different phases of glycemic curve disorders.

Materials and methods of the study: The research work was conducted in the 4th family polyclinic. A total of 200 patients with arterial hypertension were examined. Normal AD was considered to be systolic arterial pressure (SAB) ≤ 139; diastolic arterial pressure (DAB) ≤ 89; arterial hypertension (AG) - SAB ≥140; DAB ≥ 90. Glucose tolerance was assessed based on fasting glycemia after taking 75 g of glucose, as well as the results of a standard glucose tolerance test after 1 and 2 hours.

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The Glucose Tolerance Test (GTT) is a medical laboratory test that determines how well the body processes blood sugar (glucose) and helps to detect latent diabetes or prediabetes.

How is the test performed?

1. Initial blood test: The test is given in the morning on an empty stomach (8-14 hours after the last meal).

2. Sugary drink: After the first blood test, the patient drinks a certain amount (usually 75 grams) of glucose solution.

3. Follow-up tests: The blood is re-tested 1 and 2 hours after drinking the glucose.

Results of the study: According to the data obtained, AG was found in 11.5% of patients with normoglycemia. AG was found in almost every fourth patient (26.9% and 27.0%, respectively) with hyperglycemia 1 hour after a meal and 2.4 times more often than in patients with normal glucose tolerance. AG was found in 40.3% of patients 2 hours after a glucose load, 4 times more often than in patients without hyperglycemia. AG was most often observed in patients with QD, in 70.7% of cases. A sharp increase in diastolic pressure 2 hours after a glucose load, and an increase in systolic pressure in fasting glycemia is characteristic.

Conclusion: Thus, the occurrence of AG among patients with impaired glucose tolerance is associated with different types of hyperglycemia. In this case, the level of systolic and diastolic arterial pressure is to some extent associated with violations of different phases of the glycemic curve. The frequency of arterial hypertension in patients with impaired glucose tolerance is higher than in patients with arterial hypertension. Due to an additional factor, namely, glucose affects the vascular wall and its histology, as a result of which vascular permeability is impaired, this condition has been found to increase the likelihood of developing hypertension several times.