

Medicines Used for Coronary Heart Disease and the Relevance of their Improvement

Sokhib Rashidov Zamon o'g'li ¹

Abdisattor Tadjibaev Bakhodirovich ²

Mukhammad Djalilov Oybek o'g'li ³

Raykhona Ramazonova Nuriddin qizi ⁴

Abstract: Coronary artery disease (CAD) is one of the most common causes of death worldwide. In the previous decade, major breakthroughs in CAD therapy have been made. The existing treatment is medicinal, surgical or a combination of both depending on the amount, severity and clinical presentation of CAD. The partnership of multiple research disciplines such as biotechnology and tissue engineering has led to the creation of novel therapeutic tactics such as stem cells, nanotechnology, robotic surgery and other improvements (3-D printing and pharmaceuticals). These therapeutic approaches have encouraging results in the treatment of CAD and related disorders. Research on stem cells focuses on researching the potential for heart regeneration, whereas nanotechnology research studies nano-drug delivery and percutaneous coronary treatments including stent modifications and coatings. The purpose of this article is to give an overview of the research (in vitro, translational, animal, and clinical) pertaining to these innovative approaches and to clarify the reasoning behind their possible use in the treatment of CAD. Through the extensive and continuous efforts of researchers and doctors worldwide, these emerging techniques offer the promise to be viable alternatives to existing therapy modalities. Despite considerable advancements in cardiovascular research, CAD remains one of the most common causes of morbidity and mortality worldwide. However, major inter-collaborative efforts between researchers, physicians and other related professions have led to multi-faceted and unique treatments to be created to treat CAD and its associated problems. Though some of these techniques have good evidence supporting their therapeutic use, some others are still in the experimental stage. Despite only early evidence being available on some of these novel therapy modalities, the results are promising and hold the potential to become alternatives to established treatment options in the future. In the age of evidence-based medicine, more proof in the form of long-term follow-up research and clinical trials is needed before these innovative treatment approaches become commonplace. The future of CAD treatments appears to be very promising with persistent efforts.

Keywords: stem cells, surgery, therapy modality, heart, coronary artery disease, heart disease, qualitative research, secondary prevention

^{1,2,3,4} Department of Pharmacology of the Tashkent State Medical University

Introduction. Worldwide, coronary artery disease continues to be a major source of illness and mortality. Recent developments in interventional cardiology and cardiovascular pharmacology have increased nonfatal occurrences and improved survival following myocardial infarction. Therefore, even while the incidence of coronary artery disease may be declining in many nations, the disease's overall burden is still substantial, especially when it comes to the economy. As a result, efforts must be redirected toward secondary prevention. The treatment of physiologic parameters and lifestyle factors, frequently with medication, is the secondary prevention of coronary artery disease. Despite the increase in prescriptions of cardiovascular medications in the last 2 decades, a large proportion of patients with coronary artery disease are still not meeting therapeutic targets, as demonstrated in the EUROASPIRE III survey (European Action on Secondary and Primary Prevention by Intervention to Reduce Events III) [1,2,3]. This circumstance has led to a renewed focus on whether patients continue to take prescriptions, but such phrases as compliance and concordance are increasingly avoided⁸ because of the connections with paternalistic clinician-patient relationships. Studies of individual cardiovascular medications, such as antiplatelet agents, lipid-lowering therapies, and β -blockers, have all demonstrated negative effects when these prescriptions are prematurely terminated. Many research have studied patients' opinions on lifestyle interventions, in particular, those incorporated inside cardiac rehabilitation programs, which continue to have unsatisfactory uptake and completion rates. Evidence-based drugs have been responsible for about 40% of the recent reduction in coronary artery disease mortality; nevertheless, patient views on these drugs have received comparatively little attention [4,5,6]. As the relevance of partners' impact in the holistic management of coronary artery disease is well recognized, their viewpoints may additionally aid to comprehend decisions regarding medicine usage. Small sample numbers may limit the implementation of findings, even if qualitative research offers crucial evidence regarding experiential phenomena. By carefully collecting and combining data from a number of research, useful insights may be acquired about medication-taking behavior among patients with coronary artery disease, which could assist policy makers and physicians to design ways to facilitate persistence. The crucial role of the prescribing clinician must be acknowledged in strategies to encourage greater persistence of secondary prevention drugs in patients with coronary artery disease [7,8,9]. Modifying patient attitudes toward medications to avoid additional cardiovascular disease may be facilitated by providing medication-specific information at the time of therapy initiation, enhancing the transition between secondary and primary care, and outlining the risk of illness recurrence. The treatment for CAD is extremely customized, meaning that people must collaborate with their doctors to establish a treatment plan that best matches them. A doctor will prescribe a combination of medications based on numerous factors, such as the kind of CAD and other medical conditions a person has. Drug interactions can impact the safety and efficacy of CAS medicines, so people using them should be aware of this risk. These interactions may involve additional drugs or supplements the person is taking, as well as particular foods the person is ingesting. Anyone who starts taking a new drug should discuss with a doctor about possible drug interactions and their potential negative effects [10,11,12].

