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**“TIBBIYOTDAGI ZAMONAVIY ILMIY  
TADQIQOTLAR: DOLZARB MUAMMOLAR,  
YUTUQLAR VA INNOVATSIYALAR”  
MAVZUSIDAGI XALQARO ILMIY-AMALIY  
KONFERENSIYA**

# **MATERIALLARI TO‘PLAMI**

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**THE PROBLEM OF NUTRITION IN FOOD ALLERGY**

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Food allergy (FA) is an overexpressed immune response to food components, usually proteins, and the manifestations of which can be varied. Food allergies can occur in the form of bronchial asthma, atopic dermatitis, and even anaphylaxis. Allergy symptoms can appear when even a small amount of food is exposed to the skin, gastrointestinal tract, and respiratory system.

**Purpose of the study.** Diet therapy for patients with food allergies, taking into account the allergenic properties of local food in a hot climate.

**Materials and research methods.** We have introduced into clinical practice modified immunoblot panels of allergens RIDA qLine Allergy (Germany) for in vitro allergy diagnostics. Each panel contains 5 standards calibrated according to the international reference protocols "1st WHO IRP 67/86 for human IgE" and 20 allergens. This test allows you to quantitatively measure the concentration of allergen-specific IgE (IU / ml) in the blood serum by the method of immune analysis, the results are also expressed in RAST-classes. Conditional norm of concentration of allergen-specific IgE is up to 0.35 IU / ml, this concentration is identical to 1 RAST class.

**Results and discussion.** After a detailed anamnesis of the disease, IgE antibodies were determined in patients with allergic diseases at the age of 0-75 years (n = 161) in order to choose an appropriate diet. With the help of food panels of allergens, 27 (47.4%) patients received negative results in the range of 0-0.9 RAST, 7 (12.3%) showed monosensitization, 23 (40.4%) - polysensitization. The average age is  $30.0 \pm 4.22$  years. The results of high sensitization in patients to tomato (22.4%), carrots (16.3%), potatoes, honey, peas, wheat flour (14.3%), orange and apricot (12.2%), watermelon (10.2%), peach, apple, chicken meat (8.1%), walnut (6.1%), sunflower seeds, strawberries (4.1%), peanuts, chicken protein, chicken yolk and milk (2.0%) within 1-6 RAST; no allergic reaction to coffee has been reported.

Sensitization to food allergens was revealed before the age of 18, mainly in boys (17.5%) compared to girls (12.3%), from 19 years it predominates in females in different age categories. Thus, analysis using food panels of allergens (3 knots) showed that sensitization to food allergens occurs in women (68.4%) 2.2 times more often than in men (31.6%).

All patients with hay fever with combined food allergy showed an exacerbation of the disease during the flowering season of causally significant plants in the form of the development of more pronounced clinical symptoms. Among the most common allergens are fruits of the Rosaceae family: apples, pears, peaches, apricots, strawberries. Vegetables and fruits play an important role in the development of food allergies in older children and adults. In this case, as a rule, certain proteins of fruits, vegetables and nuts act as the main antigens, an allergic reaction to which is often caused by preliminary sensitization to the pollen of some plants.

**Conclusions.** When selecting an elimination diet, the frequent presence of polyvalent sensitization, the rare presence of allergies to one food product, the formation of cross-allergic reaction, the frequent presence of latent allergens in finished food products are the main difficulties. In misdiagnosed food allergies, unnecessary food exclusion leads to a lack of essential nutrients, especially in children and adolescents. Timely diagnostics, knowledge of the characteristics of food allergens, depending on thermal stability and an individual approach when choosing an elimination diet prevents complications of food allergies.

