



Condition of Endemic Goiter

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Annotation: One of the essential ingredients for human health and water is the essential ingredient of thyroid gland, which, due to its deficiency in the body, leads to increased liver disease. This disease and its complications are one of the most urgent problems facing healthcare workers - the task of preventive measures.

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

The urgency of the problem

Endemic goiter in adults and children 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 assumed a threatening character [2]. Urbanization and changes in the environment and working conditions have increased the incidence many times over. In recent decades, there has been a noticeable revival of the interest of doctors of various specialties in the problem of endemic goiter [1, 3, 4]. This is due, first of all, to an increase in the frequency of endemic goiter, both among adults and children. In addition, its complications are characterized by changes in almost all organs and systems, which worsen the quality of life and reduce life expectancy [6]. According to modern concepts, endemic goiter is a chronic, multifactorial disease, manifested by hormonal changes in the tissue, which, with a progressive course, is complicated by dysfunction of various organs and systems [4,5].

The purpose of the study

The purpose of this study was to study the spread and risk factors of endemic goiter, the development of evidence-based preventive measures to reduce the incidence.

Materials and research methods

The study was conducted in a city clinic. The object of the study were children from 7 to 16 years old and adults aged 18-40 years, 40-60 years old and over 60 years old affected by endemic goiter [4,5]. 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 diagnosed with endemic goiter [3]. We also studied questionnaires - a questionnaire on the assessment of the medical and social condition of patients with a diagnosis of endemic goiter, which are registered at the dispensary in the city's polyclinics [1, 2].

The research methods were:

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

Based on a specially designed questionnaire - a questionnaire for assessing the medical and social condition of patients with diabetes mellitus. 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, mode and nature of nutrition [6,7].

3. Epidemiological:

➤ Based on the correlation analysis of indicators of risk factors contributing to the development of diabetes in the population of the city of Bukhara [5,8] .

4. Statistical:

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

5. General clinical diagnostics.

Results and discussions

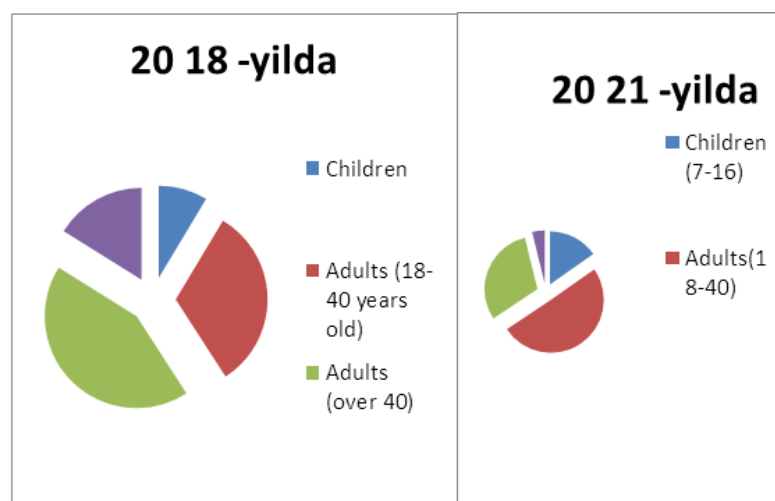
The results of a medical examination and clinical and laboratory data [6] showed that in 2016, 1670 (3.9) patients were diagnosed with endemic goiter, of which 8% were children, adults 18-40 years old accounted for 52%, 40-60 years old 20% the rest are over 60 years old. In 2017, the incidence of endemic goiter reached 2120 (5.0) patients [1,6]. Analysis of the distribution of the surveyed by age showed that the incidence of endemic goiter at the age of 7-16 years was 9.5%, 18-40 years was 56%, 40-60 years and older was 29-30%.[13]

