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- **Tillar kafedrası**

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# Mavzu: Atherosclerosis and its treatment

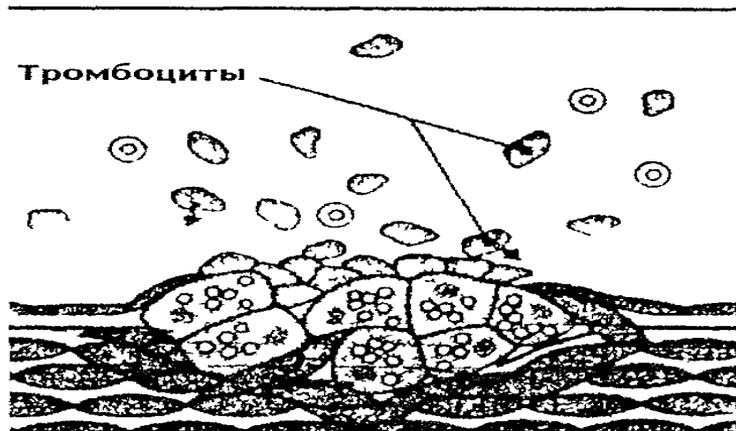
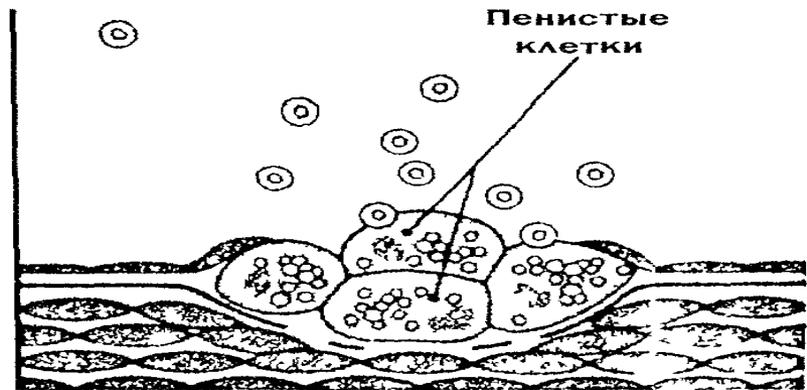
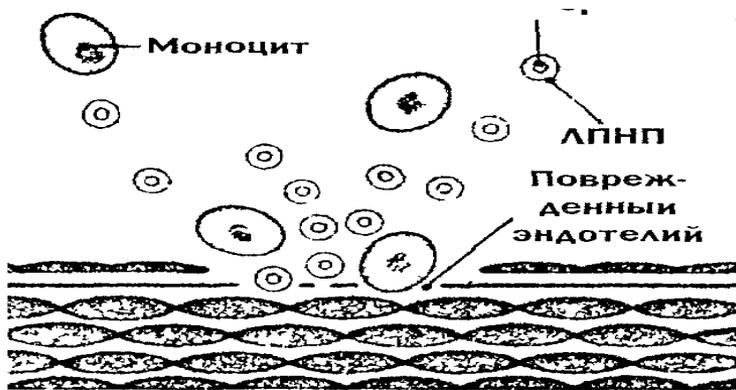
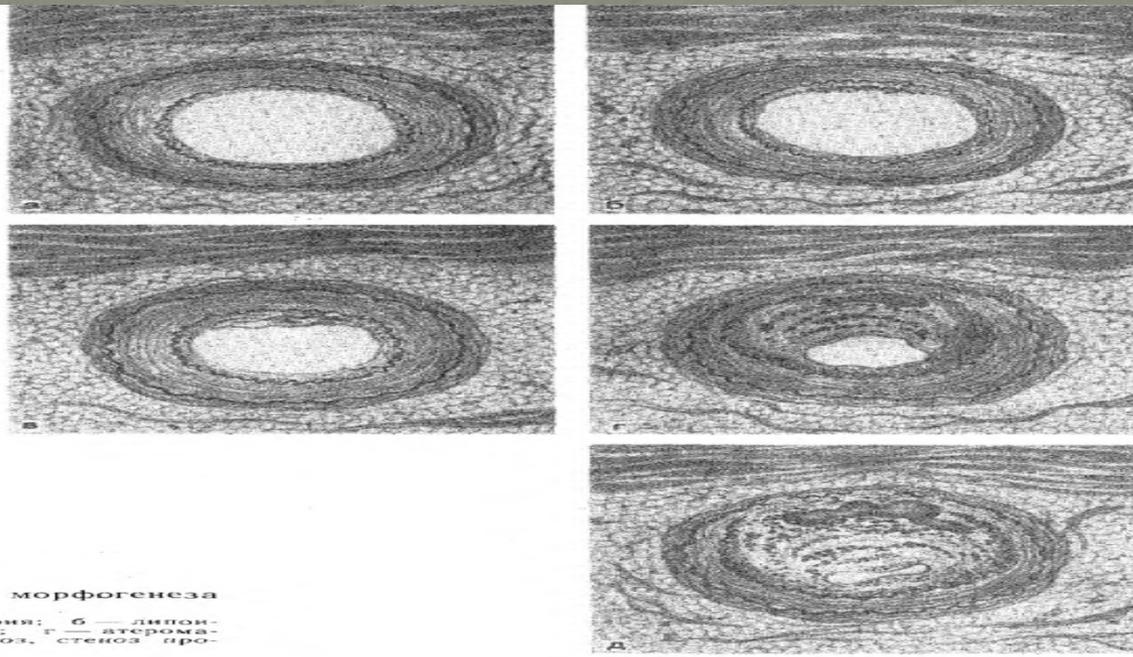


