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Alali Ghanem M., Alali Ahmad M.

Scientific supervisor: Asst. Prof. N. M. Turchnko

Educational Establishment
«Gomel State Medical University»
Gomel, Republic of Belarus

THE DEVELOPMENT OF HYPERTENSION IN YOUNG ADULTS: REVIEW OF PREVALENCE, RISK FACTORS, AND MANAGEMENT STRATEGIES

Introduction

Hypertension, a major global health concern, ranks as the third leading risk factor for cardiovascular disease. While traditionally associated with older populations, recent data indicate a rising prevalence in young adults (18–35 years). Updated guidelines defining hypertension at ≥130/80 mm Hg have further highlighted this issue. Studies indicate approximately 27% of US adults aged 20–44 are affected. This condition elevates the risk of severe cardiovascular events. This review examines the epidemiology, risk factors, and management of hypertension in this younger demographic, synthesizing current literature to enhance awareness and clinical strategies.

Goal

This study aims to explore hypertension in young adults, focusing on prevalence, risk factors, causes, and management strategies.

Material and methods of research

This article is based on scientific publications from PubMed and Google Scholar. were analyzed to extract, and generalize data focusing on statistical evidence and clinical implications.

The results of research and their discussion

Hypertension in young adults is increasingly recognized as a significant health issue. Recent NHANES data from 2017–2018 indicate a US prevalence of 27.22% among adults aged 20–44. This figure, higher than previous estimates, is partly due to revised guidelines. For example, prior to guideline updates, prevalence estimates were around 12.5% for the 20–40 age group. Regional variations exist; a study in Kerala, India, reported 11.2% prevalence in a similar age. Risk factors are multifactorial and strongly linked to lifestyle. Smoking, affecting 88% in some hypertensive groups, and alcohol consumption are significant contributors. Obesity, defined by a BMI > 25 kg/m², and sedentary lifestyles are also prevalent, with 58% of hypertensive young adults exhibiting high BMI or waist-to-hip ratio. Excessive salt intake, especially in high-sodium diets, and a family history of hypertension further elevate risk. While primary hypertension is most common, driven by these factors, secondary hypertension due to conditions like kidney disease is also a consideration. Management strategies emphasize lifestyle modifications including dietary changes (DASH diet), regular exercise (at least 150 minutes weekly), weight management, smoking cessation, and moderated alcohol intake. Pharmacological interventions are considered when lifestyle changes are insufficient. However, treatment rates are suboptimal; studies suggest only approximately 50% of young adults with hypertension receive treatment, with control rates around 40.2% among those treated, lower than in older populations. Low awareness, with only 27.2% of 18–39 year old being aware of their condition, and challenges in adherence pose significant barriers to effective management.

Conclusions

Hypertension in young adults presents a growing health challenge, with a notable US prevalence of approximately 27%. Lifestyle factors are primary drivers, necessitating comprehensive management strategies incorporating diet, exercise, and stress management. Addressing low awareness and improving adherence are crucial for mitigating long-term cardiovascular risks in this population through enhanced education and proactive screening.

LITERATURE

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Alali Ghanem M. & Alali Ahmad M.

Scientific supervisor: Asst. Prof. N. M. Turchnko

Educational Establishment
«Gomel State Medical University»
Gomel, Republic of Belarus

THE DEVELOPMENT OF GASTRITIS IN YOUNG ADULTS: PRELEVENCE, ETIOLOGY AND PREVENTION

Introduction

Gastritis, characterized by inflammation of the gastric mucosa, has become increasingly prevalent among young adults aged 18–35. Historically considered a condition of older populations, its rising incidence in younger cohorts prompts investigation into modern etiological factors. Lifestyle changes, dietary habits, and irregular eating schedules are frequently implicated, reflecting shifts in societal norms such as fast-paced living and increased reliance on processed foods. Chronic gastritis, if untreated, may lead to complications like peptic ulcers or gastric cancer, underscoring the need for early identification of risk factors. Studies indicate that approximately 20–30% of young adults in urban settings report gastrointestinal symptoms annually, with gastritis being a leading diagnosis [1]. This paper examines the interplay of food choices, lifestyle, and eating timing in the development of gastritis, focusing on preventable causes. By understanding these contributors, targeted interventions can be designed to mitigate this growing health concern.

Goal

This research aims to explore the primary etiological factors – specifically dietary habits, lifestyle choices, and eating schedules – associated with gastritis development in young adults. It seeks to identify key patterns and propose evidence-based strategies for prevention.

Material and methods of research

This article is based on scientific publications from PubMed and Google Scholar. were analyzed to extract, and generalize data focusing on gastritis etiology in young adults.