**NEYRON TARMOQ TEXNOLOGIYASIDAN FOYDALANGAN HOLDA  
SHIFOKOR TANLASH UCHUN MOBIL ILOVA ISHLAB CHIQISH**

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Axborot texnologiyalarining funksional imkoniyatlari ko'pligi ularni qo'llash uchun shifokor va bemorlarga tashxis qo'yish va davolashda keng ko'lamda foydalaniladi. Bugungi kunda neyron tarmoqlar o'ta chuqur o'rganilmagan bo'lishiga qaramasdan ko'pgina sohalarga qo'llanilib, ijobiy natijalarga erishilmoqda. Jumladan, keng ko'lamli ilovalar uchun qo'llanilmoqda va tadqiqot hamjamiyatining katta e'tiboriga sazovor bo'lmoqda. Sun'iy neyron tarmoqlardan foydalanish mumkin bo'lgan vazifalar miqyosida tibbiyot sohasini oladigan bo'lsak, o'pka raki hujayralarini tahlil qilishda, DNK tahlilida, protez loyihalashda, transplantatsiya vaqtlarini optimizatsiyalashdan tortib, shifoxona harajatlarini kamaytirishda va sifatini oshirishda va hokazolarda qo'llanilib kelinmoqda.

Mavzuning dolzarbligi shundaki, Hozirgi kunda aholining barcha qatlami axborot texnologiyalaridan unumli foydalanishni bilishi, ularni qo'llay olishi zamon talabi hisoblanadi. Shu munosabat bilan neyron tarmoq texnologiyasidan foydalangan holda shifokor tanlash uchun yaratiladigan mobil ilova bemorlar ishini optimallashtirishda, vaqtini tejash, kasallik havflarini tezkor bartaraf etish, davolanishida ajralmas yordamchiga aylanadi.

Aholi o'rtasida kompyuter ta'lim texnologiyalarining yetarli darajada rivojlanmaganligi, xususan, zamonaviy infokommunikatsion texnologiyalar vositalaridan foydalanish ushbu tadqiqotning yo'nalishini belgilab berdi, ya'ni zamonaviy axborot texnologiyalaridan foydalangan holda tibbiyot muassasalari xodimlari qidiruvi va tanlovini amalga oshirish. Buning uchun bir qator vazifalar belgilangan:

- a) aholi qatlamlari o'rtasida axborot texnologiyalaridan foydalanish imkoniyatlari va ehtiyojlarini o'rganib baholash (aholi o'rtasida so'rovnomalar o'tkazish).
- b) umumiy amaliyot shifokorlari o'rtasida axborot texnologiyalaridan foydalanish savodxonligini o'rganib tahlil qilish (shifokorlar o'rtasida so'rovnomalar o'tkazish).
- c) neyron tarmoq texnologiyasidan foydalangan holda shifokor tanlash uchun mobil ilova ishlab chiqish.
- d) shifokorlarning axborot texnologiyalaridan foydalanishining nazariy asoslarini, tashkiliy-moddiy shart-sharoitlarni ishlab chiqish hamda tibbiyot sohasida targ'ib etishni raqamlashtirish.

Tibbiyot hodimlari haqida yaratilgan ma'lumotlar ombori va uning aholi orasida qo'llanilishini takomillashtirish jarayonida bulutli texnologiyalar asosida BIGDATA dan mobil ilovalar orqali foydalaniladi.

Mazkur ishning amaliy ahamiyati unda taklif etilgan neyron tarmoqlari vositalaridan foydalangan holda bemorlar uchun shifokorlarni muqobil tanlashga mo'ljallangan dasturiy ta'minotda mujassamlashgan va shifoxonlarda, aholi o'rtasida sinovdan o'tkazish uchun tavsiya qilinib, aholi qatlamlari orasida axborot texnologiyalaridan maqsadli foydalanish jarayonlarini tashkillashtirish va takomillashtirishda qo'llash mumkinligida o'z aksini topadi.

**ИЧИМЛИК СУВИ ТАРКИБИНИ НАЗОРАТ ҚИЛИШ ВА ГИГИЕНИК  
БАХОЛАШ**

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**Мавзунинг долзарблиги.** Сув инсон ҳаётида муҳим аҳамиятга эгадир. Унинг аҳамияти фақатгина инсон ва хайвон ҳаёти билан боғлиқ бўлмай, балки ўсимлик дунёси учун ҳам жуда муҳимдир. Сув халқ хўжалигида кенг кўламда кўлланади, жумладан саноат корхоналари, техник эҳтиёжлар, ҳамда қишлоқ хўжалигидаги суғориладиган қишлоқ хўжадлик маҳсулотларини етиштиришда кўплаб сарфланади. Сув ҳавзаларидаги сувлардан фойдаланишнинг асосий турларидан бири бу аҳоли яшаш жойларини сув билан таъминлашдир.

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