The main purpose of the presented manuscript is to provide a brief overview based on reputable scientific studies on medicines used in coronary heart disease and the relevance of their improvement. Despite the substantial data supporting cardiovascular drugs in the secondary prevention of coronary artery disease, many patients abandon treatment. In this synthesis, we tried to understand from a patient perspective the elements that enhance medication persistence.

The majority of patients with coronary artery disease (CAD) choose for medication-based treatment. The goal of the different medications is to lower the chance of problems. Additionally, they are designed to effectively alleviate the symptoms so that people can lead as normal a life as possible. In order to prevent the development of linked medical diseases, practically all persons who have coronary artery

disease (CAD) are advised to take two types of medication: antiplatelets to prevent blood clots, and statins to protect the blood arteries. Good-quality research have established that these drugs can lessen the risk of complications such as heart attacks or strokes. The most crucial thing is to keep taking your medication on a regular basis because its preventive effects only persist as long as you take it. Additional drugs may also be required to treat angina symptoms or specific side effects like high blood pressure or heart failure [8-14].

Antiplatelets make sure that the blood platelets do not clump too quickly to create blood clots. Antiplatelets prolong life expectancy and lower the chance of conditions like heart attacks and strokes in those with CAD. Other names for antiplatelets include platelet aggregation inhibitors and platelet function inhibitors. Two antiplatelet medications are utilized for the long-term therapy of CAD: acetylsalicylic acid (ASA) and clopidogrel. ASA is the substance present in medicines like Aspirin. Low-dose ASA has been utilized in the prevention of heart disease for many decades. People with CAD normally take one 100 mg ASA tablet per day. Clopidogrel is usually used by persons who don't tolerate ASA well or can't take it for other reasons. Every day, one 75 mg pill of clopidogrel is taken. **Research on ASA and clopidogrel.** ASA is a thoroughly researched medication: If 100 persons with CAD take ASA permanently, an average of 5 to 10 of them will avoid a heart attack or stroke, according to five-year research. The degree to which a person benefits from this medicine will largely depend on their individual risk. A big study compared ASA and clopidogrel directly. It was discovered that both drugs provided comparable levels of protection [11-17].

Side effects. Antiplatelets slow blood clotting, which may cause people to bleed more readily. That means people can bruise more easily. Bruising and other small bleeding occurrences like nosebleeds are no cause for panic. On the other hand, vomit that contains blood and dark red or black stool could indicate stomach bleeding and require medical attention. Approximately two to three out of every 100 individuals with CAD who take ASA for five years experience gastrointestinal bleeding that need therapy. However, the majority of these cases have no long-term consequences and are simply cured. Stomach ulcers are another possible side effect of antiplatelets. It can make sense for patients who have experienced gastrointestinal bleeding or a stomach ulcer to also take medication to protect their stomach. These medicines include omeprazole and pantoprazole (known as proton-pump inhibitors). They shield the mucous membrane of the stomach and prevent the generation of stomach acid. This stops gastric bleeding and stomach ulcers [4-11].

