Independent work

Theme: Angina pectoris

Prepared by:Zhaksylyk.R.R
Group: 203 B
Faculty: General medicine
Checked by: Kosbatyrova Nauat.B.

Almaty 2013

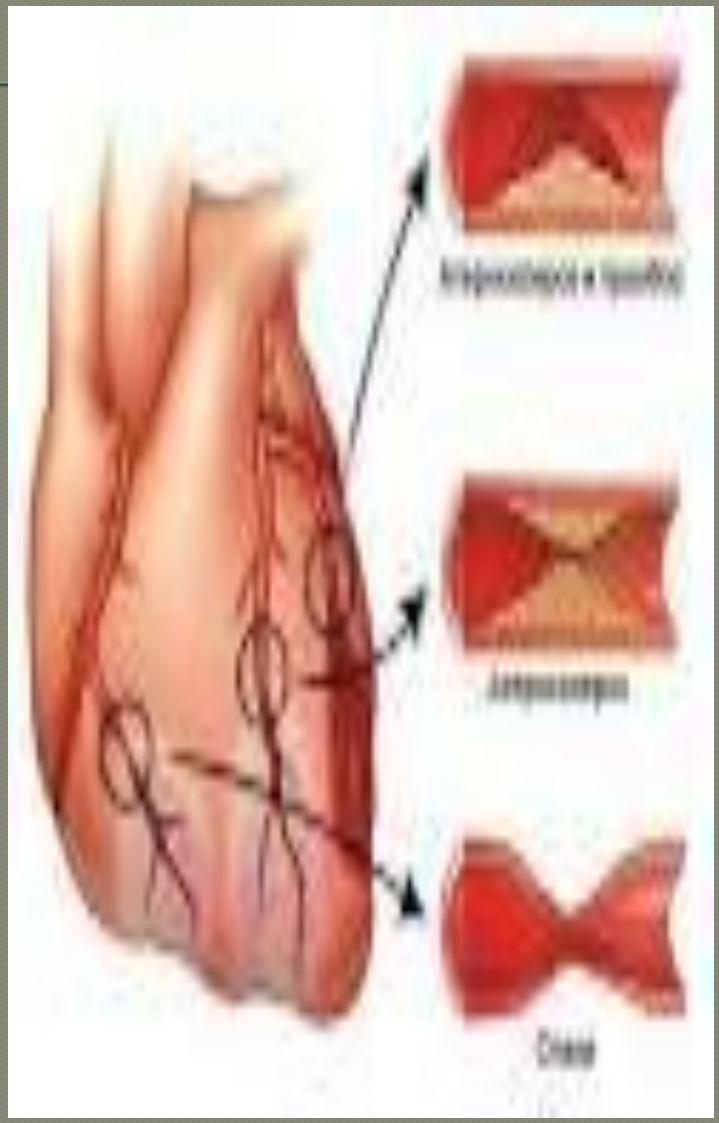
Angina is also a disease (coronary heart disease) and clinical syndrome. In the first case, the most common cause of angina is coronary atherosclerosis, which leads to a significant narrowing of the lumen, and consequently the impossibility of adequate blood supply to the myocardium. Syndrome angina unchanged arteries characterized primarily for aortic defects.

By definition, angina - pain or discomfort in the chest, arising from ischemia (nedopitaniya) attacks and the resulting imbalance between myocardial oxygen demand and the ability to deliver them. For example, in terms of physical activity necessary to provide oxygen skeletal muscles, the heart has to pump 30% more blood than at rest. Respectively, and must itself receive oxygen at 30%. If, for any reason, it is not possible, there is myocardial ischemia, and then pain. The mechanism of pain arises due to the formation and accumulation in the ischemic tissue of a certain factor - a substance P (from the pain-pain). This substance irritates the nerve endings of autonomic nervous system, which transmit information to the center of pain.

Form of angina.

All forms of angina can be divided into stable and unstable. For stable angina include angina and rest.

