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BIOCHEMISTRY AND CARDIOLOGY: RELEVANCE IN MODERN MEDICINE

Saidmurodova Zarifa Azamatovna
Senior teacher of Samarkand State Medical University

Dimurodov Saidakbar Nizomiddinovich
Student of Samarkand State Medical University

Mamadaliev Amir Ihlosovich
student of Samarkand State Medical University

Biochemistry plays a fundamental role in modern cardiology, providing insights into the molecular mechanisms that drive cardiovascular diseases. Understanding biochemical processes allows for the development of targeted therapies, innovative diagnostic techniques, and personalized treatment approaches. With the rising prevalence of cardiovascular diseases worldwide, integrating biochemistry into cardiology has become essential for improving patient outcomes.

One of the most significant contributions of biochemistry to cardiology is the identification and study of biomarkers. Cardiac biomarkers, such as troponins, creatine kinase-MB, and natriuretic peptides, provide critical information for diagnosing acute myocardial infarction, heart failure, and other cardiac conditions. The measurement of these biomarkers allows clinicians to make rapid and accurate decisions regarding patient management. Advances in proteomics and metabolomics have further expanded the scope of biomarker discovery, offering new possibilities for early disease detection and risk assessment.

Biochemistry also underpins the understanding of lipid metabolism, a key factor in atherosclerosis and coronary artery disease. The regulation of cholesterol levels through lipoproteins, enzymatic pathways, and genetic factors has led to the development of lipid-lowering therapies, such as statins and PCSK9 inhibitors. These drugs have significantly reduced the incidence of cardiovascular events and improved long-term prognosis for patients with high cholesterol and other metabolic disorders.

Another crucial area where biochemistry intersects with cardiology is oxidative stress and inflammation. Reactive oxygen species and inflammatory mediators contribute to endothelial dysfunction, plaque formation, and myocardial injury. Targeting oxidative stress through antioxidants and anti-inflammatory agents has emerged as a promising strategy in cardiovascular medicine. Furthermore, understanding the biochemical pathways of thrombosis has led to the development of anticoagulants and antiplatelet agents, essential in the prevention and treatment of conditions such as stroke and myocardial infarction.

The rise of personalized medicine has further emphasized the importance of biochemistry in cardiology. Genetic and epigenetic studies provide insights into individual susceptibility to cardiovascular diseases, allowing for tailored therapeutic strategies. Pharmacogenomics helps optimize drug selection and dosage, minimizing adverse effects and maximizing efficacy. With the advent of gene editing technologies, such as CRISPR, the potential for correcting genetic mutations linked to hereditary cardiac disorders is becoming a reality.

In conclusion, biochemistry is an indispensable pillar of modern cardiology, shaping the way cardiovascular diseases are diagnosed, treated, and prevented. Advances in molecular biology, genetics, and biochemical research continue to drive innovations that improve patient care and outcomes. As the field evolves, the integration of biochemistry into cardiology will remain crucial in addressing the global burden of heart disease.

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