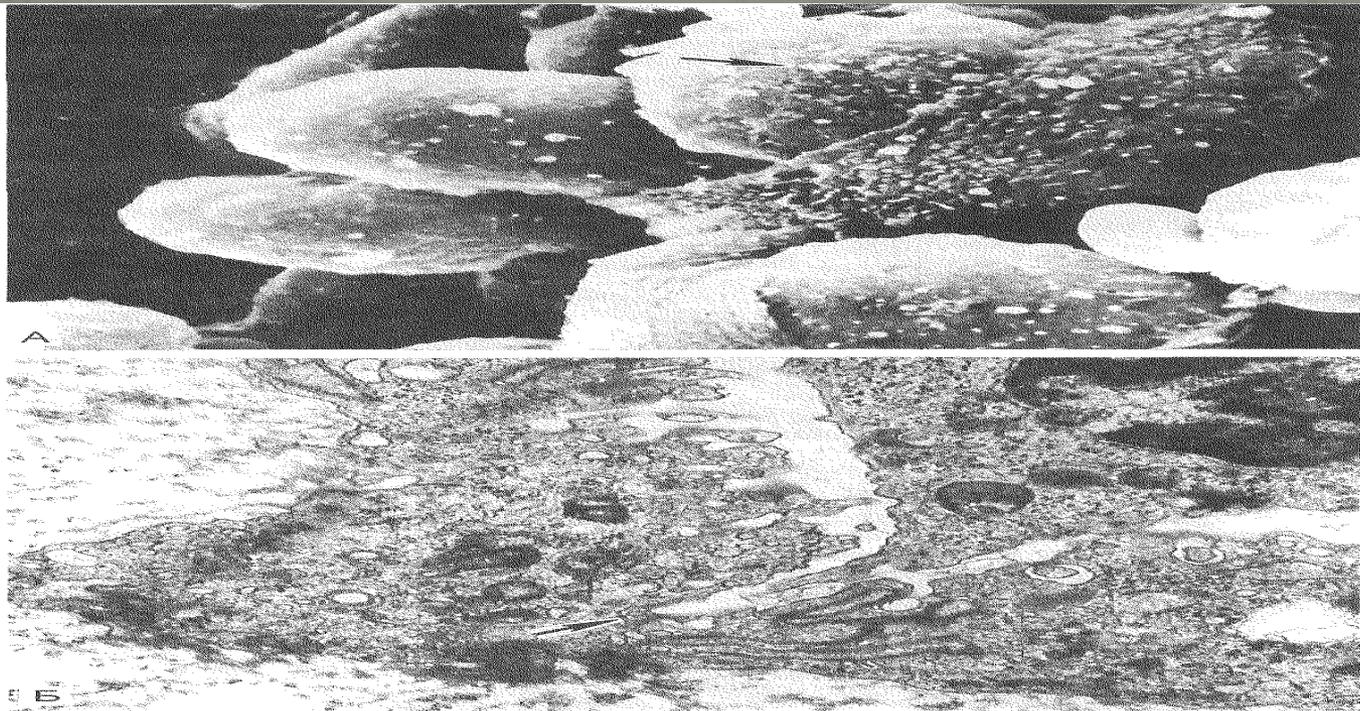
Рис 17 1 Этапы образования атеросклеротической бляшки