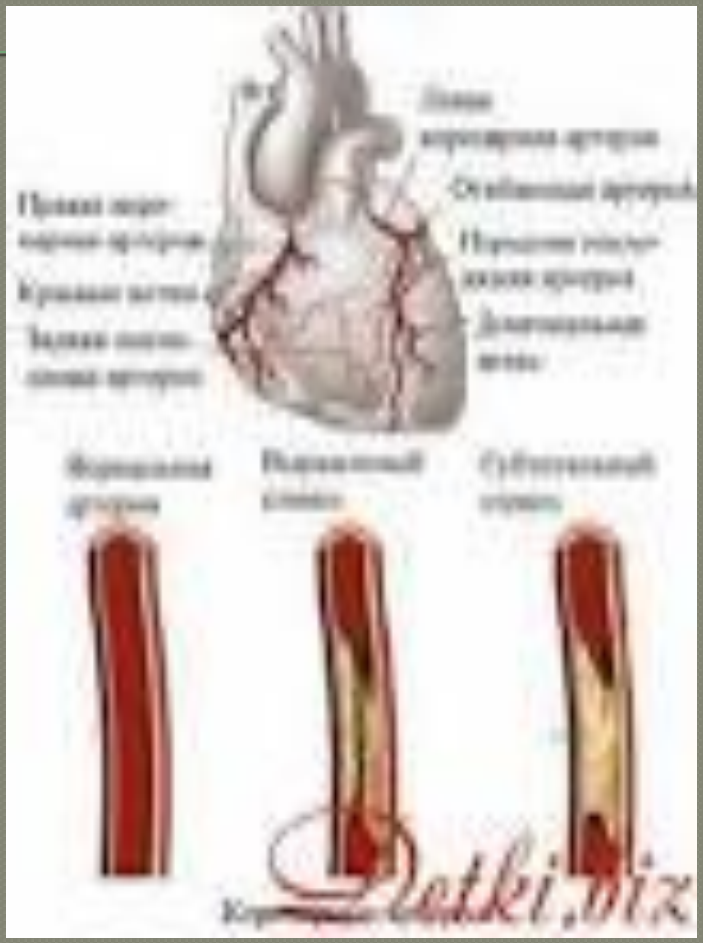
The above is an example of a stable variant angina (SEA), which occurs most frequently. Depending on the exercise tolerance of patients, its pathology are assigned to one of four functional classes of CLO. This is done to ease monitoring disease course, a differentiated approach to the treatment and clarification of the forecast. We talk about it here, as assignment of patients to one of the functional classes based on his personal experience. So, watch out for each other. If angina is caused by an unusual high phys. load - you think of the easiest class - first. If it occurs when walking on level ground for more than 500 meters or lifting more than 1 floor - your class second.



