



THE ROLE OF HARMFUL FACTORS IN THE ORIGIN OF LIVER DISEASES

Fayziboev Pirmamat Normamatovich
*Head of the Department of Hygiene,
Doctor of Medical Sciences, Associate
Professor Samarkand, Uzbekistan*

**Zhavkharov Shokhrukh Zhirakul ugli
Boborakhmatov Sultanali Salomovich
Ismailov Asadbek Karimovich**
*Clinical residents of the Department of
Hygiene Samarkand, Uzbekistan*

Annotation. *Chronic liver diseases in humans often result in the development of cirrhosis. Under the influence of infections, alcohol and other factors, liver cells die, and connective tissue forms in their place. As a result, the liver loses the ability to perform its functions, which leads to failures in the circulatory system and the development of liver failure.*

Key words: *chronic liver diseases, liver cells, alcoholic beverages.*

Аннотация. *Хронические заболевания печени у человека часто приводят к развитию цирроза печени. Под воздействием инфекций, алкоголя и других факторов клетки печени погибают, а на их месте образуется соединительная ткань. В результате печень теряет способность выполнять свои функции, что приводит к сбоям в системе кровообращения и развитию печеночной недостаточности.*

Ключевые слова: *Хронические заболевания печени, клетки печени, алкогольные напитки.*

Relevance of the topic

In recent years it has become obvious that long-term intoxication, poor nutrition, as well as a deficiency of essential minerals and vitamins in the diet play a significant role in the development of liver diseases. The final stage of chronic liver diseases in humans often leads to cirrhosis of the liver. This disease is associated with the death of liver cells under the influence of infections, alcohol and other factors, after which the damaged areas are replaced by connective tissue. As a result, the liver loses its functions, which causes disturbances in the circulatory system of internal organs and the development of liver failure. It has also been proven that alcohol has a significant impact on metabolic processes in the liver.

Animal experiments have shown that long-term alcohol consumption leads to intoxication, decreased nutritional quality, changes in enzymatic processes and the development of degenerative changes in hepatocytes. In 80% of cases, liver cirrhosis is caused by alcohol, but sometimes this disease develops in people who do not drink alcohol, as a result of congenital metabolic disorders, drug and chemical poisoning, diseases of the biliary tract, chronic viral hepatitis B and C, as well as due to a deficiency of proteins and vitamins in the diet and non-compliance with the diet.



Scientific research conducted around the world shows that in our country chronic liver diseases occupy a leading position among the causes of death, which requires more attention to this problem.

Objective

To study the health status of people with liver diseases and to develop preventive measures through the inclusion of traditional dishes in dietary nutrition.

Research materials

Examination of patients with liver diseases, use of necessary supplements in dietary nutrition to correct metabolic processes. The results of official reports for the last two years on the incidence of liver diseases, provided by the Service of Sanitary and Epidemiological Welfare and Public Health of the Republic and Samarkand Region, as well as survey data were used.

Results of the study

People with chronic liver disease often face poor nutrition. As liver function deteriorates, the severity of the disease increases, which significantly affects its prevalence and mortality. Studies of the patient's condition were conducted among hospitalized patients. All patient complaints were considered during the experiment.

When distributing patients diagnosed with liver cirrhosis, the duration of the disease was studied based on the frequency of visits during the year. During interviews with patients, it was found that 16 people (9 women and 7 men) had signs of liver damage for more than 4 years.

In 77 patients (38 women and 39 men), symptoms had been observed for 2-3 years, and in 13 patients (6 women and 7 men), cirrhosis was diagnosed one year ago. When analyzing the frequency of visits to medical institutions, it was found that 14 participants visited the clinic up to 3 times since the onset of the disease, 32 patients visited it more than 5 times, and 43 people were hospitalized 3-5 times. After a comprehensive study of the working conditions and professional activities of the respondents, it was found that 5.59% of the participants worked in enterprises where their health was exposed to harmful and dangerous factors, and 1.13% held administrative positions. Before taking up management positions, 5.59% of the respondents worked for several years in conditions associated with the impact of harmful factors on health.

Conclusion

It is important to properly organize a standard balanced dietary nutrition, taking into account the specific deviations associated with the disease. For preventive purposes, it is necessary to explain to patients the importance of choosing the right



profession, taking into account the impact of environmental factors and conditions in the workplace that can affect liver damage.

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