Statins shield the walls of blood vessels and reduce cholesterol. Large studies suggest that they prolong the life expectancy of persons with CAD and lower the risk of heart attacks and strokes. The following statins have been approved for use in Germany: atorvastatin, fluvastatin, lovastatin, pravastatin and simvastatin. So if someone does not tolerate a certain statin, they can switch to a different statin. **Research on statins.** Research on the usage of statins for persons known to have CAD has found the following: If persons with CAD take statins over a period of five years, medical disorders like heart attacks, strokes and other forms of blood vessel blockages will be prevented in an average of roughly 5 out of 100 of them. **Side effects.** In general, statins are well tolerated. A few studies suggest that these medicines can induce muscle soreness in a limited proportion of persons [1-4]. But muscle difficulties can be caused by many other factors, too. So it doesn't make sense to cease therapy at the first hint of a suspected negative effect. It is best to discuss any intolerances you may have with your physician. Rhabdomyolysis is an incredibly rare but significant side effect when the muscular tissue in particular muscles gradually breaks away. The breakdown chemicals that are generated from the muscles can seriously harm the kidneys, and this results in paralysis. According to research, 1 in 10,000 patients receiving long-term statin treatment experienced this side effect. Its indications include swiftly fatigued or cramping muscles and reddish or black urine. It's crucial to get medical help if you have these symptoms. No damage is to be expected if you quit taking the statin in good time [12-15].

If exertion with CAD causes chest tightness (angina), other medications might be taken to relieve the symptoms. A contrast is made between: Preventive medication (in particular beta blockers). Medication to treat acute angina attacks (fast-acting nitrates). Preventive medication is taken over the long term to lower the risk of angina symptoms. Beta blockers are commonly utilized here. They slow down the heart rate (pulse) and lower blood pressure, easing strain off the heart. Calcium channel blockers are another alternative for patients who don't tolerate beta blockers, can't take them or need another drug. They enlarge your blood arteries, and some can slow your heart rate. This reduces blood pressure and relieves the heart's workload. Acute symptoms can be treated using fast-acting nitrates [1,4,7]. They immediately enlarge the blood arteries, delivering more blood to the heart. This eases the pain and constriction in the chest. Nitrates come in a variety of forms, including sprays ("nitro spray") and capsules ("nitro capsules"). Nitrates start working after 2 to 5 minutes, and last for up to half an hour. Nitrate medicine is frequently carried by people with angina symptoms, who use it as needed. Fast-acting nitrates can also be used as a preventive measure, as soon before activities involving effort such as doing sports, mowing the lawn or going for a walk in very cold weather, that would otherwise trigger symptoms [9,11,14]. **Side effects.** If beta blockers reduce blood pressure or heart rate too much, people may feel exhausted. But this can easily be avoided by modifying the dose of the drug. Reduced sexual desire and erection issues are two more potential adverse effects of beta blockers. But fewer than 1 out of 100 people develop these difficulties as a result of taking this drug. Beta blockers are normally well-tolerated. The probable adverse effects of calcium channel blockers include headache, sleepiness, hot flashes, constipation and water retention in the legs. Nitrates can induce short-term headaches and reddening of the face. They may also lower blood pressure. For this reason, before taking nitrates, experts advise sitting down. Men should consult their physician if they take potent medications like sildenafil (Viagra). In order to prevent a significant drop in blood pressure, it is crucial that there be a sufficient amount of time between taking such medications and nitrates [15-20].

What can help to manage long-term medication? People who have CAD frequently take numerous different drugs over a long period of time. It can be hard to keep track of everything. Various factors can assist make it easier to take the drug, though. Particularly helpful have been the following: Keeping your medicine schedule as easy as possible. Using medication dispensers with tiny daily divisions that make it simple to determine whether a tablet has been forgotten. Seeing your doctor periodically so that questions about the treatment can be addressed. Many people are apprehensive of taking medication regularly for a long period of time, for instance because they might worry about the build-up of medication in their body over time. But these worries are baseless. Our systems regularly break down pharmaceuticals and get rid of them without any trace with the help of several mechanisms. All of the drugs discussed here have also been carefully examined in research. Go to: How can the risk of adverse effects be lowered? All drugs can have side effects. Yet it's often easy to avoid them by modifying the dose or by picking an alternative prescription in the same category of drugs [13-19]. Once the body has adjusted to the drug, the side symptoms frequently disappear as well. It is best to talk to your doctor if you don't tolerate a drug. Taking multiple drugs at once may raise the risk of side effects due to potential interactions. It is therefore crucial to tell your doctor what medication you are already taking, including any herbal or other over-the-counter medication. It can be useful to keep a list of medication. People with statutory health insurance in Germany who take three or more prescription medications are allowed to obtain a "standardized medication schedule." This schedule is generally set together by your family doctor and should be kept up to date by all treating practices and pharmacies [3-9].

