

**RISK FACTORS AFFECTING THE FORMATION OF GASTRODUODENAL
PATHOLOGY IN CHILDREN**

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Annotation. Currently, the problem of non-communicable diseases of the digestive system attracts the attention of not only therapists, but also pediatricians, which is due to the almost universal increase in the frequency of the disease among children. Sources of specialized information indicate that the study of the prevalence of gastroduodenal pathology in children with the identification of risk factors in the sharply continental climate of the Zarafshan valley of Uzbekistan, depending on climatic conditions, ethnic characteristics of nutrition and traditions of this region, has not been conducted. At the same time, such studies are very relevant and promising, because they make it possible to timely identify pre-disease, the most informative signs of risk factors, and conduct timely targeted treatment and prevention measures. These studies will certainly contribute to reducing morbidity in children, preventing инвалидизация adult disability, and significantly reducing economic losses in society.

Key words: gastroenterology, children, colitis, ulcer, gastritis, risk factors, Zerafshan, pathology, morbidity.

Relevance. Epidemiological studies conducted at the Gorky Research Institute of Pediatrics indicate an annual increase in the proportion of children suffering from diseases of the gastrointestinal tract. The results of studies over a ten-year period showed an increase in gastroenterological diseases from 79.3 to 109.2 per 1000 children. This unfavorable shift was observed among both urban and rural children(1,3,5).

Numerous authors point out the role of feeding and nutrition disorders starting from infancy in the genesis of gastroenterological diseases . (4,5)

The study of the principles of nutrition of patients with peptic ulcer defects allowed us to establish that the appearance and course of the disease in the vast majority was played by gross violations of the diet. Thus, among patients with a peptic ulcer,

irregular food intake was observed in 65.1% of patients. One of the main signs of poor nutrition turned out to be dry-boiled food and long intervals from one meal to the next.

When analyzing the anamnesis data in children with gastroenterological diseases, irregular food intake and dry eating were found in 50% of cases.

D. G. Tikhonov studying the role of nutrition in the occurrence of diseases of the gastrointestinal tract in the North states that the nature of nutrition of the indigenous population of the North with a traditionally established tendency to the predominance of protein components in the diet of the use of stroganina, raw, semi-raw products, hot tea is determined by adaptation factors. At the same time, he emphasizes the undoubted importance in increasing the frequency of this pathology of the predominance in the food regime of the specific weight of flour dishes and canned products.

Thus, it follows from the above that the elementary factor is one of the main etiological links that contributes to the development of diseases of the gastrointestinal tract in children. The study of the prevalence of gastroduodenal pathology in children in the sharply continental climate of the Zarafshan valley of Uzbekistan, with the identification of risk factors, makes it possible in these conditions to conduct timely diagnosis of pre-illness and conduct targeted preventive measures.

Today, the problem of peptic ulcer treatment remains one of the highest priorities not only in gastroenterology, but also for clinical medicine in general. It is proved that peptic ulcer disease refers to human pathology, which is traditionally widespread among the population and has a constant upward trend. It is known that the prevalence of peptic ulcer disease in the human population reaches 7-15%. The social significance of gastric and duodenal ulcers lies in the possibility of their unfavorable course with the development of various serious complications (perforation, gastrointestinal bleeding, degeneration into cancer, pyloric stenosis), leading to disability, reducing the quality of life, and worsening the labor prognosis [5, 10].

The materials and methods of research are investigated.

65 children with non-infectious gastroduodenal pathology aged from 6 to 14 years were monitored in the hospital. There were 37 girls and 28 boys.

Of 65 patients, chronic gastritis was diagnosed in 18 (with increased secretory function - 12, reduced - 2 and normal - 4), chronic gastroduodenitis was established in 32, duodenal ulcer - in 15 patients.

The diagnosis was established on the basis of a carefully collected medical history, genealogical analysis of pedigrees. Attention was drawn to the early symptoms of the disease, living conditions, national customs and other factors that could play a role in the occurrence of the disease. Laboratory and instrumental methods of research (gastric and duodenal probing, X-ray and endoscopic studies) were thoroughly performed.

Purpose of the study. Identification of risk factors for the formation of gastroduodenal pathology in children in the Zarafshan valley

Research results and discussion. The study of the prevalence of gastroduodenal pathology depending on the place of residence showed that the proportion of children suffering from this pathology is higher among city residents, compared with children living in rural areas. So, if diseases of the gastroduodenal system among urban and rural residents were 68.4, then among rural areas the share was 43.7 per 1,000 children, including chronic gastritis – 31.8 and 22.2, respectively, chronic gastroduodenitis and 17.4, duodenal ulcer – 7.9 and 3.9 - functional stomach disorder – 2.9 and 2.4 per 1,000 children. 1000 children.

