

## Individual Approach to Health Care

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**Abstract:** The healthcare system must take into account the individual needs of every patient and therefore requires a personalized approach. Personalized medicine, also known as the individual approach, is based on adapting medical care to each patient's genetic, environmental, and lifestyle factors. This article discusses the introduction of personalized medicine into the healthcare system, emphasizing its significance, advantages, and future prospects. By using genetic information, medical imaging, and other biomedical data, personalized medicine enables the creation of treatment methods that are specifically tailored to the characteristics of each patient. As a result, it ensures more effective and goal-oriented medical care. Furthermore, this approach plays an important role in the efficient distribution of healthcare resources and the prevention of diseases, contributing to the improvement of overall public health outcomes.

**Keywords:** Personalized medicine, individual approach, genetic data, biomedical information, medical imaging, treatment methods.

Health storage – population health protection to do directed social, economic and medical events system. Health storage of diseases prevent to take and treatment, healthy marriage and labor conditions create, high labor ability and far life to see to provide aimed at general events in sight holds; its main task to patients modern, specialized and suitable in a way help from showing consists of.

Uzbekistan Republic of first President I.Karimov Our Republic government growing coming young generation to your health constant care made. Health formation and his/her harmonious development, child healthy lifestyle development important from factors one physical upbringing and is a sport. Popular children's sports development provide for the purpose Uzbekistan Republic of Presidential Decree No. 3154 of October 24, 2002 “ On Children sport develop fund structure "About" and Uzbekistan on October 31, 2002" Republic of Ministers Resolution No. 374 of the Court of Justice of the Republic of Uzbekistan" On the Protection of Children sport develop fund of activity organization to be about "acceptance" This is done. in documents Health Save Ministry in front of growing going young generation all-round physical and spiritual to develop opportunity giver children sports types main development medical-scientific the basics working exit task placed. Past in the period village doctor points, city and village family polyclinics organization to grow through primary medical and sanitary help show system improved and population this from services use opportunities expanded. Urgent medical help a single centralized display system was created to provide citizens, including in places high to technologies based medical help indicative republic specialized scientific and practical medicine centers network is being improved.

Population reproductive health reinforcement, motherhood and childhood protection to do according to row targeted national programs done Children 's hereditary and congenital diseases

with of birth prevent to take for the purpose republic and territorial screening centers organization [ 3 ].

Health storage In the East, especially In Uzbekistan far to history has. Especially middle in the century this in the area medicine in science high to stages was achieved. During this period Greek and other from languages medical works Arabic to the language translation are being made, and in them recommendations in practice apply started. Same at the time East thinkers medicine from science universal works Abu Rayhan in this regard Al-Biruni's " In Medicine" " pharmacology " (" Book as much as possible fittib "), Abu Ali ibn Sina's "Canons of Medicine" ("Al Qanon fittib ") works famous is the world in medicine far periods during main manual become Especially Abu Ali Ibn Sina 's treatment new methods support as a doctor (doctor) own during very famous It's been. Next medicine in the past In Turkestan health storage main shape become came.

In our country being watched measures as a result to the population medical service to show efficiency, quality and convenience increase provided, UN Millennium development of goals main to the parameters achieved .

Independence in the years health storage in the field our country achieved to achievements international community by was given a positive assessment. For example, the population life Life expectancy at birth increased by 4.6 years — from 69.1 years in 1995 to 73.7 years in 2017 increased.

Mothers death indicator by 3.1 times decreased, 100 thousand person alive born to the baby compared to 21 cases organization seven, babies death and 3.1 times decreased by 1000 alive born to the baby compared to 11.5 cases organization In children the most many occurring to diseases against vaccination and prevention events with cover to take level is 96-98 percent firmly preserved stands [3].

Infectious to diseases against fight according to complex prevention, epidemic against and sanitation and hygiene of events current to be extreme dangerous contagious diseases (plague, cholera), poliomyelitis, diphtheria, infants tetanus, local come came out malaria, measles and rubella to the surface from the arrival complete protection to do opportunity gave. Polio wild strain (2002), measles and no rubella (2017), no malaria (2018) made about World health storage organization certificates was obtained [3].

