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**ENVIRONMENTAL DRIVERS OF THE INCREASE IN THE PREVALENCE OF  
ALLERGIC DISEASES**

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**Annotation:** Allergic diseases (A3) have become a serious problem for mankind and, according to the WHO forecast, in the 21st century they will come out on top in the structure of diseases in terms of prevalence. Every year, about 35% of the world's population seek medical help with clinical manifestations of allergies. In recent decades, the greatest increase in the incidence of asthma, hay fever and allergic dermatosis has been noted.

**Keywords:** prevalence, risk factors, ecology, nutrition, air purity.

Among the provoking factors and risk factors for the development of allergies, the following are of particular importance: a sharp deterioration in the environment, c. including due to environmental disasters on a planetary scale (for example, the accident at the Chernobyl nuclear power plant); acute and chronic stress; intensive development of all types of industry without sufficient compliance with environmental protection measures; uncontrolled widespread use of medicines, especially those with diurant properties, ie. capable of being deposited in the body; widespread use of cosmetics and synthetic products; solid introduction into everyday life of means for disinfection and disinfestation, etc.; change in the nature of nutrition (oxidative stress); reduction of infectious burden; emergence of new allergens. Allergic diseases and especially diseases of the respiratory tract are environmentally dependent diseases, since the phenotypic realization of hereditary predisposition to them is always carried out under the influence of environmental factors. That is why, for example, bronchial asthma, especially in children, is a sensitive marker of air pollution [4,21,32]. The growth of bronchial asthma noted in recent years is associated to a large extent with environmental pollution by xenobiotics. In modern conditions, the health of society is largely determined by the real provision of its rights to a safe environment and disease prevention. According to the WHO, the state of health of the population depends on 50-60% of the level of socio-economic development, 20-30% - on the solution of environmental problems, and only 15-20% - on the development of the healthcare system.

Thus, the incidence of the respiratory organs of the population of the Russian Federation in 2020 was 296.8 in the adult population, 688.9 in adolescents, and 1182.5 in children per 1000 of the corresponding age. The primary morbidity of the adult population with chronic bronchitis increased by 1.7 times compared to 2016. The frequency of consultations of the adult population with attacks of bronchial asthma increased by 30%. Chronic diseases of the respiratory system are becoming increasingly common among children and adolescents. The incidence of bronchial asthma increased 1.5 times, in adolescents - by 40%; chronic diseases of the tonsils and adenoids with a diagnosis established for the first time were registered in 2010 in children by 40.5%, in adolescents by 35% more than in 2006. One of the fundamental features of a city is its high urban concentration.

**Purpose of the study:** To study the prevalence and risk factors of allergic diseases in children in hot climates.

**Materials and methods of research:** The analysis of official data on the prevalence of allergic diseases in children was carried out on the basis of a study of the data of the annual reporting form for 5 years (from 2016-2021), in a multidisciplinary hospital at the academy, in the Allergoneurology of Children and Adolescents department, and factors contributing to the development of diseases were identified. This center geographically corresponds to the administrative boundaries of the city of Tashkent.

**Results of the study:** When analyzing data on cases of patients with major diseases in the allergoneurology department, they were divided into three groups: The first group consisted of children with pathology of the respiratory tract. These include diseases: bronchial asthma, all forms of obstructive bronchitis, pollinosis, allergic rhinitis and nasopharyngitis. The second study group consisted of allergic diseases associated with the skin in violation of the gastrointestinal tract. These include diseases such as atopic dermatitis, urticaria, toxicoderma and toxic vasculitis. The third group consisted of children with neurological disorders who received treatment in the allergoneurology department for cerebrovascular diseases and all diseases involving the central nervous system. At the same time, studies on the relationship between the increase in the prevalence of allergic diseases in the Krasnodar Territory and the city of Krasnodar with environmental factors and urbanization processes are practically absent. Among the most widespread pollutants are carbon monoxide, sulfur and nitrogen dioxide, metals, dust, products of incomplete combustion of gasoline (petrocarbons, formaldehyde, etc.). Industrial and photochemical smog is especially aggressive for the respiratory tract. When studying the questionnaires of sick children, the main factors contributing to allergic diseases were identified. For example, in most children under one year of age, blood pressure is the result of a food allergy. Almost any product can cause allergic reactions. The nature of food allergies significantly depends on the age of the child. During the study, we found that in children of the first year of life, the most common causes of AD are cow's milk proteins, cereals, eggs, fish, seafood, etc. And at an older age, other allergens also cause AD. According to parents, allergic reactions to bananas, kiwi, persimmon, pomegranate are becoming more frequent in children.

**Conclusions:** 1. We studied the results of an epidemiological study of the prevalence of AD in children. Over the past five years, there has been a slight decrease in the incidence of respiratory diseases, but AR has a very high prevalence, which may be due to the climatic and geographical features of the place of residence, but also to environmental and endogenous factors. 2. Diseases such as atopic dermatitis, vasculitis, etc., the incidence rate among children, is steadily growing every year and remains at high numbers, which requires further updating and improvement of knowledge in this area.

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