

# WHY ARE CARDIOVASCULAR DISEASES COMORBIDITIES EACH OTHER?

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**C**ardiovascular disease (CVD) is a very acute problem. The list of factors responsible for this disease was known, but the mechanism was not known. The search for the mechanism of CVD for many centuries has not given any results. Our team of researchers has shown that in most cases, CVD occurs due to improper operation of arteriovenous anastomoses (AVA). AVA can be in open and closed states. These shunts protect the major arteries from damage when blood pressure increases under stress. Through AVA, blood flows into veins and there is a rapid decrease in arterial pressure. When passive hypodynamia opened, AVA can be in an open state too long. Blood from above measures flows into the venous channel and increases the pressure there. Hollow veins overflow. Under certain conditions, mechanically induced arrhythmias of the heart begin. Increased venous pressure also extends into the small veins, as a result of pressure gradient between arterioles and venules becomes too small. This leads to a stasis of capillary circulation and damage to venous valves. Part of venous blood leaks through the delicate walls of the vessels; begins edema, varicose veins, thrombosis. In the first place, the diseases are exposed to organs that accumulate fluid under the action of gravity of the Earth. These organs in a sitting or standing person include the pelvic organs and joints of the legs. Some groups of cells are exposed to necrosis, mutations, blood becomes thick and dirty. There is comorbidity. Immune cells can't get close to tumor cells due to the lack of differential pressure in the blood vessels. The increase in the incidence in our days has become possible only because, according to the idea of the Lord God, a person must work every day to get food and heat. To work, the muscles should be trained the respiratory diaphragm and the myocardium. But since the end of the 20th century, a lot has changed, physical activity has disappeared, a person for many hours sit at a computer in the office and at home, food has become redundant, stress has become greater. To change the situation with CVD and cancer, we need to treat AVA; we need to make perestroika in healthcare!.

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