MODERN IDEAS ABOUT THEMETABOLIC SYNDROME, ITS MAIN COMPONENTS AND RISK FACTORS

Bekmatova Sh.K
Yusupova Sh.B
PhD Urgench branch of the Tashkent Medical Academy, Uzbekistan

Relevance and relevance of the dissertation topic . One of the most important problems of modern medical science and practice is the ” Metabolic syndrome (MS), which is based on insulin resistance . Insulin resistance is a violation of the tissue response from various organs to the failure of the hypoglycemic action of insulin , resulting from a deterioration in glucose metobalism , compensatory increase in insulin production by beta cells and the development of hyperinsulinemia . It should also be noted that the metabolic consequences of insulin resistance can lead to hyperglycemia , hypertension , dyslipidemia , visceral obesity, hyperuremia, elevated markers of inflammation, endothelial dysfunction, and a trobatic state. Moreover, according to foreign researcher, “the progression of insulin resistance can lead tometabolic syndrome, non- alcoholic fatty liver disease (NAFLD) and type 2 diabetes mellitus (DM).

Purpose of the study. To study in a comparative aspect the significance of the MS structure and the dynamics of the developments in different age periods.

Main objectives of the study.

1. Conduct an analysis of the structure of the metabolic syndrome in persons of different ages.

2. To investigate the relationship of various categories of the main components of MS with associated disiases in different age periods.

Research result. The overall prevalence of hypertension in each age group relative to the previous one was statistically significant. With age, the frequency of cases of optimal blood pressure decreases (from 59,7% at the age of 20-29 years to 24,16% at the age of 60-99 years),and the frequency of hypertension increases significantly (from 3,88% among people aged 20-29 to 35,96% among 60-90 year old men). At the same time, the prevalence of cases of normal blood pressure practically does not change with age. It should be noted that in the surveyed population, more than half of the cases of AH are grade 1 (11,36%) and only 1,98% are cases of grade 3 AH . The date obtained indicate than AH of 1 and 2 degrees occurs already at the age of 20-29 years, and cases of AH of 3 degrees occur only after 30 year . Moreover, 2 cases of AH of the 3 rd degree , identified in the age group of 30-39 years , were observed in one man at the age of 37 year , in another at the age of 39 year , i.e. closer to the fifth decade .

The prevalence of hypertension in different age groups (in%) / according to WHO classification , 1999

Age (year)	20-29 n=355	30-39 n=322	40-49 n=361	50-59 n=618	60-69 n=178	20-69 n=1814
Optimal BP	59,70	50,31	42,38	35,44	24,16	42,83
Normal BP	29,25	30,43	29,92	27,18	29,78	28,94
High normal BP	7,16	9,01	8,86	11,17	10,11	9,48
Arterial hypertension	3,88*	10,25*	18,84*	26,21*	35,96*	18,74*
INCLUDING						
Degree 1	3,58	9,01*	13,57	13,11	19,66	11,36
Degree2	0,30	0,62	3,88	10,03	10,67	5,40
Degree3	0,00	0,62	1,39	3,07	5,62	1,98
Total	100,00	100,00	100,00	100,00	100,00	100,00

Award : *- means the significance of the significance of the difference in the frequency of hypeptension relative to the previous age group.

Conclusion. In studies performed before the introduction of the modern classification , when detecting elevated blood pressure , slightly different criteria than the WHO criteria given above are used as criteria for hypertension . In order to achieve comparability of the data of this study with the results of other previously performed population-based studies , an assessment of blood pressure indicators was carried out according to the epidemiological criteria proposed by Rose G.A., Blackburn H. in 1968 .