Discussion. The use of drugs in the secondary prevention of coronary artery disease is supported by a substantial body of evidence, but little is known about the reasons why patients decide to continue taking them or to cease. The data for cardiac rehabilitation, on the other hand, is more controversial⁴⁶, although patient experiences have been extensively studied in that area. In this review, we have combined 17 studies and established a theoretical framework to describe these experiences, with a focus on clinical application. Our study has benefits and limitations. We covered a range of databases and employed a methodical approach to find studies. Data extraction and quality appraisal was completed separately by at

least 2 reviewers, strengthening the rigor of the technique. The synthesis comprised studies from diverse nations and individuals from varying stages of their condition. Meta-ethnography is now well established in health research and has been recognized as a critical method to make qualitative evidence accessible to policy makers. A number of subtly different approaches exist and may have yielded distinct conclusions; nevertheless, the congruence of themes between papers and overlap with current research indicate that any divergence is likely to be modest [1,4,5]. The lack of a social scientist on the review team, despite the fact that the reviewers involved in this synthesis held a variety of clinical and research positions, is another potential limitation. Nevertheless, since all of the researchers had experience with both qualitative research and coronary artery disease, the lack of a social scientist is unlikely to have hindered the process and may have even helped to keep the focus on translating the findings to inform clinical practice. Researchers have previously endeavored to synthesize qualitative data about medication-taking behavior, finding as this synthesis did, a general disdain for taking tablets and a reluctance to talk to physicians. Meanwhile, a questionnaire-based study in primary care similarly indicated that people with a stronger sense of the chronicity of coronary artery disease were more likely to use drugs. We are not aware of another synthesis that includes qualitative findings about medication use in patients with coronary artery disease [6-11]. One important takeaway from this synthesis is the degree to which clinicians have an impact on people's medication-taking habits. This information can be used in clinical practice in a number of ways, such as facilitating a seamless transition between secondary and primary care to prevent contradicting information, giving patients a convenient way to voice concerns about their medications, and providing balanced information about the risk of recurrent disease, including the correlation between individual risk factors and coronary artery disease. Interventions at the policy level may include routine follow-up appointments with a primary care prescribing clinician for all patients following myocardial infarction, to create a connection and discuss uncertainties. A toolkit to facilitate and guide this meeting may prove valuable. Although there is yet no data regarding the precise impact of partners, their attendance in these consultations may be encouraged given their potential influence. As this toolkit is likely to be used in a primary care context, a qualitative study of the opinions of general practitioners may provide important insights for its development. This review adds to prior work demonstrating the complexity of medication-taking decisions by patients [12-15]. Clinicians need to better grasp this trend, which might be incorporated into undergraduate and postgraduate medical education. In observational studies of individuals with coronary artery disease, depression has been demonstrated to increase drug discontinuation; as this link did not show up in our synthesis, it may be investigated in future qualitative research. To sum up, drugs are essential for lowering cardiovascular morbidity and death in coronary artery disease patients. The intricate decision-making processes that patients go through while determining whether to keep taking their drugs are conceptualized in this synthesis. The typically abrupt nature of myocardial infarction and lack of coronary artery disease symptoms imply individuals may not understand the severity of their disease. In addition to adjusting to being a "heart patient," another difficulty is overcoming unfavorable perceptions of drugs and addressing concerns about real and potential side effects. Clinicians have a unique influence on drug persistence, frequently unwittingly affecting patients' attitudes through their language and lack of accessibility. By taking a more open approach, practitioners can involve both patients and their spouses in a discourse of what they think about their medications. Given the importance of coronary artery disease and the intricacy of patient effects obvious from this synthesis, additional investigation and intervention in this area are recommended [16-21].

Conclusions. To sum up, drugs are essential for lowering cardiovascular morbidity and death in coronary artery disease patients. The intricate decision-making processes that patients go through while determining whether to keep taking their drugs are conceptualized in this synthesis. The typically abrupt nature of myocardial infarction and lack of coronary artery disease symptoms imply individuals may not understand the severity of their disease. In addition to adjusting to being a "heart patient," another difficulty is overcoming unfavorable perceptions of drugs and addressing concerns about potential side effects. Clinicians have a unique influence on drug persistence, frequently unwittingly affecting patients'

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The crucial role of the prescribing clinician must be acknowledged in strategies to encourage greater persistence of secondary prevention drugs in patients with coronary artery disease. Modifying patient attitudes toward medications to avoid additional cardiovascular disease may be facilitated by providing medication-specific information at the time of therapy initiation, enhancing the transition between secondary and primary care, and outlining the risk of illness recurrence.

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