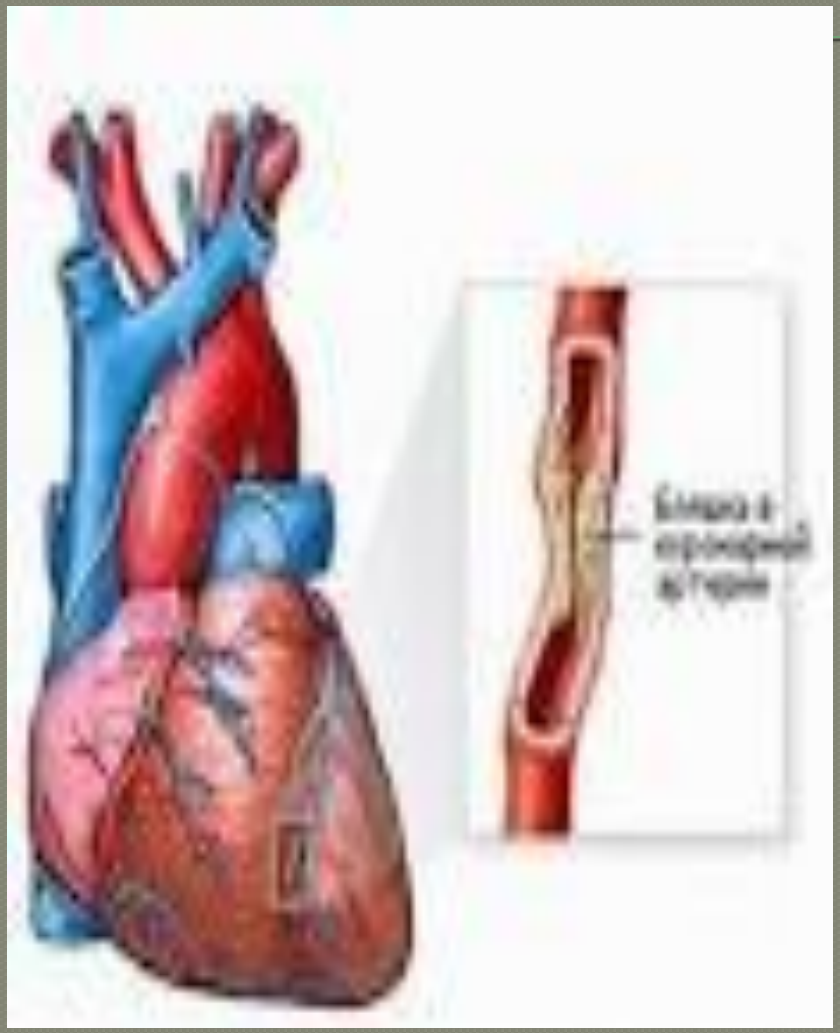
Diagnostics.

The methods used for the diagnosis of angina include ECG, including a load test, myocardial scintigraphy, radionuclide ventriculography, two-dimensional echocardiography, coronary angiography, etc. We will focus on those that are most commonly used in hospitals in Ukraine. Can be seen on the ECG-specific symptoms, suggests the presence of myocardial ischemia. The problem is that they do not exist alone, respectively, the standard ECG is of limited value. In order to carry out the so-called discovery. Holter monitoring, that consists in the constant ECG recording for some time (most days). The patient leads a normal life. This method makes it possible to study "time" the episodes of ischemia, compare the time of their appearance in the film, pain, and physical or emotional stress, to assess the severity of lesions and the effect of therapy.

Load tests - the most valuable non-invasive method for diagnosis of angina. It consists in modeling a situation to increase myocardial oxygen demand under strict medical supervision and registration at this time evidence of ischemia. Contraindication for the stress tests are unstable angina and myocardial infarction, severe arrhythmias, severe cardiac and respiratory failure, high arterial hypertension (blood pressure above 200/130 mm Hg), tachycardia (heart rate over 100 beats. Per min). There are three main types of stress tests: phys. load on a bicycle ergometer and treadmill, pacing, pharmacological tests.



Treatment of angina



With angina should carefully monitor their diet: Reduce your intake of saturated fats, to monitor the level of cholesterol. Recommended to avoid overeating. Good to eat fatty fish at least twice a week because it contains fatty acids prevent hardening of the arteries, improving blood flow to the heart. Also useful vegetables and fruits rich in antioxidant vitamins beta-carotene and vitamin C. It is believed that lower your cholesterol and blood pressure, help the onions and garlic. Even in ancient Greece and Egypt, onions and garlic were used to treat a variety of diseases. In one grave, dated 3750 BC, was found a clay image of a head of garlic. In turn, the onions and garlic contain high amounts of potassium.

Elements such as potassium and magnesium help to reduce the viscosity of the blood and prevent blood clots, maintains the elasticity of blood vessels, inhibit the growth of blood vessels on the inner walls of atherosclerotic plaque, therefore, are effective in the prevention and treatment of angina. There are theoretical and empirical evidence of the benefits of potassium and magnesium aspartate - drug "Panangin" in patients with angina pectoris.

Prevention of angina

Prevention of angina pectoris in the most part is a warning - prevention and treatment - atherosclerosis. Exclusion of risk factors is effective prevention of angina. Control of blood pressure, nutrition, prevention of deficiency of potassium and magnesium, healthy lifestyle will help to take the disease under control.