

# **Atherosclerosis: reasons, formation, consequences and prevention methods**

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## **Introduction**

Atherosclerosis is a disease in which plaques build up inside your arteries. The increase of the level of cholesterol leads to appearance of the plaques. They are made up of fat, cholesterol, calcium and other substances found in the blood. Over time, plaque hardens and narrows the arteries. This limits the flow of oxygen-rich blood to your organs and other parts of your body.

## **Aim**

To reveal the reasons for atherosclerosis, its formation and role in the development of heart diseases.

## **Methods and materials**

We have analyzed scientific medical literature in the sphere of the development of atherosclerosis, and what diseases may develop based on which arteries are affected. Besides we interviewed 150 students of the 2<sup>nd</sup> course of BSMU. They were questioned about their diet, their way of life and bad habits. We also got information about their awareness about atherosclerosis and how to prevent this disease.

## **Results**

We have analyzed different medical literature and revealed that such products as fish, eggs, oil, meat contain a high level of cholesterol. The results of our interview also revealed that 88,67% of students were aware of the pathogenesis of atherosclerosis and only 28,46% of them were able to name all products which were rich in cholesterol.

## **Conclusion**

Our research work showed that almost all the students know the pathogenesis of atherosclerosis but some of them can name all the products with a high level of cholesterol. The results issued from this work are of vital importance for those who deal with the prescription of a diet poor in cholesterol to the patients suffered with atherosclerosis.