

OF CARDIOVASCULAR SYSTEM DISEASES IN CHILDREN AND ADOLESCENTS THROUGH PHYSICAL EXERCISES

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ANNOTATION

These articles describe the guidelines for treatment and rehabilitation of children and adolescents with diseases of the cardiovascular system using the means and forms of physical education.

Keywords: Diseases of the cardiovascular system , hypodynamia , heart defects , heart activity, valve function , reserve capacity of the heart , medical control , physical therapy of treatment

Cardiovascular diseases are among the leading cases in the world. Children and adolescents It is possible to know from the statistical data that the increase in diseases of the cardiovascular system is reaching the same level among children as it is among adults. This disease often leads to worsening of children's condition or death. This disease is often chronic.

The main reason for the increase of diseases of the cardiovascular system in children and adolescents is the decrease in the movement activity of people today (hypodynamia) and the fact that it is passed from generation to generation. In addition, there are several factors that cause the disease, and these are: children are often sick with infectious diseases. Influenza, parainfluenza, angina, chronic tonsillitis, rheumatism . it can be said that it causes diseases.

Among the diseases of the cardiovascular system, the appearance of copper in children and adolescents occurs in the form of heart failure. Heart defects are pathological changes and defects in the structure of the heart and its starting vessels. These defects cause heart failure. Congenital and acquired heart defects are distinguished. Congenital heart defects are more common in children, the disease is caused by damage to the barriers of the chambers of the fetus during embryonic development. occurs as a result. The heart valves located between the ventricles of the heart chambers and the stems of the vessels from which the ventricles originate, close the corresponding openings between the heart chambers during certain phases of the heart's activity and thus ensure that blood flows in the right direction.

Acquired heart defects occur mostly as a result of rheumatism, sepsis, wounds, atherosclerosis, injuries. Heart defects are characterized by damage to the valvular apparatus, changes in the shape of the valve, distortion of the layers, and this leads to the failure of the function of the valve. The valve cannot completely close the corresponding opening between the chambers of the heart, as a result, when the heart is working, which part of the blood comes from if it comes

out, it falls back to that part. This is an additional load on the heart muscle, which leads to an increase in its mass and subsequent exhaustion. Such heart defects are called valvular (for example: bicuspid or mitral valvular insufficiency. As a result of derailment of the valvular function, the corresponding openings between the chambers of the heart become narrow as a result of the laminae growing closer to each other, which prevents the normal flow of blood. As a result, it becomes difficult for the heart to work. Such heart defects are called stenosis. For example: the narrowing of the left ventricle - the opening of the ventricle is called mitral stenosis. Often, the failure of one valve and the narrowing of the opening occur simultaneously. Sometimes the function of several valves is lost.

It is also possible that children suffering from heart failure may not feel the disease for many years, feel good and do their usual work. The reason for this is that the heart has a large reserve capacity, so the existing heart rate is not felt due to the forced operation of the corresponding chambers of the heart. But even in these cases, the doctor determines that the size and beat of the heart have changed, and there are signs of heart failure based on the presence of noise in the heart. Aggravation of the disease can lead to the weakening of the heart's reserve capacity and the appearance of symptoms called heart failure. At this stage, another heart defect is decompensated heart failure. Aggravation of rheumatism, physical stress, various infectious and other diseases, which lead to increased deformation of the valves and damage to the heart muscles, cause decompensated development of the heart valve. In most cases, the disorder of kompensatsya is reversible: with timely treatment and regular medical supervision, the state of kompensatsya can be restored and strengthened for a long time. Congenital heart defects occur as a result of improper formation of the heart and large vessels during the early development of the fetus. In addition to valvular defects, congenital heart defects are defects in the barriers between the chambers of the heart and the ventricles: in this case, a part of the blood moves from the left chambers of the heart to the right chambers, where the venos become black and returns to the lungs, or part of the blood bypasses the lungs from the right chamber, enters the left ventricle of the heart, and then the aorta, as a result of which the tissues are not supplied with oxygen, and it is forced to the heart.

In order to prevent cardiovascular diseases, children and adolescents should regularly engage in physical education and make physical activity a daily routine. At the same time, it is necessary to monitor the health and general condition of such sick children.

As we have seen above, heart disease in children and adolescents is quite dangerous and requires special medical knowledge from physical education teachers, including physical education specialists are required to thoroughly study medical knowledge such as "Sports Medicine", "Physical Education Hygiene" and "Treatment Physical Education" and use it seriously in their work.

Because there are children with congenital heart disease and congenital heart disease among students in physical education classes at school, and in such situations, it is necessary to

properly conduct physical education classes and therapeutic physical training. They will be mastered in time.

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