*Atherosclerosis is one of the diseases of the cardiovascular system which is due to many causes. There is a number of factors which may determine its development.*



**Рис. 144.** Стадии морфогенеза атеросклероза.  
а — нормальная артерия; б — липидоз; в — липосклероз; г — атерома; д — атерокальциноз, стеноз просвета артерий.

**vessels results from metabolic disturbances and particularly from disturbances of cholesterol exchange.**



**Рис. 11.5. Развитие атеросклероза.**

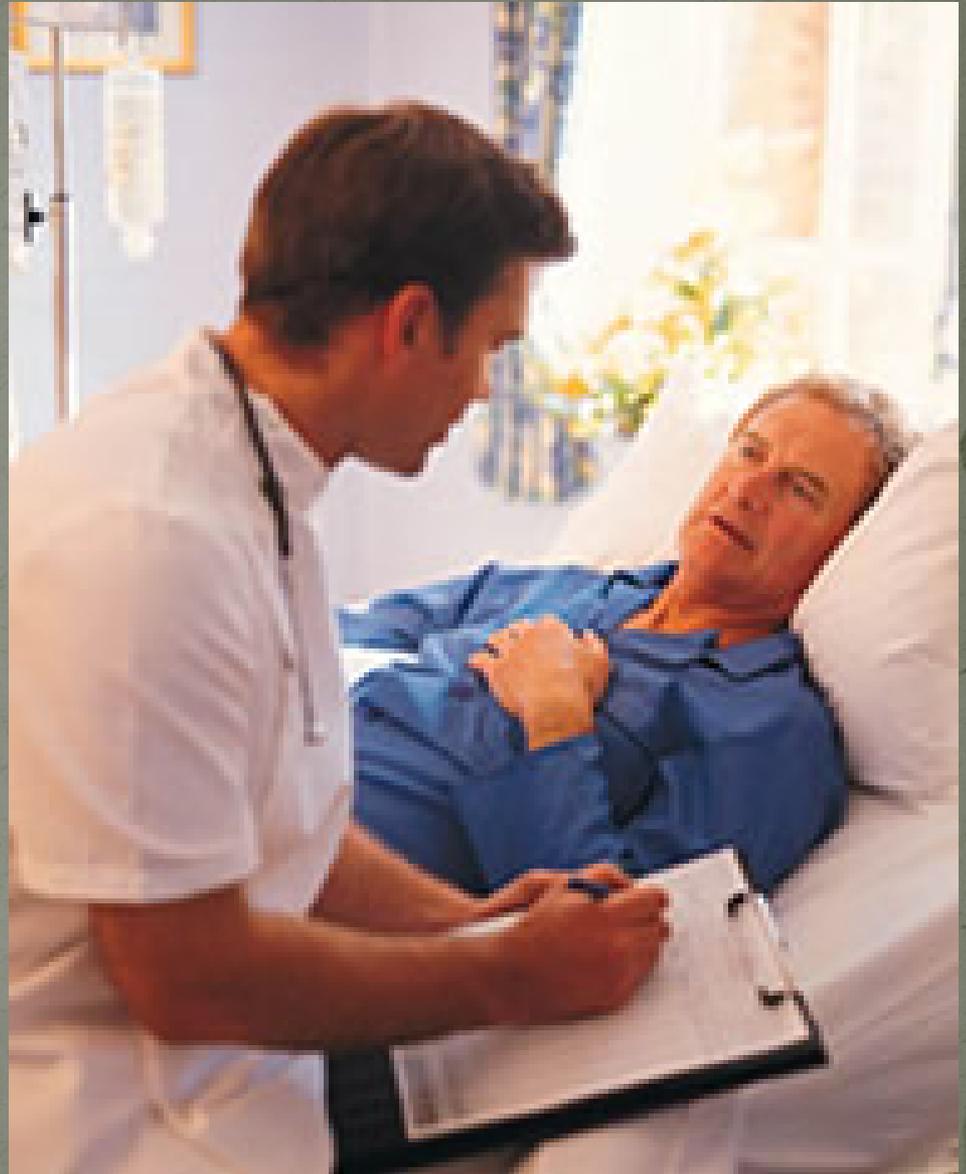
**А — начальная стадия морфогенеза атеросклероза; внедрение моноцитов (стрелка) в поврежденный слой эндотелия; сканирующая электронная микроскопия (негатив С.В.Мальцевой). Б — раскрытие щели между эндотелиальными клетками в зоне адгезии и проникновения моноцита (показано стрелкой); трансмиссивная электронная микроскопия (негатив С.В.Мальцевой).**

