

ISSN 2181-5534

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# ИНФЕКЦИЯ, ИММУНИТЕТ И ФАРМАКОЛОГИЯ

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№ 3 / 2022

Часть 2

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Была проведена работа по изучению субклинического гипотиреоза и липидного спектра у 100 женщин в возрасте от 17 до 60 лет проживающих в Андижанском районе Андижанской области. Распространенность субклинического гипотиреоза среди обследованных женщин Андижанского района составляет 13%. У женщин с субклиническим гипотиреозом средние уровни общего холестерина, триглицеридов, и индекса атерогенности достоверно выше, а липопротеиды высокой плотности значительно ниже, чем у женщин без нарушений функции щитовидной железы.

#### SUMMARY

### SUBCLINIC HYPOTHYROIDISM AND LIPID METABOLISM IN FEMALES OF ANDIJAN REGION

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**Key words:** subclinical hypothyroidism, thyroid-stimulating hormone, hypothyroidism, lipid spectrum.

The work was carried out to study the subclinical hypothyroidism and lipid spectrum in 100 women aged 17 to 60 years living in Andijan district, Andijan region. The prevalence of subclinical hypothyroidism among the women surveyed Andijan region is 13%. In women with subclinical hypothyroidism average total cholesterol levels, triglycerides and atherogenic index were significantly higher, CHS LHD significantly lower than that of women without thyroid dysfunction.

UDC:613.97:614.2-008.6

### CURRENT STATE OF HEALTH AND FUNCTIONAL CAPABILITIES OF MILITARY PERSONNEL (LITERATURE REVIEW)

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**Key words:** state of health, functionality, military service, mental and emotional stress, physical activity.

**Objective:** Review of scientific research on the study of the state of health and functional capabilities of military personnel from around the world, as well as the study of the state of health and physical capabilities of military athletes of the Ministry of Defense of the Republic of Uzbekistan.

**Materials and methods:** Anthropometric, chronometric, hygienic and clinical research methods of the state of health and physical capabilities of 271

servicemen-athletes of the Ministry of Defense participating in the International Army Games.

**Results:** The study of the state of health and physical capabilities of military personnel in the armies of different countries is carried out in different directions and methods. The system of the Ministry of Defense of the Republic of Uzbekistan established that work to improve the health and physical capabilities of military personnel, in particular military athletes, is carried out on the basis of a national system developed as a result of studying international experience.

**Conclusion:** Systematic work aimed at improving the health and functional capabilities of military personnel will play an important role in further increasing their combat readiness and preventing various infectious and somatic diseases associated with military labor conditions. The results of the study of the current state of health and functional capabilities of servicemen serving in the armies of countries located in different regions of the world show that the issues of combat readiness and productivity of personnel are of great importance in economically leading countries. In the armies of almost all developed countries, maintaining the health and physical condition of servicemen is considered one of the most important tasks. Therefore, the protection of the health of every serviceman in the Armed Forces of the Republic of Uzbekistan and the development of their physical and functional capabilities should be one of the urgent tasks of departmental organizations and government.

## INTRODUCTION

One of the priorities of state policy is to create an effective health care system in the country, which will ensure the preservation and improvement of public health, the formation of the necessary conditions for the upbringing of a healthy generation.

Within the framework of large-scale reforms in the field of medicine, comprehensive measures are being taken to gradually modernize national medical education, introduce international educational standards and advanced information and communication technologies, conduct research on current public health issues [1].

In the current era of globalization, the promotion of physical culture and sports in the army, improving the physical condition of personnel, as well as the creation of an effective system aimed at developing their professional skills can help maintain their health and combat readiness.

In this regard, a number of measures are being gradually implemented in the Uzbekistan. Development of physical culture and sports in the Armed Forces of the Republic of Uzbekistan is an important component of state policy in the field of strengthening the defense capabilities of the state, increasing the combat capability of the Armed Forces [2].

Army sports is considered as an integrated system, one of the directions to increase the combat potential of the Armed Forces, to improve the practical skills and abilities of servicemen, as well as their physical and psychological condition,

the formation of their training and combat capabilities [3].

Various psycho-emotional and physical loads lead to an increase in the consumption of functional reserves in the human body. In addition, the impact of various military-professional factors on the body of servicemen leads to a decrease in the overall working capacity of the body [4].

In the armies of different countries of the world, the health status and physical development of servicemen are studied hygienically in different forms and conditions [5].

Research by Smith TC, Zamorski M, Smith B, and others has shown that because military action requires optimal physical and mental health, the U.S. military pays special attention to the health status and physical development of military personnel.

Despite technological advances, military operations still feel the need for military personnel with a high level of physical fitness. The U.S. military is currently conducting large and complex combat operations around the world.

According to the authors, the success of military operations requires a high level of health and physical condition of servicemen involved in it.

