

## **Features of the Prevalence of Endocrine Diseases**

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**Abstract:** The article analyzes the distribution of endocrine diseases. The main cause of endocrine disease, or pathology of the thyroid gland, arises from the development of a lack of conditions associated with a little intake of iodine from the external environment. The growth in development and the increase in registrations of these diseases has led to a much larger spread of the number of people with disabilities. Before medicine is faced with an important task of carrying out sanitary preventive measures, organizing a medical examination among the population, covering timely laboratory examination for early diagnosis of patients with endemic goiter and treatment before the transition to a chronic form to prevent disability.

**Keywords:** endemic goiter, medicine, ecology, urbanization, questionnaire, region.

### **Relevance:**

In recent years, the endocrinological field of medicine has made very significant progress in understanding the whole variety of hormonal manifestations and their influence on the vital activity of the human body. Impressive research results and innovative techniques are now helping to successfully treat a wide variety of endocrine diseases. But still, in this area there is still a lot of unexplored. The endocrine system is extremely important for the normal functioning of the human body. It plays a key role in the mechanisms of reproduction, exchange of genetic information, immunological control. [17,20] Endocrine diseases, causing pathological changes, lead to irreversible consequences for the whole organism. In our time, the horizons of clinical endocrinology are constantly expanding. This area of medicine now includes a large number of hormonal disorders and autoimmune pathologies, which are based on endocrine diseases. In addition, it became known about a variety of pathological syndromes in this extremely important system, the initial stage of pathogenesis of which is closely associated with damage (often infectious) of the gastrointestinal tract, impairment of various functions of the liver and other vital internal organs. [18] Thus, it is appropriate to say that endocrine diseases are very often associated with pathological disorders in other systems of the body. Endocrine disease in the population is one of the urgent problems of modern health care. In almost all regions of the world, the number of patients is growing steadily, doubling every three decades. In recent years, the problem of endemic goiter has become threatening [2]. Urbanization and changes in ecology and working conditions have multiplied the incidence. [9,11] In recent decades, there has been a noticeable revival of the interest of doctors of various specialties in the problem of endemic goiter. This is primarily due to an increase in the frequency of endemic goiter, both among adults and among children. In addition, its complications are characterized by changes in almost all organs and systems, which impairs the quality of life and shortens life expectancy. [18,20] According to modern concepts, endemic goiter is a chronic, multifactorial disease manifested by hormonal changes in the tissue, which, in progressive course, is complicated by dysfunction various organs and systems. [17,18]

## **Purpose of the study.**

The aim of this study was to study the spread and risk factors of endocrine disease, to develop evidence-based preventive measures to reduce the incidence

## **Materials and research methods.**

The study was carried out in a city polyclinic. The object of the study was children from 8 to 17 years old and adults aged 20-40 years old, 50-60 years old and over 65 years old who suffered from endemic goiter. The basis of the clinical material was the results of a medical examination of the population living on the territory of the polyclinic, as well as medical records of 200 patients with a diagnosis of endemic goiter. We also studied a questionnaire - a questionnaire on the assessment of the medical and social condition of patients diagnosed with endemic goiter who are registered in the city's polyclinics. [1;2:8]

The research methods were:

1. Clinical laboratory and hormonal research.
2. Sociological research methods.

Based on a specially developed questionnaire - a questionnaire for assessing the medical and social condition of patients with diabetes. The questionnaire consists of 4 items, where there is general information, assessment of conditions and lifestyle, assessment of risk factors leading to the development of endemic goiter, diet and nature of the diet. [3;4:9]

3. Epidemiological:

➤ based on the correlation analysis of indicators of risk factors contributing to the development of diabetes mellitus in the population of the city of Bukhara.

4. Statistical:

➤ based on statistical processing of the obtained data and correlation analysis.

