

All patients (100 %) agreed to taking their medications prescribed by the doctor daily. About self medication 30 % answered yes (20 % females and 10 % males) and 70 % answered no (30 % females and 40 % males).

Conclusions

This data shows the most common diseases which can be seen in the Gastroenterology department to the least common one. Chronic Pancreatitis (affecting both males and females equally); Liver Cirrhosis being the second (affects both males and females equally); Stomach Ulcers (affected only males); and least was Ulcerative Colitis (seen only in females during the research in the Gastroenterology department).

Reasons were mainly due to family history, bad habits like alcohol intake and smoking, and poor diet. Bad habits and poor diet were seen mainly in the males.

According to the research all patients agreed in taking their medications daily prescribed by the Gastroenterologist. Patients are aware of their various conditions and are able to manage it very well.

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CARDIOVASCULAR RISK FACTORS AND LIFESTYLE BEHAVIORS ASSOCIATED WITH ISCHEMIC HEART DISEASE

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Introduction

Ischemic heart disease remains the leading cause of morbidity and mortality in Europe [1]. The Slavic countries of the former soviet region (F s u) Russian, Belarus and Ukraine retain one of the highest ischemic heart disease rate [2]. The latest who data published in 2017 coronary heart disease death in Belarus reached 60,337 or 49.90 % of the total death thereby ranking Belarus number four in the world [3].

The purpose of the study

To analyze and evaluate the most prevalent cause of cardiovascular risk factor and lifestyle associated with patients with ischemic heart disease.

Material and methods

This study was carried out in Gomel Regional Hospital N3 in the department of cardiology. 28 patients were examined — 30 % males and 70 % female. The age ranging from 35 – 70 years, 3 of the patient where below 35 years of age and 25 of the other patient where above 50 years of age. Most patients had arrhythmia and stenocardia.

Questionnaires was involved in this study and asking patients with ischemic heart diseases. Questions was based on known cardiovascular risk factor and lifestyle factors like: age, arterial hypertension, smoking, alcohol consumption, family history, obesity, diabetes, high cholesterol level, physically active and taking of drugs not prescribed by the doctor (over the counter drugs).

Results

The result showed how greatly arterial hypertension had the highest predisposing factor for ischemic heart disease — ranking over 76 %. It was noticed that these patients had arterial hypertension prior to the appearance of ischemic heart disease. Also high cholesterol level also played a major role too; 56.6 % of patients were on lipid lowering drugs. Furthermore when asked about any cardiovascular family history 40 % of patient said they had family history of the disease. Alcohol consumption took about 33 % with patient confirming they consume alcohol regularly except when they are admitted to the hospital

Additionally when asked about if they have ever had Diabetes, 25 % of patient asked had diabetes and also family history of the disease. Another point asked was about smoking of the patient and 6.6 % of all patients were smokers. Also during the cause of the research 40 % confirmed they had family history of the disease and 23 % said they had taken drugs not prescribed by a doctor before. When asked about physical activity 36 % were physically active while the rest said they have never done any physical activity. Obesity took about 20 % of all patients asked.

Finally, it was very clear that this disease had an average age of 55 years and most of the patients had their first signs of this disease in their fifties. Out of the 28 patients that were asked only 3 was in their thirties. Which goes to say this disease occurs in a more advanced age.

Conclusion

According to the analyzed result and reviewed article it shows how greatly arterial hypertension, high level of cholesterol and alcohol consumption was the highest prevalent predisposing factor to ischemic heart disease which happened to be lifestyle factors. If more awareness can be raised on better lifestyle changes ischemic heart disease can be greatly prevented among the population.

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EFFECT OF LIFESTYLE ON THE LIFESPAN OF PATIENTS WITH CARDIOVASCULAR DISEASES

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Introduction

Today cardiovascular diseases are the leading cause of death in the world. In the world each year 17.9 million people die from cardiovascular diseases (CVD) which is an estimated 31 % of all deaths worldwide. In Europe CVD accounted for 45 % of all deaths. Top risk factors for cardiovascular diseases include physical inactivity, smoking, obesity, uncontrolled arterial hypertension, hypercholesterolemia and much more. According to a research by Tsevat et al., it was reported that the life expectancy by 35 years of age in the US will increase by 3.1 & 3.3 years for males and females respectively, if there is elimination of mortality from coronary heart disease.