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ORCID 0000-0001-6156-3630

OPEN ACCESS

Impacts of the environment on human health

маг. Абатова Н.П.,
к.м.н., доц. Садуллаева Х.А.,
асс. Қобилжонова Ш.Р.

Ташкентская медицинская академия

Abstract: The article provides information on the impact of the environment on human health and its consequences, there are approximate names for the types of diseases that can be caused by environmental problems in organisms, and conclusions are drawn based on the available data.

Key words: Environment, climate change, health, clean air, fresh water, disease.

Annotatsiya: Maqolada atrof-muhitning inson salomatligiga ta'siri va uning oqibatlari to'g'risida ma'lumotlar keltirilgan va ekologik muammolarning organizmlarda keltirib chiqarishi mumkin bo'lgan kasalliklar turlarining tahminiy nomlari sanab o'tilgan va mavjud ma'lumotlar asosida xulosalar berilgan.

Kalit so'zlar: Atrof-muhit, iqlim o'zgarishi, salomatlik, toza havo, toza suv, kasallik.

Аннотация: В статье представлена информация о влиянии окружающей среды на здоровье человека и его последствиях, приведены примерные названия типов болезней, которые могут быть вызваны экологическими проблемами у организмов, и сделаны выводы на основе имеющихся данных.

Ключевые слова: Окружающая среда, изменение климата, здоровье, чистый воздух, пресная вода, болезнь.

Introduction: Ecology and human health are inextricably linked. A clean environment is essential for the health and well-being of the population. The local environment can be a source of stressors - for example, air pollution, noise, biological pollution, meteorological factors, hazardous chemicals - that negatively affect health. Exposure to atmospheric pollutants most often leads to a weakening of the immune system, which is accompanied by a decrease in the body's resistance and increased morbidity. All organisms depend on the environment for energy and

materials to keep the body alive: clean air, drinking water, nutritious food, and safe places to live. Currently, human economic activity is increasingly becoming the main source of pollution of the biosphere. Gaseous, liquid and solid industrial wastes enter the natural environment in increasing quantities. Various chemicals in waste, getting into soil, air or water, pass along ecological links from one chain to another, eventually getting into the human body.

It is almost impossible to find a place on the globe where pollutants are not present in one concentration or another. Advances in agriculture, sanitation, water treatment, and hygiene have had a far greater impact on human health than medical technology. While the environment supports human life, it can also cause disease. Lack of basic necessities is an important cause of human mortality. Environmental hazards increase the risk of cancer, heart disease, asthma, and many other illnesses.

The purpose of the study is the impact of the environment on human health.

Research methods: At a broader level, climate change, loss of biodiversity, and land degradation can also impact on human well-being by threatening the delivery of ecosystem services, such as access to freshwater and food production. More than 12 million people around the world die every year because they live or work in unhealthy environments [3]. Environmental pollutants can cause health problems like respiratory diseases, heart disease, and some types of cancer [2].

Unsafe drinking water and poor sanitation and hygiene are responsible for a variety of infectious diseases, such as schistosomiasis, diarrhoea, cholera, meningitis, and gastritis. There are some relations with environment and illnesses: Cancer, Heart disease, Diabetes, Asthma, Chronic obstructive pulmonary disease, Obesity, Occupational injuries, Arthritis, Parkinson's disease, Malaria, Dysentery, Depression [4].

Improving the quality of the environment in key areas such as air, water and noise can prevent disease and improve human health. Air pollution is the greatest risk to environmental health and is linked to heart disease, nervous disease, lung disease and lung cancer. Exposure to noise from various factories and vehicles can

cause nervousness, irritation, and sleep disturbance, leading to an increased risk of hypertension and cardiovascular disease.

Exposure to hazardous chemicals is also a serious hazard. People can be exposed to a wide range of chemicals in their daily lives through polluted air and water, consumer products, and diet. The properties of some hazardous chemicals cause them to persist in the environment and bioaccumulate in the food chain, which means that it will take a long time before emission reductions lead to reduced exposure. In addition, the volume and range of chemicals used today, as well as the continued growth in chemical production, suggest that the impact on humans and the environment will continue to increase. This raises attention about the health effects of chemical mixtures throughout our lives, at vulnerable stages of life such as early childhood, pregnancy and old age [2]. Short-term exposure to low concentrations of toxic substances can cause dizziness, nausea, sore throat, and coughing. The ingestion of large concentrations of these substances into the human body can lead to loss of consciousness, acute poisoning and even death.

Research results: Environmental health professionals study how people interact with the world around them, which affects fitness, vulnerability to disease, and other aspects of human well-being.

We can name eight major environmental factors affecting health: chemical safety, air pollution, climate change and natural disasters, microbial diseases, lack of access to health care, infrastructure problems, poor water quality, global environmental problems [3]. By optimizing environmental health, communities can reduce exposure to disease, as well as to pollutants that have a toxic effect on the body. The benefits of environmental health interventions can improve life for everyone but may have the most pronounced effect among those who are already in vulnerable health.

The causes of ill-health are multifactorial and may operate at different scales, from the genome to international incidents and circumstances. Very few diseases are mono-causal. Infections are often considered such, but they need more than just the

presence of the microbiological agent to produce active disease. This is seen best in conflict-affected populations, where the high excess mortality and morbidity from infectious diseases arises from the effects of population displacement, disturbed infrastructure and diet and the lack of basic health services. The microbiological agent is a necessary but not sufficient cause. But disease arising from a wide variety of influences is not restricted to conflict or infection [1. 3-p].

In addition, epidemiology and ecological level studies may link social capital and health, thus alerting health promoters to reverse the tendency of interventions and allowing urban designers, sociologists, geographers, and ecologists to get involved into public health. [3. 54-p]

Conclusion: In fact, the connections between environment and health may assume different aspects. We all recognise that in developing countries, public health attention is focused on urgent problems such as infectious diseases, malnutrition, and infant mortality. However, in developed countries, where industry assumes special relevance, health concerns are also clearly related with wastes generated by industry.

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