According to open sources, public health in the United States (US) is one of the key areas of national security, and medical information systems are considered one of the most important components of the national health system.

In the United States, public health monitoring organizations are divided into three categories. These are state organizations, private organizations and public organizations. Government agencies that monitor the health of the population study the health of the population through the systems of the Ministry of Health, the Ministry of Labor and Trade, as well as the Ministry of Defense.

The U.S. Department of Defense monitors the health of personnel through the Personnel Data Center and the U.S. Armed Forces Health Surveillance Center. The first forms information not only about the personnel of the U.S. Armed Forces, but also about civilian (service personnel) employees, business partners of the U.S. Department of Defense, and veterans of the Armed Forces.

Medical surveillance totals about 42 million servicemen and retired servicemen [6].

A study by U.S. scientists Gabrielle F. Kaplansky, Lucinda Ackah-Toffey, and others found that in 2016, 26% of U.S. military personnel had problems such as mental health or impaired adaptation to military service, which is 6% higher than the average in some military units [7].

The world-renowned Rand Corporation Research Center announced that the following results were obtained in 2018 when the Healthy People 2020 (HP2020) program conducted health behavioral research (HRBS) among the personnel of the US Department of Defense. In particular, the Healthy People 2020 (HP2020) program divided the indicators of physical activity of servicemen into 3 groups based on its periodicity and type of physical activity. These are average physical activity (APA), high physical activity (HPA), and strength training. In the U.S.,

surveys by Meadows, Sarah O., Charles C. Engel, and other scientists found that 47.9% of military personnel in the country had an average physical activity of 75 minutes per week, and 31.3% of military personnel had a high physical activity of 300 minutes per week, and 24.1% of servicemen spend 150 minutes on strength training.

According to the above authors, there may be a high percentage of overweight servicemen in the Navy due to several factors. In the U.S. Navy, for example, there has been an increase in the proportion of men who have exceeded the recommended weight after the first deployment, which has increased since the second deployment [8].

Overall, a U.S. Health Behavioral Survey (HRBS) found that in 2018, 33.3% of physically active personnel under the age of 20 had a normal body weight [8].

According to the World Health Organization, obesity and overweight can be defined as abnormal or excess fat accumulation that can be harmful to health [9].

Obesity and overweight among military personnel have become serious health problems in many countries around the world and are on the rise.

The United States has developed a system of continuous real-time monitoring of the health of the population and personnel, and statistics on the health and physical condition of the population and military are published in the annual book "U.S. Health." Data on the health status of the population for the previous period will be published in May of the year following the reporting year, and in the U.S. Armed Forces in the form of a medical follow-up report in April of the following year [6].

According to the British Defense Service, we can also cite a number of modern data on the health status and functional capabilities of the personnel of the Armed Forces of the country. In particular, the three-component medical service (officially called the British Armed Forces Medical Service) is a separate structure for the health and physical development of the British Armed Forces, the Royal Air Force Medical Service, the Royal Air Force Medical Service and the Royal Navy medical services [10].

In 2008, the British Ministry of Defense launched QinetiQ1, a military diet database called Dietary Reference Values (DRVs). Database values for energy and nutrient intake established during military training in this database, in particular, rational nutrition standards for military personnel involved in training and operational (T&O) military operations, military personnel not participating in training and operational activities, and adolescents undergoing military training developed [11]. As a result of the impact of various factors, a record decline in the unemployment rate (4.5%) and demographic changes, it is becoming increasingly difficult to recruit citizens for military service in the UK. At the same time, the number of people of calling age in the UK continues to decline relative to the total population.

While the health problems of military personnel have remained partially the same as they were in the 19th century, a report submitted to the British Prime

Minister in 2017 found that more than 90% of citizens were not called up for military service due to health problems. [12].

In the UK, a “mental health and well-being protection” strategy has been developed for 2017-2022 to improve the health and physical condition of personnel [13].

To study the research of Irish scientists Sargent, C., O’Mahony, J. (2017), who conducted research on the health status and physical development of servicemen and their physiological and psychological health, as well as methods of monitoring well-being. It can be observed that in the process of ensuring the effective functioning of the Navy, the reliance on servicemen in many respects, emphasizing the importance of their health status and physical development, as well as physiological and psychological health [14]. According to the authors, Navy servicemen experience various physiological and psychological stresses in the military service environment, and physical fitness and body composition tests are organized annually to ensure the physical fitness of many Navy personnel, but these tests only provide a small amount of physiological capacity (aerobic and strength skills).

The authors also noted that other components of physical fitness, such as speed, agility, aerobic ability, and flexibility, were not evaluated during tests to check physical fitness. In addition to physical capabilities, the ability of servicemen to cope with fatigue, eating, and stressful situations is also affected by psychological stresses, such as spending time away from family and friends [14].