*These disturbances begin long before there is any external evidence of the disease. Therefore the doctor must prevent its appearance beginning preventive measures and treatment as early as possible.*

*Prevention and treatment of atherosclerosis consist mainly of a certain regimen for the patient, which he must strictly follow.*



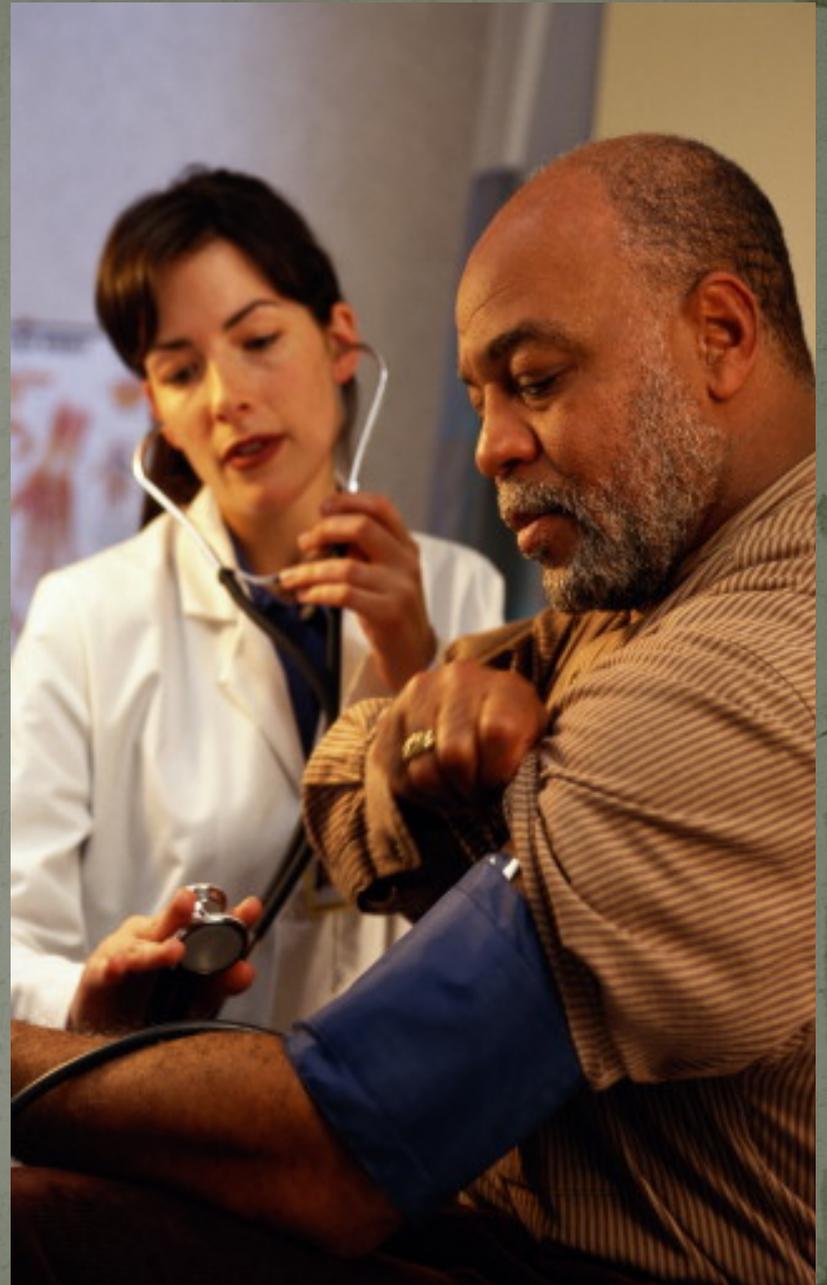
*The patient must get up, eat, work, and go to bed at exactly the same time every day.*