Health individual approach to storage or personalized medicine is the patient's genetic, biological, and environment factors based medical help presented to grow is the principle. All patients one kind treatment to the methods needy not because every one human organism to oneself typical to the features has. Personalized medicine not only diseases in treatment, maybe of diseases prevent to take and health in storage effective approaches also in creating instead In this article, the individual approach in medicine role, opportunities, personalized treatment methods and innovations seeing is released.

Personalized medicine, patient genetic, environment and marriage in style related to the information This approach is based on not only diseases in treatment, maybe the patient's to illness was tendency in advance in determining and treatment help with customization too Genetic data, biomarkers and medical the images study through, every one individual patient treatment plans working exit possible.

Personalized in medicine the most important source genetic The patient 's genomic information analysis to do through, its to diseases was tendency Genetic factors cancer, heart diseases, diabetes and other of diseases to develop impact to do possible. Pharmacogenomics with the help of the patient genetic to the characteristics suitable accordingly medicines is selected and treatment efficiency is increased.

Personalized in medicine medical images and other biomedical the data is also large importance For example, medical the images artificial intellect using analysis to do, diseases early in stages

determination and treatment strategies in determining help Biometric information, in particular, the patient's cardiovascular system status, internal organs functions observation and treatment in optimization important role plays.

Diseases come output prevent to take for first of all health for what related knowing that we get necessary. Human health social, biological and surroundings environment factors far away complex effects is the result of . Health to the state various effects share as follows: Heredity – 20%, Environment Environment – 20%, Medical help Level – 10%, Marriage style – 50%. It can be seen from this it is so health storage and reinforcement mainly marriage our style is basic role home that's it. Of diseases prevent to take and own health reinforcement The problem of the scholar Abu Ali Ibn Sina the Great importance He gave "The Healthy" "health" to age, health to the condition, diseases tendency looking at year of the seasons features and to others according to seeing Ibn Sina was the first to write a physical of exercises human to strengthen the body impact to show scientific based on He gave it. He is the one exercises health important to save considered a condition of his According to: "Physical exercise continuous deep breath to take carrier optional is exercise. Physical exercises with regular practitioner and day in order compliant person to the medicine needy Physical exercises other to the regimes compliance when done, extra become the first factors of departure meeting prevent recipient the most strong are factors, that is with together congenital warmth increases and to the body relief gives, because they light warmth provokes and every day gathered going excesses eliminate "will".

Personalized medicine the patient's genetic and environment factors based on diseases in advance determination opportunity gives. Diseases prevent individual approach to the patient special prevention and treatment measures recommendation to do through health storage system effective to develop help gives. Every one the patient's to the characteristics customized treatment methods efficiency increases. Personalized medicine through, drugs and treatment methods the patient's organism with compatibility determination it is possible, this and side effects reduces and treatment process accelerates.

Healthy marriage style historical progress in the process formed people of behavior, activity set is the appearance. Clearly historical progress to the process based custom timeline repetition They are own in turn need become remaining actions, habits, lifestyle character to the surface Individual approach health storage in systems resources effective distribution opportunity Diseases in advance determination and treatment optimization through, medical of services price reduce and general efficiency increase possible.

Personalized medicine in the field artificial intellect, genetic analyses, and big information analysis growth in medicine new revolutions is creating. New algorithms and technologies using patients individual treatment for plans working is being released. Also, new biomarkers and genetic information diseases early in stages determination and treatment methods further effective to do help gives.

Personalized medicine or individual approach health storage in the system new opportunities Genetic data, biomedical analyses, and innovative technologies using, every one the patient's to oneself typical to the needs suitable treatment methods working exit This approach is possible. health storage system effective and to the goal appropriate organization to reach help also provides relief from diseases prevent in receiving and treatment efficiency in increasing big role plays.

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