

ANALYSIS OF THE INFLUENCE OF SMOKING ON CARDIOVASCULAR DISEASES

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Introduction. WHO estimates that up to 2030 it is expected that deaths from tobacco will exceed 8 million people. It was found that the highest smoking prevalence in the European Region and 31%, and the lowest in the African Region - 10%. According to WHO, Ukraine is in 17th place among all countries in the consumption of cigarettes.

Aim. The study is an analysis of the impact of smoking on the development of cardiovascular diseases.

Materials and methods. The study used a logical, analytical and marketing methods of analysis.

Results and discussion. In the analysis of smokers in Ukraine among the category of the working age population it was found that smoking characteristic of about 40% of the population. Mortality from cardiovascular diseases increases triggered, for example, in Kharkiv die on average 3373 people a year, or 9 patients daily. According to expert estimates, smoking is responsible for approximately 10% of cardiovascular diseases. For example, after 5 minutes of smoking increases heart rate by 14%, blood vessels constrict, blood pressure rises by about 5%, the accompanying risk of hypertension, mortality which is over 1 million people. The risk of coronary heart disease in both men and women smoking increased 1.5-2 times. It should be noted that coronary heart disease is one of the leading places in the structure by the number of cardiovascular diseases deaths of about 7.4 million, cases in the world. According to the State Statistics Service of Ukraine, it was found that purchase of one pack of cigarettes population consumes about 15% of their monthly income. In other countries this figure is much lower in the Czech Republic 7%, Kazakhstan 12%, in Germany, Italy, Belgium and Sweden 13%. Tobacco dependence – a syndrome that requires further treatment. We have investigated drugs used to prevent and treat nicotine dependence (group N07BA). Thus, the pharmaceutical market of Ukraine registered 19 medicine to treat tobacco dependence. Of these medicine foreign occupying 94.73%. Prices of drugs ranging from 40.00 USD to 990.00 USD depending on the manufacturer.

Conclusions. Summing up the above we believe that the main task of the state should be the prevention of smoking and dependence, and promote a healthy lifestyle.