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Toshkent tibbiyot akademiyasi axborotnomasi



Collection of Abstracts
International Conference

Topical Issues of
Healthcare

2 June, 2021 · Tashkent

www.tmaonlyenglish.org

www.OAK.uz

Supreme Attestation Commission at the
Cabinet Ministers of the Republic of Uzbekistan

Google Scholar

ISSN: 2181-7812

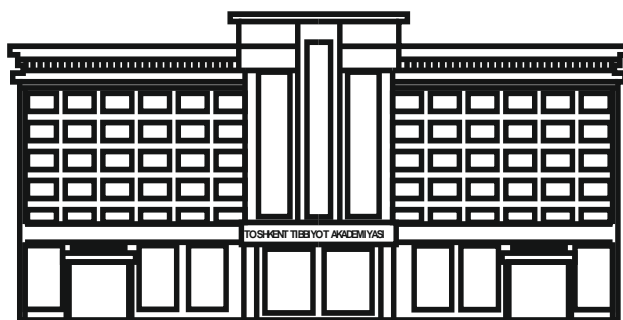


ЎЗБЕКИСТОН РЕСПУБЛИКАСИ СОҒЛИҚНИ САҚЛАШ ВАЗИРЛИГИ
ТОШКЕНТ ТИББИЁТ АКАДЕМИЯСИ

2021

2011 йилдан чиқа бошлаган

TOSHKENT TIBBIYOT AKADEMIYASI
АХБОРОТНОМАСИ



ВЕСТНИК
ТАШКЕНТСКОЙ МЕДИЦИНСКОЙ АКАДЕМИИ

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HYGIENE AND ENVIRONMENTAL PROTECTION

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Abstract: Hygiene is branch of medicine, where human is a core of its origin and development. Environmental protection, meanwhile, is broader than hygiene, it comprises taking care about whole life in the Earth and outside of it. Both are crucial in human wellbeing equally. Data on research about hygiene and environmental protection concerning exclusively human is provided below. This consists of brief history of hygiene and its definition; personal hygiene; environmental health; environmental health hazards, the routes of exposure and the ways of preventing and controlling these hazards.

The historical events of hygiene are roughly divided into two periods: the ancient and the modern. With regard to the former religious laws propelled the improvement of hygiene, these were aimed on personal hygiene. In modern times a number of discoveries in the 19th century were important events for the understanding of communicable diseases. For example, the link between contaminated water and cholera was discovered by John Snow in 1854; the importance of hygienic hand-washing before attending delivery of a baby was noted by Dr. Semmelweis in 1845.

The exercise of proper personal hygiene is one of the essential parts of our daily life. Many people in rural areas may not understand what good or bad personal hygiene is. The prevention of communicable diseases, like diarrhoea, trachoma and many others is highly possible through the application of proper personal hygiene.

Our environment is everything that surrounds us. It includes all the external influences and conditions that can affect our health, life and growth. The term 'environmental health' is used to describe human health in relation to environmental factors. Environmental health can be defined as the control of all the factors in a person's physical environment that have, or can have, a damaging effect on their physical, mental or social wellbeing. Environmental health is a part of public health where the primary goal is preventing disease and promoting people's health. Environmental health is associated with recognising, assessing, understanding and controlling the impacts of people on their environment and the impacts of the environment on the public.

Our environment generally consists of physical, chemical and biological factors and our relationship with our environment is always interactive. This means that we affect our environment and our environment affects us. These interactions may expose us to environmental health hazards; that is any environmental factors or situations that can cause injury, disease or death. The actions that we need to carry out to protect the health of our community depend on knowing how these hazards can affect us all.

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ASSESSMENT OF RISK FACTORS FOR THE DEVELOPMENT OF CARDIOVASCULAR PATHOLOGY IN PATIENTS WITH CORONARY HEART DISEASE

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Introduction

Cardiovascular diseases (CVDs) are the number 1 cause of death globally: more people die annually from CVDs than from any other cause. An estimated 17,9 million people

died from CVDs in 2016, representing 31% of all global deaths. Of these deaths, 85% are due to heart attack and stroke. Most cardiovascular diseases can be prevented by addressing behavioural risk factors such as tobacco use,

unhealthy diet and obesity, physical inactivity and harmful use of alcohol using population-wide strategies. People with cardiovascular disease or who are at high cardiovascular risk (due to the presence of one or more risk factors such as hypertension, diabetes, hyperlipidaemia or already established disease) need early detection and management using counselling and medicines, as appropriate.

Purpose

To study the main risk factors for the development of cardiovascular pathology in middle-aged and elderly patients with coronary heart disease.

Methods

The study involved 14 patients who were inpatient treatment in a multidisciplinary clinic in the cardiology department. Of these, 8 (57,14%) were men and 6 (42,86%) were women. The age category of patients was from 55 to 75 years old. Middle-aged men prevailed - 6, elderly - 2. In all patients, the parameters of lipid, carbohydrate metabolism, ALT, AST, urea, creatinine, BMI, blood pressure, the presence of bad habits were assessed and the level of hypodynamia was assessed.

Results

Among hospitalized men, 8 (57,14%) patients were smokers. The average BMI of all examined patients was 34 kg. 10 patients (71,43%) had grade I obesity, 2 (14,28%) had grade II obesity. The mean office SBP values corresponded to $135,71 \pm 0,29$ and office DBP $82,85 \pm 0,15$. The av-

erage values of the maximum SBP were $172,85 \pm 0,15$; maximum DBP was $98,57 \pm 0,43$. 8 (57,14%) of the examined patients suffered from type 2 diabetes mellitus, and impaired glucose tolerance was observed in 1 (14,28%) patients. The average blood glucose level was $8,67 (5,0-14,9)$ mmol / L. In all hospitalized patients, lipid spectrum indices were determined, at which the average values were equal: total cholesterol $186,57 (132 - 255)$ mg / dl; the triglyceride level was increased in all patients $326,28 (221 - 478)$ mg / dl; HDL cholesterol $36 (26 - 56)$ mg / dL; VLDL cholesterol $65,43 (44 - 96)$ mg / dL; LDL cholesterol $85,14 (48 - 123)$ mg / dL. The average values of the biochemical blood test were equal: ALT $31 (11-52)$ U / l; AST $24,14 (12 - 38)$ U / l; urea $5,87 (3,4 - 9,1)$ mmol / l; creatinine $101,71 (53 - 190)$ μ mol / l. Physical inactivity was detected in 9 (64,28%) hospitalized patients.

Conclusions

Thus, for hospitalized patients, the most significant risk factors were physical inactivity, smoking, increased blood pressure, and a history of type 2 diabetes mellitus. For the elderly, the main risk factors are lipid and carbohydrate metabolism disorders, hypertension, physical inactivity. The correct approach to treatment and prevention of risk factors, depending on lifestyle and physical activity, further prolong and improve the quality of life of the patients.

PUBLIC AWARENESS OF HIV INFECTION ISSUES

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Relevance. The problem of public awareness about the ways of HIV transmission (including from mother to child), as well as methods of infection prevention is extremely topical. Despite the efforts of scientists around the world, an HIV vaccine has not yet been invented, and prevention remains the only way to contain the epidemic. Information on how to spread and how to protect against HIV infection is available to the public. Nevertheless, the epidemic is

growing. At present, medicine does not have the means to cure an HIV-infected person. Currently, stigma and discrimination are serious problems directly related to HIV / AIDS. Stigma in relation to HIV-infected people means a social stereotype that reflects the prejudice of those around them towards carriers of HIV infection. These people, due to their infection, are undeservedly attributed to qualities that are actually absent. So, on an emotional level, stigmatization is accom-