

### CLINICAL AND EPIDEMIOLOGICAL FEATURES OF STROKE

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**Abstract.** Vascular diseases of the brain are a significant problem for public health in Uzbekistan. Statistics show that over the past five years, the incidence of cardiovascular diseases has increased by 20%, and more than 50% of deaths in the country are due to them. This is especially alarming, given that about four million people have been diagnosed with cardiovascular diseases, which is 12% of the total population. In response to these challenges, the Uzbek authorities are planning to introduce a new system of prevention, early detection and effective treatment. Next year will see the introduction of targeted screening for the entire population, as well as the provision of district laboratories with the necessary equipment and reagents. These measures, along with strengthening the training of medical personnel, are aimed at reducing the prevalence and mortality from vascular diseases of the brain in the country.

**Keywords:** Stroke, Andijan, epidemiological features, clinical features, medical care, prevention, treatment.

**The purpose of the study.** To assess the nature of the incidence of stroke in people under 45 years of age in the Andijan region for 2022-2023 according to the work of the Andijan regional hospital. To determine the influence of risk factors on the occurrence of this pathology.

**Research materials and methods.** Medical records of patients with acute cerebral circulatory disorders (cerebral strokes) admitted to the Andijan Regional Hospital for emergency indications in the period from January 1, 2022 to December 31, 2023. Analysis of the medical histories of patients with cerebral stroke up to 45 years of age using a statistical method, as well as a method for evaluating anamnestic data.

**The results of the study.** The results of the study. During the period 2022-2023, 96 stroke patients under the age of 45 were admitted. Of these, 66 men (69%); 33 women (31%). The average age was 37 years; the average age of male patients was 38 years, and the average age of women was 36 years. According to the conducted studies, it was found that hemorrhagic strokes prevailed in this age group (54%), the proportion of cases of ischemic stroke was 46% of cases. Many well-known risk factors for the development of ACCD have certain age-specific characteristics. Thus, arterial hypertension (AH) was the cause of stroke in 38% of cases, a characteristic feature of AH there was an asymptomatic course up to the development of stroke, atherosclerosis (including in combination with hypertension) – in 16%, vascular abnormalities – in 11%, systemic diseases - in 15%. In most cases, risk factors for stroke at a young age were alcohol abuse (19%), smoking (32%), severe physical inactivity (professionally conditioned), long-term use of hormonal contraceptives (6%), emotional overload, stress. Moreover, hypokinesia, alcohol abuse, and occupational stress factors were more prevalent in men, smoking and emotional instability were equally common in patients of both sexes.

**Conclusion.** The proportion of cases of patients with hemorrhagic stroke in the age group under 45 years prevailed over ischemic stroke. Atherothrombotic stroke was predominant in the structure of ischemic stroke. To reduce the development of vascular catastrophes in young people of working age, timely prevention, early diagnosis and adequate therapy of hypertension, promotion of a healthy lifestyle, quitting smoking and alcohol, physical education are advisable.