

mention of the importance of having a great support system (that is, family, friends), living healthily, and having an active lifestyle. A patient who presently has no close family relations made mention of the importance of laughter on her health, of which she strongly recommends.

### **Conclusion**

According to the analyzed result and reviewed articles, it is certain that lifestyle plays a very big role in determining how long patients with cardiovascular disease live. Also, it can be concluded that among the lifestyle criteria that were checked, close relationship and the ownership of pets had the most significant effects on the lifespan of patients living with cardiovascular diseases.

### **REFERENCE**

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## **PREVENTION OF CORONARY HEART DISEASE**

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### **Introduction**

In the world today people die of so many diseases. Ischemic heart diseases is the top cause of death in 2017. It causes 8.8 million deaths in 2015 which accounts for 15.5 % of the total population [1].

Atherosclerosis is the main cause of this disease. Research dating far back to 1995; have been conducted to show a link between exercise and coronary heart disease (CHD). Several studies shows that exercise and aerobic training can cause an increase in the amount of nitric acid (NO) and decreases arterial stiffness, protect the body against oxidative stress, and enhances endothelium dependent vasodilation through the increase in the production of NO [2].

### **Aim**

To determine frequency of bad habits among patients with CHD.

### **Material and methods**

40 patients with CHD from cardiology department at Gomel city clinical hospital N 3, Belarus were examined. The research was conducted using structured questionnaires among selected patients. The patients completed questionnaires that were designed to examine their lifestyle level.

### **Results and discussion**

We commissioned a total of 40 patients to study, 24 (60 %) male and 16 (40 %) all above the age of 40 years.

### **Diet**

During my interview with patients with different forms of CHD questionnaires were thrown to their type of food they consumed regularly from the ages of 20–45 years.

60 % patients consume fatty foods: margarine, cheese, pork which are foods which increases the amount of low density lipids (LDL). LDL they deliver cholesterol organs which produces of steroid hormones, for example, to the gonads the male they are used to produce

testosterone, for the female they are used to produce progesterone and estrogen. Cholesterol can be delivered to the adrenal gland which produce aldosterone, cortisol. Cholesterol also acts as a lipid bilayer in many organs. On the another hand, LDL becomes atherosclerotic when its in a high concentration in the blood, and tends to stick to the lining of blood vessels. High density lipids (HDL) acts as a scavenger in the body by taken up this excess cholesterol through a means called «reverse cholesterol transport reuptake», and are taken back to the liver for excretion [3–4]. 40 % who didn't consume red meat and pork all had minor incidences and the cause of their disease were basically stress and of smoking cigarette.

60 % fry their foods, all on a regular bases with semi hydrogenated vegetable oils, which are known to contain transfatty acids.

75 % patients eat fruits but not regularly.

Physical activity: 87.5 % patients don't do regular exercise. Regular physical exercise as apart of a multifunctional intervention corrects endothelial dysfunction, improves symptoms in patients with CAD, augument myocardial perfusion and reduces mortality in patients [4]. Endothelial dysfunction has been identified as a major predictor of future cardiovascular event and precedes the development of coronary artery diseases (CAD). Based on research in Japan people volunteered for an experiment did 20 mins of exercise every day, the result showed an increase in the HDL level by 2.5mg/dl (6.4 %) and an extra 10 mins work out also lead to an increased output of 1.4mg/dl (10 %) [5–7].

Bad habits: 100% patients smoked from the ages of 20–40 years.

Obesity: 60 % patients are obese, 20 % – over weight and the rest were normal. The average calories consumed by a person decreases as he or she gets older, from the ages of 16–40 years is 2.4 kcal, 40 years above for a sedentary life style need only an average of 2.1 kcal per day [8]. This excess additional energy are stored as fats in the adipocytes which leads to obesity, increased level of cholesterol and triglycerides.

### ***Conclusion***

According to the researches reviewed and also interviews, it has shown the benefits of exercise and also those foods stuffs to avoid in order to prevent and decrease any chances of having coronary heart disease. Other consumable goods are cigarette, beer, vodka, transfats, fried foods in hydrogenated oil should be replaced by vegetables, fresh fruits, fish and clean water, poultry, seeds, legumes, whole grains to prevent coronary heart disease.

### **REFERENCE**

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## **DIABETIC FOOT CARE AMONG PATIENTS**

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### ***Introduction***

Diabetic Mellitus (DM) is a metabolic disorder that is characterized by chronic hyperglycemia; it's a common and disabling chronic disease [1, 2]. In this, there is awareness among the population. Young and elderly people are at risk of DM and accounts for about half of the