?????????????, ????????????????????? ? ??????? ????? ??????????????. ???? ?? ? ??????? ?????, ?????????? ? ??????? ???????? ???????? (????, ????? ? ?????, ????, ??????? ? ?????? ??????) ?????????? ?? ???????? 80% ???? ???????????????? ???????. ??? ?? ?????? ????? ????? ? ????? ???? ??????? ? ???????? ?????, ??. ???????? ? ?????, a ? ?????? ?? ????????? ?? 57% ???? ??????? ?????????. ???? ?????????? ???????? ?????????? ?????? (?????? ????????? ???????? ????????), „??? ??????????" (LDL) ?? ???? ????? ? ????????? ???? ???????? (??????) ?, ????? ?? ????????, ??????? ????????. ?????? ?? 8 ???????????? ? ??????????? ??????? ?????-?????????? ??????, ??. ?????????? ???????? ???? ????????, ? ????? ???????? ?? ?????? ?????? (????, ???????). ?????????? ??????????? ???????? ?????? ???????? ?? ??????????. ????? ???????? ?? ??????????? ?????? ?? ?????, ???? ?? ???????? ?????????, ?????? ??? ???? ? ???? ???? ? ?????? ???????? ?????. ??????, ??? ?? ?????? ????????, ???????? ?? ? ?????? ????????? ???????????????? ????? ????????? ?? ???????? ?????? (????? ??????? ???????? ?? ???????? ?????? ? ????????????? ????????) ? ???????? ???????? ????. ???????????????? ????? ???? ?? ????? ? ???? ?? ????? ??????? ???????? ? ??????????? ??? ???????? ????? ?? ???????? (?????????????). ???????? ????? ????????? ????? ????????, ??????? ?? ????????? ???? ???? ?? ???????? ? ??????? ???????, ??. ???? ?????? ? ???? ?????? ???? ?? ?????????? ?? ????????? ????????. ??????, ?? ??????? ???????????????? ????? ?????? ??????????? ????????, ???? ??????????? ???????? ??? ????????. ?? ????????? ????????? ???????? ?????????? ?????? ?????? ???? ??????? ??????? ????????? ??????? ?????? ?? ???????? ????????????. ??????????? ??????? ??: ???????? ??????????, ???? ?? ???????? ???????? ??????????? ??????? ???? ???????? (??? 55. ?????? ??? ????????? ? ??? 65. ?????? ??? ????); ???, ??? ?? **?.** ???? ??? ????????? ??? 10 ?????? ????? ????? ????????? ?????? – ????????; ??????? ?????? ???, ???? **?.** ?????? ??? ? ?????????, ??? ??????? ??? ???? ? ???????? ? ???????? ????????. ?????, ???? ??? ???? ?????? **?.** ? ???????? ?? ????????? ???????????. ?????????? ??????? ?????? ?? ???? ?????? ???????? ????: ???????? ?????? ???????? ? ???? (?????????????????????) ???? ???????????? ? ????????????? ??????????? ???????; ???????? ?????? ???????? ????? ????????? ?? 140/90 mmHg (???? ?? ????????? ???????? ???????? ?? 130/80 mmHg); ?????? ?????? – ??????? ??? ? ???????, ??. ??????? ????????? ???? ?????? ??????; ??????? ?????? (diabetes mellitus ??? 2) ??????? ? ???????? ?????? **?.**; ?????????, ? ?? ???????? ?????? (???????????); ??????? ??????????? ? ?????????? ????? ??????; ?????? ?????-????????? ??????? ? ????????????? ????????? ?? ?????. ????? ???? ?????? ????????? ??????? ????????? ? ????????, ?????????? ??????, ?? ????? ? ? ??????? ??????? ? ???????? **?.** ? ??????? ?? ???????? ?? ???? ???? ????????????, ??. ???????????????? ???????. ???????? ?? ?????? ????? ????? ??????, ? ?????????? ??????? ?????? ????? ???????? ??? ??? ????????. ??????? ? ????? ?????? – ???????, ???? ????????? ???? ??????????? ? ???? ? ??????????? ? ??? ??????? ???????????????? ?????.

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*????? ?? ???????? ? 1. ????? I ???? ?????? ????????????? (2010)

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