

RESEARCH OF INFLUENCE OF SOCIAL STRESS ON THE DEVELOPMENT OF CARDIOVASCULAR DISEASES

Pastukhova O.A., Kotvitska A.A.

National University of Pharmacy, Kharkiv, Ukraine

socpharm@ukr.net

It is well known that a human is a social being and his health is closely linked to the social welfare of the atmosphere around it. Most stresses have a social origin, their beginning is due to many factors, among which the most important are the social, sociopsychological and personality factors. People, who are constantly experiencing stress, are prone to a variety of diseases, including depression, allergic reactions, peptic ulcer disease, cardiovascular disorders and some types of cancer. The aim of our study was to determine the effects of social stress on the development of cardiovascular diseases. The study used systematic and comparative methods.

The current economic and political situation in Ukraine creates for human increased mental stress – at work, on the street, at home. The high degree of mental trauma and strain of higher nervous activity may cause the transition to chronic emotional stress, which underlies the development of coronary heart disease. It should be noted that a large number of stressful situations and negative emotional effects of inhibiting the activity of the cerebral cortex. The weakening of control by the cerebral cortex leads to disruption of vascular tone.

According to research by the American Wake Forest University Baptist Medical Center, social stress stimulates the release of hormones that leads to the postponement of fat on the internal organs, which in turn provokes the development of coronary atherosclerosis, the clogging of blood vessels. It has been found that natural protection from the negative effects of stress is the hormone estrogen, which causes the existence of gender differences, including susceptibility men to cardiovascular diseases in a younger age than women. Also it has been found that hormonal imbalance leads to rapid development of hypertension, coronary heart disease and other cardiovascular diseases.

Thereby social stress is one of the leading factors of cardiovascular diseases, which should be considered when developing treatment programs and prevention this pathologies.