*Sound sleep is very important since it enables the nerve to rest. The patient with the signs of atherosclerosis must sleep not less than 7-8 hours and walk before going to bed.*

*Mental and physical  
overstrain must be  
excluded.*

*The incidence of atherosclerosis is high  
in professional groups with insufficient  
physical activities.*





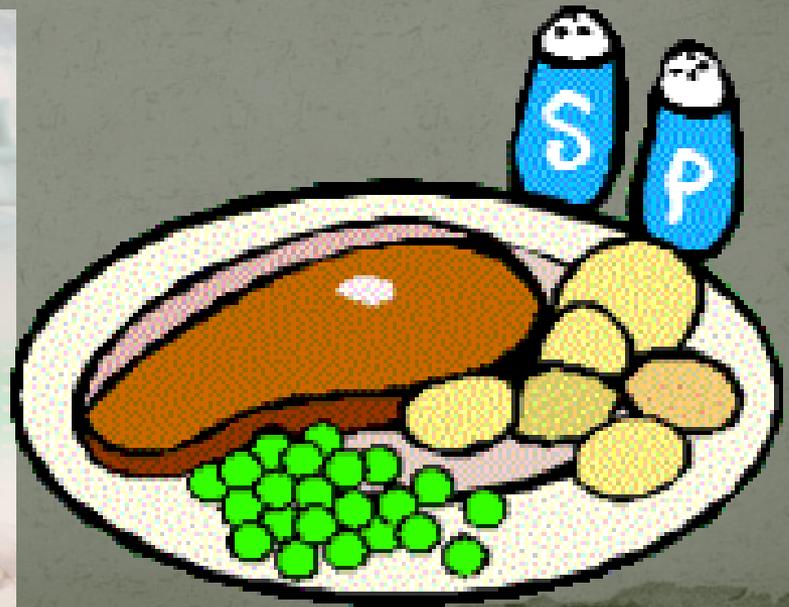
*So physical exercises must be part of the prescribed regimen for such persons.*

*Smoking affects unfavourably the walls of the blood vessels and can result in their spasm, that is why patients suffering from atherosclerosis must not smoke.*

