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DEVELOPMENT OF ALL TYPES OF PREVENTIVE MEASURES FOR ACUTE AND CHRONIC DISEASES WIDESPREAD AMONG THE POPULATION

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Abstract: Currently, various infectious diseases occur in our country. Diseases grow differently in each person's body. This article analyzes common acute and chronic diseases among the diseases that occur in our country.

Key words: Acute respiratory disease, influenza, ARVI, othematoma, perichondritis, acute bronchitis, pancreas.

Acute respiratory diseases are the general name of acute infectious diseases caused by viruses and of similar origin. Respiratory tracts (nose, larynx, larynx, bronchi) are affected by damage to the mucous membranes, the mucous membrane of the eye, and the conjunctiva. The causative agents of acute respiratory diseases include adenoviruses, parainfluenza viruses, rhinoviruses, and others. Some groups of acute respiratory diseases are observed more often, but they can affect the whole population. Any viral infection is transmitted from the patient through the respiratory route (when talking, sneezing, coughing). Disease-causing viruses enter the upper respiratory tract (nose, larynx), enter the cells of the outer layer of the mucous membrane (epithelium), destroy them, and some of the pathogens die, release a toxic substance (endotoxin) and poison the body (intoxication). The granulosa cells that store the virus migrate, and when the patient talks, coughs, sneezes, it falls into the air with saliva, nasal mucus, and sputum and infects others. The disease can also be transmitted from household items (dishes, towels, toys, etc.). Acute respiratory diseases can conditionally be called seasonal diseases, because this group of diseases is more common in late autumn and winter.

Nowadays, it is no secret that new strains of influenza virus appear every day. There is a lot of media coverage of flu epidemics. They are becoming increasingly life-threatening. So, what should be done to avoid this situation? How to protect yourself and your loved ones from the flu virus? There are several ways to protect yourself from the flu and ARVI (Acute Respiratory Viral Infection). Of course, many people cannot distinguish between these two diseases, and they also confuse it with ARDS (Acute Respiratory Disease). ARVI is a disease of the respiratory tract caused only by viruses. If pathogens other than viruses cause disease in the respiratory tract, it is not included in ARVI. According to statistics, respiratory diseases (respiratory diseases) are often caused by viruses. Of course, the airways can be inflamed due to bacteria, but the local and general immunity in the body is mainly caused by viruses. The main viruses that cause ARVI include parainfluenza, adenovirus, rhinovirus, and enteroviruses.

As for the flu, this disease can also be included in the ORVI, because the flu is also caused by viruses. However, due to the fact that influenza is dangerous, the pathology is considered separately, and requires a serious approach to the prevention of influenza. Preventive measures are divided into two groups - specific and non-specific. Specific prevention of influenza and ARVI consists in blocking influenza and ARVI viruses. In the case of non-specific prevention of the disease, the commonly used measure for the prevention of respiratory diseases consists of measures that do not fight against the virus itself.

The structure of the auricle varies from person to person. The button of the outer ear is played according to the tune; microtia - not developing the auricle, but only some of its buds; macratia - an abnormally large swelling of the auricle; anatya - the complete absence of the auricle. Defects can only be treated surgically. Microtia is often accompanied by complete underdevelopment (atresia) of the external auditory canal. In this defect, the hearing function is also impaired. Othematoma - accumulation of deposits above the ear. In this disease, as a result of long-term crushing of the auricle, the blood vessels dissolve, and the bone accumulates between the eardrum and the upper layer of the eardrum. Othematoma can be found in people engaged in physical training (gymnasts, boxers) and heavy lifters. The top of the ear becomes enlarged, swelling appears, the skin becomes dark-brown, soft when palpated, the presence of fluid inside (fluctuation) is detected. The local temperature is not expected, it does not hurt. In the initial period of treatment, it is recommended to apply ice to the top of the ear, then it is necessary to pull out the deposit with a needle and burn the top of the ear by tightly squeezing it from both sides. The tympanic membrane becomes inflamed as a result of an infection (germs) entering the upper layer of the tympanic membrane, often after radical surgery, insect bites, etc. In this case, the top of the ear becomes larger, the skin becomes red and swollen. When palpated, the local temperature is high and severe soreness is felt. If the facade is not dissolved quickly by medical treatment, the top of the ear will rot and the shape of the top will become ugly.

10% of diseases of the digestive system are pancreatitis - acute or chronic inflammation of the pancreas. In addition, over the past 30 years, the number of people infected with the chronic form of this dangerous disease has doubled. Despite the fact that more than half of pancreatitis cases develop due to alcohol consumption, even those who never drink anything strong from dairy products and try to follow the rules of a healthy diet are included in the statistics. Below you can learn more about how to identify acute and chronic pancreatitis and how to protect yourself from it. Pancreatitis is inflammation of the pancreas, in which enzymes that help digest food enter the blood. When the pancreas is acutely inflamed, its cells are destroyed, lipase and amylase, which are enzymes that break down fat and carbohydrates, enter the blood, and acute pancreatitis is observed. In acute pancreatitis, it is easy to determine the presence of enzymes in the blood and make a diagnosis accordingly. In chronic pancreatitis, if the effect of toxins on the pancreas does not stop, or if the organ is badly damaged during the attack, signs of damage may appear over time. They are definitely determined with the help of a doctor. As a result, the pancreas stops doing its job. The secretion of gastric enzymes and the process of digestion of food entering the body are disturbed.

Acute bronchitis is an infectious inflammatory disease of the bronchi. This disease is manifested by symptoms such as cough, intoxication syndrome and sputum discharge. The diagnosis of "acute bronchitis" is made by the sudden onset of cough, not more than 3 weeks (despite the presence of sputum), as well as the absence of symptoms of other causes of cough, pathology of the nasopharynx, pneumonia and chronic lung diseases, and the clinical symptoms

of the disease. If there is a cough, expectorant drugs should be given. Mucolytics should be given if difficult sputum appears. In acute bronchitis, centrally acting antitussive drugs should not be given together with mucolytics, because these drugs reduce the cough reflex, reduce mucociliary activity, and increase the thickness of bronchial secretions. Bronchodilators are recommended during bronchoobstructive syndrome. In cases of broncho-obstructive syndrome and bronchial hyperreactivity manifested by dry wheezing, the use of β2-adrenomimetics in the form of aerosol inhalation (AIK), M-cholinoblockers in inhalation liquid or the combination of β2-adrenomimetics and M-cholinoblockers through a nebulizer has been proven. Since the main etiology of acute bronchitis is a virus, antibiotic therapy is not recommended in most cases. Antibiotics are prescribed when bronchial tubes show symptoms of bacterial inflammation (purulent sputum discharge and increase in its amount, increased shortness of breath, signs of intoxication). In this situation, macrolides, beta-lactams from antibiotic groups can be used.

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