

The Diseases Caused by Obesity during Person's Life

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Abstract: This article devoted on growing prevalence of obesity in humans is becoming an epidemic. Two clinical cases of constitutional exogenous obesity in adolescence presented: in the first case a patient with progressive obesity complicated by dyslipidemia, diabetes mellitus, proteinuria, polyneuritis and arterial hypertension. This is a case of progressive obesity, complicated by types of diabetes mellitus, proteinuria, polyneuritis, arterial hypertension and fatty hepatitis. The second patient had multiple gastric ulcers and disseminated hemorrhagic gastritis.

Keywords: Obesity, complication, arterial hypertension, steatohepatitis, multiple ulcers.

According to WHO definition, obesity considered "abnormal or excessive accumulation fat, which can negatively affect health". A number of foreign researchers attribute overweight and obesity to complex, multifactorial, multigame disorders that closely related to associate with the characteristics of the psycho-socio-cultural environment. Previously, it believed that the problem of obesity was urgent for countries with high standards of living, but the number of children suffering from overweight and obesity is now rising in countries with low and average income levels, especially in urban areas conditions. Currently more than 30 million overweight children live in developing countries and 10 million in developed countries. The epidemiology and incidence of many chronic diseases, including obesity, depend from racial and ethnic differences, as well as from geographical and socio-economic characteristics living conditions. The main pathogenesis cause of excess weight and obesity considered a violation of energy balance between consumed and expended calories. Significant prevalence of this pathology caused by a number of factors, among which a change in diet prevails, due to the consumption of high-calorie foods with increased low in fats and sugars vitamins, minerals and other microelements. Another important pathogenesis factor the development of obesity and overweight considered progressive hyperkinesia in all areas of life modern man.

A number of experts, observing a clear trend to a decrease in the level of physical activity of the population, they associate as the result of an increasingly widespread the spread of sedentary forms of work, leisure and play, with changing modes of transport and increasing urbanization. The significant increase in the prevalence of obesity over the past 30 years is the result of cultural and environmental influences. Increasing imbalance between researcher's associate calories consumed and expended with high-calorie diets, eating disorders, and size gain portions, sedentary lifestyle, low physical activity. Obesity is one of the most common chronic diseases in the world, not only adults, but also children and adolescents. The World Health Organization (WHO) declared this pathology a global epidemic back in 1997, which and today remains one of the most significant problems of medicine. In the next report, WHO Committee on Obesity noted, "overweight and obesity are currently so widespread that they affect public health more than traditional health problems, in particular starvation and infectious diseases". In 2012, the

absolute number of patients with this pathology was already about 1.7 billion people, with the leading position among countries. The United States remained with a high incidence, where 34% of the population were overweight, and 27% were obese. Almost 17% of the adult population of Uzbekistan suffers from obesity, according to data from the World Population Review. Kazakhstan is the leader among Central Asian countries in this indicator: 21% of adults there are overweight. In Turkmenistan, about 19% of the population faces the problem. The prevalence of this pathology among people of different ages, gender, social status and ethnicity is growing every year in all world; this trend is especially obvious in developed countries of Europe, Japan, North America and Australia. In Europe, the prevalence of obesity reaches 10–25% among men and 10–30% among women. Over the past 10 years in most European countries. The prevalence of obesity has increased by 10–40%. In most European countries, more than 50% of the population are overweight or obesity. The 60% of obese adults have gain of excess body weight begins in childhood age and is accompanied by more pronounced weight gain and a higher frequency of concomitant diseases than with obesity, debuted in adulthood. Prevalence obesity among children and adolescents has increased sharply in the second half of the twentieth century, defining a new special public health problem for many countries. According to WHO, in 2011 more than 40 million children under five years of age were overweight? Today in developed countries, up to 25% of adolescents are overweight, and 15% suffer from obese. Obesity in children linked to unhealthy diet and low level of physical activity. World Health Organization experts believe that the increasing prevalence of obesity in childhood caused by economic and social changes in society. Obesity in children linked to unhealthy diet and low level of physical activity.

Obesity negatively affects quality of life and all spheres of human activity, often leading to development of severe concomitant diseases, loss of ability to work and disability. Majority people with overweight and obesity experience objective difficulties due to the presence serious health problems, physical limitations and psychological problems. Overweight and obesity are associated with higher mortality rates worldwide than underweight. The 65% of the world's population lives in countries where being overweight and obese kills more people than being underweight.

These statistics include high- and middle-income countries. At least 2.8 million adults die every year as result of conditions and diseases associated with overweight or obesity. Experts focus on the problems of environmental pollution, environmental ill-being, unhealthy diet and toxins. Densely built offices and shopping centers alongside with the introduction of “gentle, immobilizing” technologies (elevators, electronic communications, and automated household appliances) lead to total decreased physical activity at work, at home, inactive leisure and sedentary entertainment. All these factors undoubtedly contribute to the development current epidemic obesity. A successful solution to this problem is impossible without the participation of public health and the state in the form of the necessary information, provision of an accessible environment, qualified medical care and encouraging the population to lead a healthy lifestyle. Interdisciplinary research over the last ten years demonstrates the effectiveness of comprehensive programs including optimizing diet, increasing physical activity, and changing the built environment associated with physical activity. The described clinical cases demonstrate heterogeneity of clinical manifestations and complications of constitutional exogenous obesity. In both cases, obesity developed in childhood age and had a constantly progressive character. The heredity of the patients burdened on obesity, which is a risk factor for the development of childhood obesity. Both patients were breastfed for more than 9 months, which is a protective factor against obesity. Despite the fact that patients lead different lifestyles, they have physical moderate intensity loads. Both patients are not adhered to the principles of healthy eating. Timely detection of obesity in children and adolescents, rational diagnostic measures and active intervention aimed at lifestyle modifications, including diet and physical activity is extremely important. It is necessary carry out screening and prevention of the most common complications of obesity: disorders and carbohydrate metabolism, arterial hypertension, fatty hepatitis. All

these activities allow not only stop the progression of obesity, but also prevent the development of complications. Thus, the current priority directions of state policy regarding increasing physical activity of the population and, as a consequence, the prevention and treatment of obesity, began comprehensive intersectional programs to change the environment in order to increase physical activity and monitoring the quality of consumed food.

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