*The diet of the patient with atherosclerosis must contain sufficient amount of proteins, but fats and carbohydrates must be taken in very limited doses.*



*Vitamins are widely used in the treatment of atherosclerosis because some of them improve the metabolic processes and other dilate the vessels, particularly the peripheral ones.*



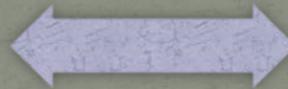
*Other drugs administered in treating atherosclerosis are the so-called lipotropic substances, which prevent fat from accumulating in the organism.*

*Since the nervous system affects the metabolic processes in the human body the patients with atherosclerosis are prescribed such drugs as bromide and valerian to improve its general condition.*

# Questions



1. What disease is atherosclerosis?



2. What factors may determine its development?

3. From what does atherosclerosis of the blood vessels result?

4. Why must doctor prevent its appearance beginning preventive measures, and treatment as early as possible?

5. What do prevention and treatment of atherosclerosis consist of?

6

- Why is sound sleep very important?

7

- What is the role of physical exercises for such persons?

8

- How does smoking affect the walls of the blood vessels?

9. Why must not patients suffering from atherosclerosis smoke?



10. What is the diet of this patients?



11. Why are vitamins widely used in the treatment of atherosclerosis?

12. Is there a number of factors which may determine its development?

13. Must the patient get up, eat, work, and go to bed at exactly the same time every day?

14. Must the patient with the signs of atherosclerosis sleep not less than 7-8 hours?

15

Atherosclerosis is one of the diseases of the cardiovascular system, isn't they?



16

What is the regimen of the patient?



17

Fats and carbohydrates must be taken in very limited doses, mustn't they?

18. Must the patient strictly follow the regimen?

19. When do disturbances begin?

20. Sound sleep enables the nerve cells to rest, does not it?

# Exercises:

1. Put the correct articles into the following sentences.

1. *Atherosclerosis is one of ... diseases of ... cardiovascular system which is due to many causes.*

2. *There is ... number of factors which may determine its development.*

3. *Atherosclerosis of ... blood vessels results from metabolic disturbances and particularly from disturbances of cholesterol exchange.*



4. *These disturbances begin long before there is any external evidence of ... disease.*

5. *Therefore ... doctor must prevent its appearance beginning preventive measures and treatment as early as possible.*

6. *Prevention and treatment of atherosclerosis consist mainly of ... certain regimen for ... patient, which he must strictly follow ... patient must get up, eat, work, and go to bed at exactly ... same time every day.*



7. *Sound sleep is very important since it enables ... nerve to rest.*

8. *...patient with ... signs of atherosclerosis must sleep not less than 7-8 hours and walk before going to bed. Mental and physical overstrain must be excluded.*

9. *... incidence of atherosclerosis is high in professional groups with insufficient physical activities.*



10. *So physical exercises must be part of ... prescribed regimen for such persons.*

11. *Smoking affects unfavourably ... walls of ... blood vessels and can result in their spasm, that is why patients suffering from atherosclerosis must not smoke.*

12. *... diet of ... patient with atherosclerosis must contain sufficient amount of proteins, but fats and carbohydrates must be taken in very limited doses.*



→ Vitamins are widely used in ... treatment of atherosclerosis because some of them improve ... metabolic processes and other dilate ... vessels, particularly ... peripheral ones.

→ Other drugs administered in treating atherosclerosis are ... so-called lipotropic substances, which prevent fat from accumulating in ... organism.

→ Since ... nervous system affects ... metabolic processes in ... human body ... patients with atherosclerosis are prescribed such drugs as bromide and valerian to improve its general condition.

# Dialogie:

*Professor and the students in the lecture hall*

 *The students are in the lecture. Today's theme is Atherosclerosis.*

 *Prof.: - Well, who can tell me what's atherosclerosis?*

 *Students: -This is one of the diseases of the cardiovascular system.*



Thank you

very much