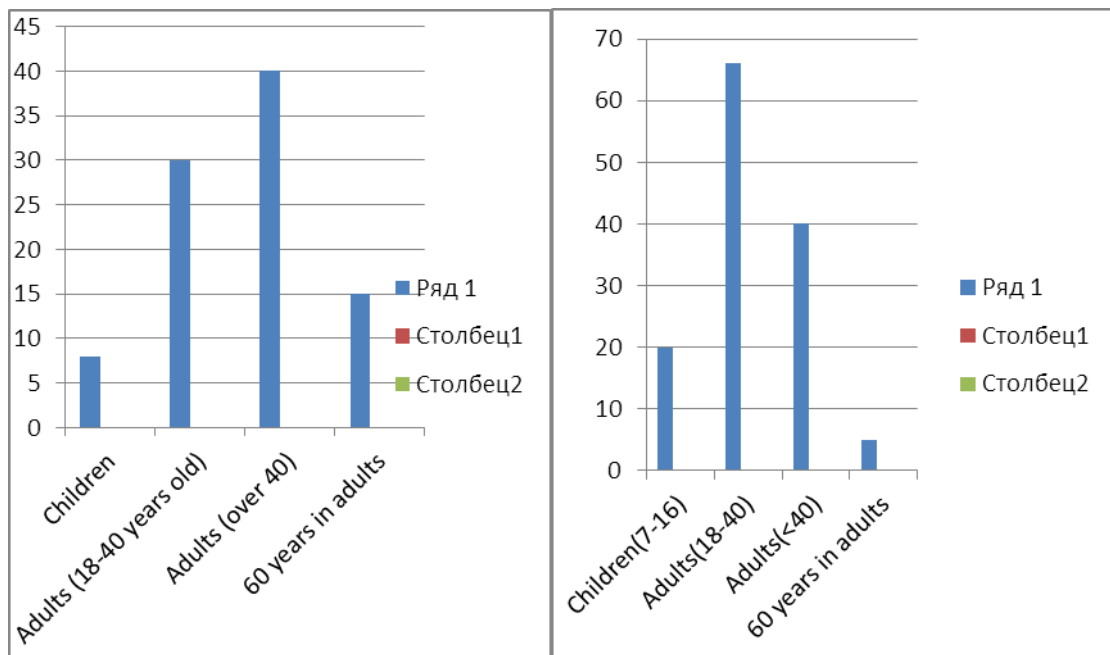
In order to find out the reason for the growth of patients with a diagnosis of endemic goiter living in the territory of the polyclinic, we conducted a survey of 100 adult patients registered in the polyclinics of the city [11,12]. The distribution of material by sex showed that 25% of patients were male, 75% female.

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 wealthy family in prosperous living conditions accounted for 53 patients [9,10] .

The study of the nutritional status of patients revealed that 27 (27%) patients observed the diet, 32 (32%) observed the diet sometimes, and 41 (41%) patients did not comply with the diet.

The study of the nature 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 ate fried foods, 11 (11%) did not eat enough fruits, 13 (13%) did not eat enough vegetables [5,9]. 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 consume seafood, 5 (5%) patients with with a diagnosis of endemic goiter, they used liver and fatty foods [5].





Of all the surveyed; only 10% of patients did not have hygienic knowledge. Questioning of patients with endemic goiter, in 60% of patients, relatives were on the "D" account.

Conclusion

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 factors (poor security, poor sanitary conditions) and poor nutrition. Diabetes, both as an independent disease and as a risk factor for many non-communicable diseases, has been an important socio-economic problem for many countries, including Uzbekistan, over the past decades. In order to improve the living conditions of the population, we recommend: evidence-based preventive measures to reduce the incidence:

- General health-improving measures, improvement of living and working conditions of the population. Of no small importance is the quality of drinking water, the improvement of water supply sources.
- the use of the following products:
 - ✓ sea fish (herring , cod, flounder, halibut, tuna, sea bass, salmon);
 - ✓ animal fats (milk, egg yolks, butter, beef boiled or chopped);
 - ✓ 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;
 - ✓ decoction rosehip , vegetable and fruit juices, yeast drink, decoction of wheat bran;
 - ✓ jam, honey ; vegetable oil.

Iodized salt is obtained by adding potassium iodide to ordinary salt, for storage you need to use dishes that close tightly (otherwise the iodine may disappear, and with it all the benefits). It is



especially important to carry out the prevention of goiter in childhood, so up to 12 years there is a physiological hyperplasia of the thyroid gland, which can be the beginning of the disease.

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