5. General clinical diagnostics.

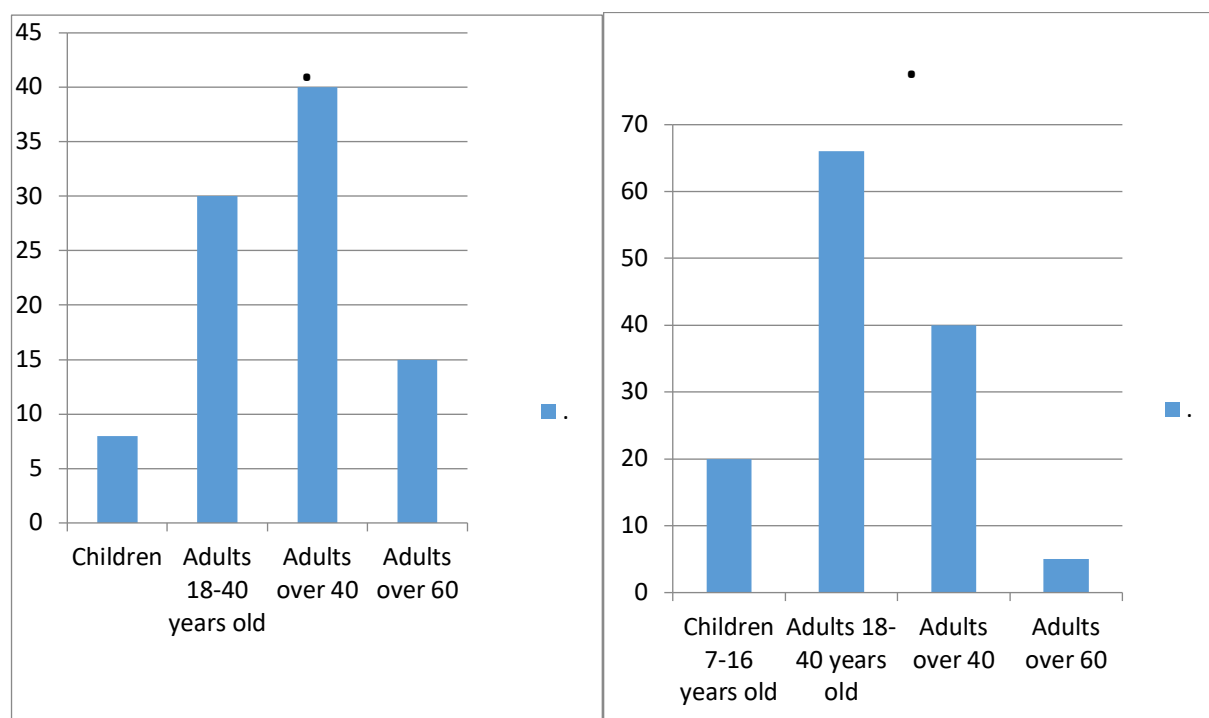
## **Results and discussions.**

The results of the medical examination and clinical and laboratory data [6] showed that 1670 (3.9) patients with a diagnosis of endemic goiter were identified in 2018, of which 8% were children, 52% of adults 18-40 years old, 40-60 years old 20% the rest are over 60 years old. In 2020, the incidence of endemic goiter reached 2120 (5.0) patients. The analysis of the age distribution of the surveyed showed that the incidence of endemic goiter at the age of 7-16 years old was 9.5%, 18-40 years old was 56%, 40-60 years old and older 29-30%. [7;11:14]

In order to find out the reasons for the growth of patients with a diagnosis of endemic goiter living on the territory of the polyclinic, we conducted a survey of 100 adult patients registered in the city polyclinics. The distribution of the material by sex showed that 25% of the patients were males, 75% were females.

The general distribution of patients by social origin showed that a low-income family in unfavorable living conditions - 16, an average well-to-do family in normal conditions - 31, a well-to-do family in favorable living conditions was 53 patients. The study of the nutritional status of patients revealed that 27 (27%) patients adhered to the diet, 32 (32%) observed the diet sometimes, and 41 (41%) patients did not comply with the diet. [14,15] Study of the diet of patients with endemic goiter 28 (28%) consumed flour products in excess, 32 (32%) - excessively consumed spices and sweets, 16 (16%) - often consumed fried foods, 11 (11%) did not eat enough fruit, 13 (13%) did not eat enough vegetables. According to the survey, 1 (1%) patients regularly consumed coffee and had a monotonous diet, 23 (23%) varied, 55 (55%) dietary, 16 (16%) did not have the opportunity to eat seafood, 5 (5%) patients with a diagnosis of endemic goiter, they ate baked and

fatty foods. Of all examined, only 10% of patients did not have hygienic knowledge. Questioning of patients with endemic goiter, 60% of patients had relatives on the "D" account. [9;10:15]



## Output

Thus, the prevalence and increase in the incidence of endemic goiter, from the analysis of the above data, it turned out that the main cause of the disease is social and household factors (low security, low sanitary conditions) and poor nutrition. Diabetes, as an independent disease and as a risk factor for many non-communicable diseases, over the past decade has been an important socio-economic problem for many countries, including Uzbekistan. In order to improve the living conditions of the population, we recommend: evidence-based preventive measures to reduce morbidity: [12,13].

- general health activities, improvement of living and working conditions of the population. The quality of drinking water and the improvement of water supply sources are of no small importance [5;6:10].
- the use of the following products:
  - sea fish (herring, cod, flounder, halibut, tuna, sea bass, salmon);
  - animal fats (milk, egg yolks, butter, boiled or chopped beef);
  - seaweed;
  - vegetables (carrots, potatoes, garlic, beets, radishes, onions, tomatoes);
  - fruits and berries (bananas, grapes, melons, pineapples, strawberries, persimmons, apples, wild strawberries, citrus fruits);
  - boiled cereals and pasta;
  - rosehip decoction, vegetable and fruit juices, yeast drink, wheat bran decoction;
  - jam, honey; vegetable oil. [14]

Iodized salt is obtained by adding potassium iodide to ordinary salt; for storage, you need to use dishes that close tightly (otherwise iodine can disappear, and with it all the benefits). It is especially important to prevent goiter in childhood, as physiological hyperplasia of the thyroid gland is observed up to 12 years old, which can become the onset of the disease

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