

**CRITERIA FOR ASSESSING A CHILD'S CONDITION AND MAKING AN
ACCURATE DIAGNOSIS OF ENDOCRINE DISEASES.****Melibayeva Umida Mirzaboevna**

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Annotation This article discusses endocrine diseases in children, their treatment, and proper diagnosis.

Keywords: endocrine system, disease, children, function, gland, hormone, duct, calories, secretory glands.

The endocrine system plays a crucial role in regulating virtually all vital processes in the human body. Endocrine glands produce hormones, and disruption of these hormones can lead to serious illnesses. Many people are indifferent to changes in their bodies in the early stages or do not seek medical attention, attributing them to fatigue, stress, and other factors. It is important to consult an endocrinologist before the disease worsens to begin treatment early and prevent negative consequences. The endocrine system is a network of glands that produce and secrete hormones that help control many important bodily functions, including the body's ability to convert calories into energy that nourishes cells and organs. The human endocrine system consists of eight major endocrine glands. They are called glands because they produce substances—in this case, hormones—that are released directly into the bloodstream. These glands include the thyroid, pituitary, adrenal, and pancreas.

The endocrine system influences growth and development, metabolism, sexual function, and mood. For example, the thyroid gland regulates the overall metabolic rate of the body's cells with its hormones thyroxine (T4) and triiodothyronine (T3). The adrenal glands produce adrenaline and steroids that prepare the body for the fight-or-flight response. Human growth hormone (HGH), on the other hand, acts in a very broad range of ways and on multiple fronts. HGH also influences the function of various endocrine glands. If your hormone levels are too high or too low, you may have an endocrine disease or disorder. Endocrine diseases and disorders occur when your body doesn't respond properly to hormones. Despite advances in modern medicine, endocrine diseases are becoming a pressing problem in most countries, including Uzbekistan. According to the World Health Organization, more than 665 million people worldwide currently suffer from endemic goiter and other thyroid diseases. 1.5 billion people are at risk of developing iodine deficiency disorders.

Analyses show that the global incidence of thyroid disease is increasing by 5% annually. Furthermore, the number of patients with diabetes doubles every 10-15 years in developed countries. Given the urgency of this problem, the World Health Organization has declared diabetes a 21st century epidemic.

Today, thyroid diseases, including diffuse goiter and diabetes, are among the most common endocrine disorders in our country. As of January 1, 2020, the prevalence of endocrine diseases in our country was:

- Thyroid disease 44.2%;
- Diabetes 41.6%;
- Obesity 7.5%;
- Other endocrine disorders 6.7%.

The prevalence of thyroid disease in our country has increased by 2% compared to 2017. This increase was observed in all regions, and was particularly high in the Republic of Karakalpakstan, the Andijan and Tashkent regions, and the city of Tashkent. The number of people with diabetes in Uzbekistan has also exceeded 270,000, with the highest prevalence in the Khorezm, Kashkadarya, Bukhara, Syrdarya, and Samarkand regions.

It should be noted that obesity is the most important external risk factor for type 2 diabetes.

Over the past five years, endocrine diseases have increased by 20%, especially among young people. The severe consequences of endocrine diseases primarily affect the city of Tashkent, the Karakalpakstan, Andijan, Namangan, and Tashkent regions.

Symptoms of endocrine diseases:

Sore throat

Sore throat when swallowing, itching, a sensation of a foreign body in the throat, and a change in the timbre of the voice. If such changes are not associated with a cold, or if they recur frequently or become regular, this may indicate thyroid disease. Enlargement of the gland or the formation of nodules within it can put pressure on surrounding tissue and nerve fibers, resulting in these symptoms.

Sudden weight changes

If you experience sudden changes in appetite, dry mouth, thirst, frequent urination, pain in the calves, numbness, blurred vision, and sudden weight loss, diabetes may be developing. If the thyroid gland is overactive, symptoms of increased appetite, frequent bowel movements, and weight loss may appear.

Nervousness

Excessive nervousness, irritability, unexplained mood swings, sudden tears, and sudden euphoria may be associated with endocrine disorders.

Inability to concentrate

Inability to focus even on routine tasks, slow processing of information, drowsiness, lethargy, and a fear of inability to accomplish anything are all associated with low thyroid function.

"Endocrine disorders are difficult to treat because changes in one hormone can disrupt the function of another." Your doctor or specialist may order routine blood tests to check for problems or to determine the need to adjust your medications or treatment plan.

There are natural treatments for endocrine disorders that can help you get on the path to health and well-being. If you already have an endocrine imbalance, these products are great for getting started on the road to health and well-being.

Emotional state of children with endocrine diseases:

✓Emotional stress

✓Irritability, nervous tension

✓Withdrawal from others

✓Communication problems

✓Body image dislike

✓Loss of interest in hobbies

✓Treatment fatigue.

"The chronic course of an endocrine disease significantly alters a person's entire life situation and can lead to changes in their personality." This, in turn, affects people's mental and social adaptation, as well as their entire system of relationships. Therefore, providing psychological support to people is becoming increasingly important to prevent their social adaptation. The social crisis period of endocrine disease development is a time when personal conflicts and psychological defenses become more pressing, during which people's attitudes toward the disease are studied and



analyzed. At the same time, it is necessary to conduct psychological observations of its most important aspects: namely, attitude toward the disease, relationships with others, and attitude toward oneself. As is well known, attitude toward illness represents a complex of internal (subjective) and external (environmental) perceptions of the disease. This results in the formation of an individual's behavior, which is largely determined by the functional-role position a person occupies in interactions with others. This position is formed during ontogenesis and represents the experience of participating in social relationships of various structures (horizontal and vertical). Endocrine diseases directly impact a number of psychological characteristics in children, including their cognitive processes, such as attention, memory, perception, thinking, mental processes, their psyche, behavior, and emotional state.

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