

CHARACTERISTICS OF BLOOD PRESSURE IN GIRLS LIVING IN A LARGE INDUSTRIAL CITY

Panova Lyudmila Dmitriyevna^{1*}, Mustafina Zariya Zamirovna², Abrarov Ruslan Aleksandrovich³, Latypova Aisulu Maratovna⁴, Akbarova Aigul Venerovna⁵, Utyasheva Guzel Gizyarovna⁶

¹*Doctor of medical sciences, professor of Department of Hospital Pediatrics, Bashkir State Medical University, Ufa, Russia*

²*Student of the ST-502 group of stomatology faculty, Bashkir State Medical University, Ufa, Russia*

³*Postgraduate student of Department of Hospital Pediatrics, Bashkir State Medical University, Ufa, Russia*

⁴*Student of the P505 A group of pediatric faculty, Bashkir State Medical University, Ufa, Russia*

⁵*Student of the P-601B group of pediatric faculty, Bashkir State Medical University, Ufa, Russia*

⁶*Student of the ST-301 B group of stomatology faculty, Bashkir State Medical University, Ufa, Russia*

***Corresponding Author:-**

Abstract:-

The values of blood pressure in 452 teenage girls living in a large industrial city of Ufa are estimated in accordance with the Russian recommendations on the prevention of cardiovascular diseases in childhood and adolescence. Girls aged 17 years (by the end of training) living in the city of Ufa, in classes with in-depth study of individual subjects arterial hypertension and high normal blood pressure are observed statistically significantly more often, and normal blood pressure is statistically significantly less as compared to girls at the age of 15 years (beginning to learn in them). The results of the study indicate the need to develop a scientifically based system of preventive measures.

Keywords: *adolescent girl, a large industrial city, blood pressure.*

INTRODUCTION :-

Among all risk factors (RF) of the socially important diseases (SID) the arterial hypertension (AH) holds a specific place because of the greatest contribution to a mortality and disability of the population around the world and also owing to insufficient efficiency of its treatment, despite appreciable achievements of modern pharmacotherapy. In this regard additional prospects are offered in connection with the process of creation of the centers of health which began in the Russian Federation according to a series of the federal documents referred on formation of a healthy lifestyle of the population and identification of the SPZ at a stage of origin of FR of these diseases. Especially significant opportunities can be realized within activity of the centers of health of youth which expediency of formation was realized in connection with identification of vital issues of physical and psychological state of youth. Cardiovascular aspects of a problem of health of youth are very essential. It is enough to remember the conclusion of the academician E. I. Chazova about observation in recent years among the young contingent of Russians of more appreciable gain of a cardiovascular mortality in comparison with elderly and even senile contingent. And meanwhile the state of health of youth is an important factor of ensuring social and economic development of society [1-4, 7, 8].

Research objective

To estimate the arterial blood pressure (ABP) at the teenage girls living in the city Ufa.

Patients and methods

452 teenage girls living in the city of Ufa were object of studying. Among them 15-year-old was 151 (33, 4%), 16-year-old - 147 (32, 5%), 17-year-old - 154 (34, 1%). Measurement of the ABP with the subsequent assessment of indicators was taken according to the Russian references on prophylaxis of cardiovascular diseases at children's and teenage age [5]. Statistical processing of results of a research was carried out with use of modern software packages of the mathematical analysis: MicrosoftExcel 2010 and Statistica 10.0.

Results and discussion

Results of the analysis showed that in all age groups normal the ABP meets at the teenage girls living in the city of Ufa statistically significantly ($p < 0,01$) more often than high normal the ABP, and high normal the ABP - is statistically significant ($p < 0,01$) more often than arterial hypertension (tab. 1).

Table 1

Levels of arterial blood pressure at the teenage girls living in the city of Ufa

Age of girls	Normal ABP		High normal ABP		Arterial hypertension		All	
	abs. numb.	%	abs. numb.	%	abs. numb.	%	abs. numb.	%
15 years	115	75,9	29	19,5	7	4,6	151	100
16 years	98	66,7	40	27,2	9	6,1	147	100
17 years	84	54,4	51	33,2	19	12,4	154	100

At the same time at the age of 17 years arterial hypertension occurs in girls statistically significantly ($p < 0, 05$) more often than at 15-year-old girls. At the age of 15 years normal the ABP meets at girls statistically significantly ($p < 0,001$) more often than at 17-year-old girls.

Conclusion

At girls at the age of 17 years living in a large industrial city of Ufa arterial hypertension and high normal ABP are observed statistically significantly more often, and normal the ABP - is statistically significantly more rare in comparison with girls at the age of 15 years.

References

- [1].State report on the state of health of the population of the Russian Federation in 2002 // Zdravoohr. Ros. Feder. - 2004. - No. 1. - P. 3-20.
- [2].Code of Health and Longevity. Young and middle age. Priority national projects "Health". - Moscow, 2007. - 48 p.
- [3].Features of the daily profile of blood pressure in young people according to the work of the Center for Student Health / Sergeeva O.V. [Et al.] // Journal of Arterial Hypertension. - 2010. - №3.
- [4].The order of the Ministry of Health and the SR of the RF of 19.08.2009 "On the organization of the activity of health centers on the formation of a healthy lifestyle among Russian citizens, including reducing alcohol and tobacco consumption."
- [5].Prevention of cardiovascular diseases in childhood and adolescence. Russian recommendations / A.A. Aleksandrov [et al.] // Russian Cardiology Journal. - 2012. - № 6.

- [6]. Characteristics of blood pressure in teenage girls in the city of Ufa with various sociohygienic conditions of training / Abrarov R.A. [And others] // Modern problems of science and education. - 2015. - № 5.
- [7]. Chazov E.I. Problems of primary and secondary prevention of cardiovascular diseases // Therapeutist. Arch. - 2002. - No. 9. - P. 5-8. Annex 1. - P. 1-40.
- [8]. Shalnova S.A., Oganov R.G., Deev A.D. Assessment and management of the total risk of cardiovascular disease in the Russian population // Kardiovas. Therapy and prevention. - 2004. - T. 3, No. 4. - P. 4-11.