



DIET FOR LIVER DISEASES

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Abstract: *In the current rapidly developing era, many diseases related to liver dysfunction arise due to non-compliance with dietary restrictions. Adhering to a proper diet in the early stages of these diseases should not be overlooked. Therefore, one of the most important tasks is to emphasize dietary nutrition and proper eating habits to improve liver function. Additionally, in the prevention and treatment of these diseases, increasing attention is being paid to pharmacological and artificial methods for liver treatment.*

Keywords: *Liver diseases, cirrhosis of the liver, preventive measures, dietary nutrition.*

Relevance of the topic: Cirrhosis of the liver, which is part of the group of liver diseases, affects 20-40 people out of every 100. There is a constant increase in the incidence of this disease in the working population. In economically developed countries, liver cirrhosis is one of the leading causes of death among people aged 35-36 to 60-65 years, accounting for 14 to 30 cases per 100,000 people. According to the World Health Organization (WHO), cirrhosis of the liver causes more than 1 million deaths each year. This important indicator puts liver cirrhosis at the forefront of problems of concern to the medical community. One of the main causes of liver cirrhosis is alcohol consumption. Alcoholic cirrhosis of the liver is one of the most common forms of this disease.

Currently, many patients with liver cirrhosis ignore dietary restrictions. The primary goal of the global fight against liver cirrhosis is to maintain awareness of the disease, implement preventive measures, and provide quality medical care to patients suffering from this disease.

Therefore, it is especially important to pay attention to diet and proper nutrition to support liver function.

Objective: To improve epidemiological analysis and disease prevention in patients with liver diseases by introducing traditional dishes into the diet.

Study materials: 94 patients with liver disease were examined. In addition, dietary supplements produced in Uzbekistan are used to correct metabolic processes.



Data from official reports on the incidence of liver diseases for 2019-2023 from the Sanitary and Epidemiological Service of the Republic and Samarkand Region, as well as the results of a survey, were also used.

Research results: The novelty and social effectiveness of this scientific publication are as follows: conversations with patients suffering from liver cirrhosis show that 74% of them have had cases of the disease over the past 3-4 years. Of the patients suffering from this disease, 50.6% went to the hospital 2-4 times a year, 32.6% of them received disability benefits, 51.7% smoked, 21.7% drank alcohol. Unfortunately, 11.2% of them had relatives suffering from liver cirrhosis. It is also worth noting that most patients have concomitant diseases, nutritional and metabolic disorders, as well as diseases of the cardiovascular and endocrine systems.

Conclusion: We can say that modern concepts in the field of liver diseases take into account genetic, environmental and lifestyle factors, as well as nutrition, microflora and other aspects. This includes early diagnosis of diseases, an individual approach to each patient and comprehensive treatment, which includes not only pharmacological drugs, but also proper organization of dietary nutrition, as well as support for increasing physical activity.

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