

# **HYPERTENSION IN PREGNANT WOMEN: A STUDY CONDUCTED AT THE SAMSMU CLINIC.**

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## **Abstract**

Hypertension during pregnancy is a significant health issue, posing risks to both the mother and fetus. This study aims to evaluate the prevalence, clinical features, and management of hypertension in pregnant women treated at the Samarkand State Medical University clinic. Using retrospective data analysis, we assessed patient demographics, blood pressure trends, treatment approaches, and pregnancy outcomes. Our findings highlight the importance of early diagnosis and individualized treatment to reduce complications.

**Keywords:** hypertension, pregnancy, preeclampsia, gestational hypertension, maternal health.

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## **Аннотация**

Гипертензия во время беременности представляет собой серьёзную проблему для здоровья, создавая риски как для матери, так и для плода. Цель данного исследования оценить распространённость, клинические особенности и методы лечения гипертензии у беременных женщин, проходивших лечение в клинике Самаркандского государственного медицинского университета. Путём ретроспективного анализа данных были изучены демографические характеристики пациенток, динамика артериального давления, подходы к лечению и исходы беременности. Полученные результаты подчёркивают важность ранней диагностики и индивидуального подхода к лечению для снижения риска осложнений.

**Ключевые слова:** гипертензия, беременность, преэклампсия, гестационная гипертензия, материнское здоровье

### **Annotatsiya**

Homiladorlik davrida yuzaga keladigan gipertenziya sog'liq uchun jiddiy muammo bo'lib, ona va homila uchun xavf tug'diradi. Ushbu tadqiqotning maqsadi — Samarqand Davlat Tibbiyot Universiteti klinikasida davolangan homilador ayollarda gipertenziya holatlarining uchrash tezligi, klinik xususiyatlari va davolash usullarini baholashdir. Retrospektiv ma'lumotlar tahlili orqali bemorlarning demografik ko'rsatkichlari, qon bosimi o'zgarishlari, davolash yondashuvlari va homiladorlik natijalari o'rganildi. Tadqiqot natijalari asoratlarni kamaytirish uchun erta diagnostika va individual yondashuvning muhimligini ta'kidlaydi.

**Kalit so'zlar:** gipertoniya, homiladorlik, preeklampsiya, gestatsion gipertoniya, onalik salomatligi

### **Introduction**

Hypertension during pregnancy remains one of the leading causes of maternal and perinatal morbidity and mortality worldwide. Elevated blood pressure in pregnant women can manifest as chronic hypertension, gestational hypertension, or complicated preeclampsia — a condition characterized not only by high blood pressure but also by dysfunctions of organs such as the kidneys and liver. These conditions significantly increase the risk of serious complications, including premature birth, fetal growth restriction, placental insufficiency, and even fatal outcomes for both mother and child.

Modern medicine pays special attention to the timely detection and effective treatment of hypertensive conditions in pregnant women, as the well-being of both mother and fetus depends on it. Despite advances in diagnostic and therapeutic technologies, hypertension remains a serious problem requiring a comprehensive approach to the management of pregnant women.

At the Samarkand State Medical University clinic, regular monitoring and treatment of pregnant women with hypertension are conducted, allowing for the study of disease progression features and the effectiveness of therapeutic approaches. This study analyzes the clinical characteristics, treatment methods, and pregnancy outcomes in patients with various forms of hypertension.

### **Research Objective:**

To study the characteristics of hypertension in pregnant women diagnosed

and treated at the SamGMU clinic, and to evaluate the effectiveness of the diagnostic and treatment methods used. To assess the prevalence and types of hypertension in pregnant women at the SamGMU clinic. To study clinical manifestations and risk factors. To analyze treatment methods and their impact on pregnancy outcomes.

The study was conducted at the clinic of Samarkand State Medical University from January 2025 to June 2025. Forty-five pregnant women diagnosed with hypertension were examined.

### **Inclusion Criteria:**

- Pregnant women with arterial blood pressure  $\geq 140/90$  mmHg
- Age from 18 to 45 years
- Confirmed diagnosis of chronic or gestational hypertension

### **Methods:**

- Medical history collection and clinical examination
- Regular monitoring of blood pressure
- Laboratory tests (complete blood count, urine analysis, biochemistry)
- Fetal ultrasound and Doppler assessment of placental vessels
- Statistical analysis using SPSS

### **Results:**

Out of 45 examined patients:

| Type of Hypertension | Number (n) | Percentage (%) |
|----------------------|------------|----------------|
| Gestational          | 26         | 57.8           |
| Chronic              | 12         | 26.7           |
| Preeclampsia         | 7          | 15.5           |

Average age of patients: **32.1 ± 4.5 years**

### **Frequency of Pregnancy Complications (%)**

| Complications            | Chronic (%) | Gestational (%) | Preeclampsia (%) |
|--------------------------|-------------|-----------------|------------------|
| Preterm Births           | 8.3         | 7.7             | 21.4             |
| Fetal Growth Restriction | 4.2         | 3.8             | 14.3             |
| Fetal Death              | 0           | 0               | 7.1              |

**Treatment: Antihypertensive Drugs.**

| <b>Drug</b> | <b>Usage Frequency (%)</b> | <b>Effectiveness (%)</b> | <b>Side Effects (%)</b> |
|-------------|----------------------------|--------------------------|-------------------------|
| Methyldopa  | 62                         | 87                       | 9                       |
| Labetalol   | 29                         | 89                       | 7                       |
| Nifedipine  | 9                          | 78                       | 4                       |

## **Discussion**

The study results confirm that gestational hypertension remains the most common form of hypertensive disorders in pregnant women — 57.8%. The proportion of chronic hypertension is 26.7%, and preeclampsia is 15.5%, reflecting the severity of this complication associated with the highest risk of perinatal complications.

The frequency of complications in patients with preeclampsia was significantly higher, especially in terms of preterm births and fetal growth restriction, which corresponds to global trends and requires special attention in the management of such pregnancies. The use of modern antihypertensive drugs, such as methyldopa and labetalol, demonstrated high effectiveness and good tolerability, contributing to improved clinical outcomes.

These data emphasize the need for early detection and continuous monitoring of hypertensive conditions during pregnancy to reduce risks and improve maternal and child health.

## **Conclusion**

The conducted study of hypertension in pregnant women at the SamSMU clinic involving 45 patients confirmed the high prevalence of gestational hypertension. Despite its lower frequency, preeclampsia remains a serious threat to the health of both mother and fetus, accompanied by a higher rate of complications such as preterm births and fetal growth restriction.

Early detection, regular blood pressure monitoring, and individually tailored antihypertensive therapy including drugs with good efficacy and tolerability allow for a significant reduction in the risks of adverse pregnancy outcomes.

The study data emphasize the importance of a comprehensive approach to managing pregnant women with hypertension to ensure a favorable course of pregnancy and the birth of a healthy child.

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