

Exploring the Connection Between Hyperuricemia and Cardiovascular Disease in Patients with Ischemic Heart Disease

Nabibullaeva Shodiyaxon Z^{1.}, Makxmudova Muniraxon S.^{2.},
Nuritdinova Nigora B.^{3.}, Shukurdjanova Surayyo M.^{4.}

Tashkent medical academy

Abstract

This study explores the relationship between hyperuricemia and various cardiovascular risk factors in patients diagnosed with ischemic heart disease (IHD). A comparison was made between two groups: patients with hyperuricemia and IHD (Group 1) and a control group without IHD (Group 2). Results indicate significant differences in thale volume, blood pressure, cholesterol, triglycerides, and lipoprotein levels, suggesting that hyperuricemia may exacerbate cardiovascular risks. These findings underscore the need for routine monitoring and management of uric acid levels in at-risk populations.

Keywords:

Introduction

Hyperuricemia, defined as serum uric acid levels exceeding 6.8 mg/dL, has emerged as a significant concern in cardiovascular health. Recent studies indicate that the prevalence of hyperuricemia has increased globally, affecting approximately 21% of adults in the United States and up to 30% in some Asian populations [1,2]. The condition is increasingly linked to various cardiovascular diseases, particularly ischemic heart disease (IHD), where uric acid may play a role in inflammation, endothelial dysfunction, and the development of atherosclerosis [3,4]. Epidemiological data show that elevated serum uric acid levels are associated with a 10% increase in cardiovascular disease risk for every 1 mg/dL rise in uric acid [5]. Moreover, hyperuricemia is often associated with other cardiovascular risk factors, including obesity, hypertension, and dyslipidemia [6]. Understanding the impact of hyperuricemia on cardiovascular health is critical for developing effective preventive strategies.

Methods

This study analyzed data from 80 patients: 40 diagnosed with ischemic heart disease and hyperuricemia (Group 1) and 40 diagnosed ischemic heart disease (Group 2). Key health parameters, including thale volume, blood pressure, cholesterol, triglycerides, and lipoprotein levels, were recorded. Statistical analyses were conducted to compare these parameters between the two groups.

Results

The analysis reveals that patients in Group 1 have significantly higher levels of thale volume, blood pressure, cholesterol, triglycerides, and LDL compared to Group 2. Conversely, HDL levels were significantly lower in Group 1, indicating a heightened cardiovascular risk profile in patients with hyperuricemia and IHD.

Health Parameters Comparison

Parameter	Group 1 (IHD & Hyperuricemia)	Group 2 (IHD)	p-value
Thale Volume	106.45 ± 11.23	100.45 ± 12.33	<0.05
Systolic Blood Pressure	155.55 ± 11.47	152.3 ± 12.48	<0.05
Diastolic Blood Pressure	90.0 ± 6.71	86.4 ± 7.19	<0.05
Average Blood Pressure	111.63 ± 7.34	110.30 ± 8.67	<0.05
Cholesterol	220.55 ± 46.92	198.25 ± 49.56	<0.05
Triglycerides	188.45 ± 43.78	162.8 ± 50.67	<0.05
HDL	42.65 ± 8.81	50.55 ± 10.11	<0.05
LDL	134.30 ± 21.05	112.55 ± 20.23	<0.05

Discussion

The findings of this study corroborate existing literature indicating that hyperuricemia is associated with various adverse cardiovascular outcomes. Elevated uric acid levels contribute to endothelial dysfunction and inflammation, processes that are central to the development of IHD [7,8]. The higher levels of cholesterol and triglycerides in Group 1 further support the notion that hyperuricemia may compound other cardiovascular risk factors, creating a more complex clinical picture [9,10]. Recent meta-analyses have emphasized the importance of managing hyperuricemia to mitigate cardiovascular risks. Treatment strategies that include lifestyle modifications and pharmacological interventions may help lower uric acid levels and, subsequently, the risk of cardiovascular events [11,12].

Conclusion

The study highlights the significant impact of hyperuricemia on cardiovascular health in patients with ischemic heart disease. The observed differences in key health parameters between groups underscore the need for routine monitoring and management of uric acid levels in at-risk populations. Future research should focus on longitudinal studies to further elucidate the causal relationships between hyperuricemia and cardiovascular disease.

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