The high proportion of the disease in children living in the city is obviously associated with the employment of both parents in the workplace (in connection with which the child's daily and nutrition regime is disrupted), frequent visits to various sections at school, which increases the mental load of children.

The data obtained on the age-sex composition allows us to state an increase in the prevalence of the disease with an increase in their age /Fig. 4, Table 5.

The prevalence of gastroduodenal pathology, if at the age of 6-8 years was 5, 12 per 1000 children, then in 12-14 years it was 37.59 per 1000 children.

A significant level of prevalence occurs in children of primary school age, which the author explains by the formation of this pathology already in preschool age.

As can be seen from the table, the incidence of gastroduodenal pathology is higher among girls than among boys. These figures are most significant in the age group 9-II years and 12-14 years.

The frequency of occurrence of the disease among girls should be associated with hereditary predisposition on the maternal line / V. A. Galkin et al., 2016/, neurohumoral restructuring /A. A. Baranov, O. V. Grinina, 2017/, as well as increased emotional lability of girls compared to boys.

It should be noted that along with the epidemiological study of the population, it is necessary to identify risk factors and interpret the data obtained, in particular, compare the group of patients and healthy people with respect to their exposure to a complex of factors and determine the differences between groups of patients and healthy people using mathematical methods. Therefore, one of the important tasks in preventing the growth of gastroduodenal pathology in children is to determine the contingent of the child population with an increased risk of the disease. The allocation of such groups of children with the subsequent organization of dispensary follow-up will contribute to the successful reduction of morbidity in both children and adults.

In connection with the above, we studied various risk factors in children in the context of gastroduodenal pathology. The results obtained were compared with the corresponding indicators in children of the control group. We also found that girls are

more susceptible to the disease than boys. The results obtained convincingly show a certain dependence of gastroduodenal pathology on dietary disorders. So we found that the significance of these factors was higher in children who violated the diet. Here it is especially necessary to emphasize the national peculiarities of nutrition in the sharply continental climate of Uzbekistan, where the distribution of daily caloric content of food during the day is disrupted. With a low-calorie lunch, dinner can be especially high-calorie, plentiful and late. Instead of 15-20% of the daily calorie intake, it is 45-50% (pilaf, manti, roast meat, lamb).

Moreover, the food ration of local residents is dominated by flour and carbohydrate dishes (lagman, dumplings, flatbread, sugar) (DC + 1.85).

A plentiful meal for dinner creates a large load on the child's gastrointestinal tract at night and is one of the main factors in the development of gastroduodenal pathology in children.

It follows that in order to prevent the formation of diseases, special attention should be paid to the observance of a diet with the correct distribution of daily calories, For this it is necessary to conduct extensive sanitary and educational work among adults and children.

Our data indicate an important role of stressful situations in the development of the disease. In particular, we found a high significance of such a risk factor as stressful situations (DC +2.37)

This is probably due to the urbanization of the population, especially in recent years. Complicating the school curriculum, increasing the level of conflict in the family. Our observations confirm the significant role of hereditary predisposition in the development of diseases of the gastroduodenal system. The significance of risk factors was (DC + 3.27).

Diseases of the gastrointestinal tract were more often detected among relatives of the second stage of kinship. Consequently, children with a burdened heredity are a vulnerable group that requires special attention from parents, teachers and medical professionals.

For the development of gastroduodenal pathology, concomitant diseases such as dental caries (DC +3.12), chronic tonsillitis(DC + 1.2), helminthic invasion (DC +1.82) are also of great importance.

Thus, we can note that the identification of risk factors makes it possible to timely diagnose and treat sick children with gastroduodenal pathology.

In recent years, the influence of meteorotropic factors on children of various age groups suffering from chronic diseases has been increasingly identified, and it is of particular importance in diseases of the gastrointestinal tract. Data on the influence of meteorological conditions and seasons on the incidence of gastrointestinal diseases in different regions are contradictory.

The Samarkand oasis is located on the left bank of the Zarafshan River, which originates in the glaciers of the Matcha mountain junction, located at the junction of the Zarafshan and Turkestan ranges. A large area of the Zarafshan Valley is occupied by well-irrigated fields of cotton, melons, as well as orchards and vineyards. At the same time, a significant part of the territory is located to the west of the Zarafshan Valley, which has a significant impact on the formation of the climatic conditions of Samarkand.

Conclusions. Thus, in the development of gastroduodenal pathology, the most significant risk factors are age 12-14 years. Gender-girls are more susceptible to diseases. Eating disorders, stressful situations, Hereditary predisposition, chronic foci of infection.

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