A study by researchers studying the health and physical development of the Irish Navy, as well as overweight and obesity, found that of the 820 servicemen surveyed, 48.6 percent were overweight and 16 percent were obese [15].

In a study conducted in the Netherlands, those who were found unfit for military service in terms of health status and physical development 52 % were found to suffer from cardiovascular disease and obesity. This study suggests that being overweight can affect a serviceman’s ability to perform tasks effectively and prevent them from continuing military service. [16].

Although good health and physical maturity of the military also benefit both physically and mentally, there has been a decline in physical activity among military personnel in countries with relatively low or moderate incomes, as well as relatively high incomes [17].

These declines are due to a number of factors, including a lack of free time, stress in daily life, the introduction of new technologies into life, and changes in work processes. [18].

A study conducted by local scientists in the Norwegian Navy to analyze the health status of servicemen found that physical maturity and activity were found to be associated with a lower prevalence of musculoskeletal disorders common in military service conditions [19].

These studies show that when military personnel are allowed to spend their free time physically and effectively, their incidence decreases and as a result, the

costs associated with the illness decrease and the employer receives long-term financial benefits. However, if physical education programs are not properly implemented or supported and understood by the command, physical training sessions can also lead to injuries [20].

Demographic problems and deteriorating youth health in the Russian Federation and a number of other countries over the past decade, as well as a significant decline in the social status of all categories of servicemen and the declining prestige of military service among young people, could lead to a number of problems in recruiting. Therefore, the creation of a system of measures for early diagnosis, prevention, physical training and rehabilitation of servicemen determines the urgency of the tasks in this area.

According to scientific articles by Russian researchers, physical development reflects the rate of morphological and functional changes in the body, its vigor, physical capabilities, style and efficiency of man [21].

The role of the human factor in maintaining the combat effectiveness of the army is growing significantly. This is especially important in the context of the ongoing social crisis. In addition, due to the specificity of military service (high-intensity work, long-term stress, environmental stressors, chronic stress, etc.), military service as a special type of activity poses a direct threat to the health and lives of servicemen.

The modern professional activity of the Russian Armed Forces requires new approaches to the organization of physical training activities, along with the creation of a flexible system of physical training for different categories of servicemen, ensuring high efficiency, and in this system health-improving physical training has a special place.

As a result, improving the health of servicemen allows them to maintain their physical condition at the required level [22].

Increasing the level of physical training of servicemen, as well as successful physical training, also contributes to the effective mastery of combat training courses. Low levels of physical fitness, on the other hand, are associated with poor mastery of combat training sciences [23].

Given that more than 50% of human health is determined by their lifestyle, the assessment of health status and physical development of military personnel includes indicators that describe the attitude of young people to their health, ie the role of health in their lives, medical knowledge, bad habits, stress, adverse environmental factors and -It is very important to study the economic situation. [22].

The conditions of modern military service are associated with great physical strength and mental stress, which increases the demand for the health status of military personnel. Therefore, one of the main tasks facing the command and military doctors at all levels is to maintain and strengthen the health of these servicemen. [25].

The basis of the content of exercise is the internal processes that take place



in the body of the serviceman. The nature of the internal processes that occur during exercise determines their effect on the body of the serviceman. As a result of the restructuring of the body under the influence of exercise, physical qualities are developed, new motor skills are formed, coordination of movements is improved, and physical development is improved, and the health of the serviceman is strengthened.

Samples of statistical analysis of the health status of personnel of the Armed Forces of the Russian Federation are presented in the data on medical and statistical indicators of health status of personnel of the Armed Forces of the Russian Federation from 2003 to 2016 an analysis of the medical reports on the health of the personnel of the military units located in the types of troops in the form 3 / MED. In this statistical analysis, the level and structure of the main medical and statistical indicators of general medical and statistical indicators of the categories of servicemen, including officers, contract servicemen (soldiers and sailors and sergeants), conscripts and women servicemen according to the International Statistical Classification of Diseases (ICD-10) and primary illness, need for dispensary follow-up, hospitalization, days of incapacity for work, dismissal from service due to health and death), and health problems.

The general indicators of health disorders by categories of servicemen of the Armed Forces of the Russian Federation were calculated. It was concluded that special attention to the prevention of these diseases would help to improve the health of servicemen.

The results of the analysis presented in this report show that the average annual rate of contract servicemen in 2003-2016 was  $(1032.1 \pm 38.0) \%$ . At low values of the coefficient of determination ( $R^2 = 0.32$ ), polynomial indicators of overall morbidity represent a downward trend [24].

In the monograph presented by the above authors, the data on the morbidity of personnel is calculated for 1000 servicemen or  $\%$  of the Armed Forces of the Russian Federation. The death rate was calculated per 100,000 servicemen by category.

Data on the mortality rate of the able-bodied population of the Russian Federation are available on the website of the Federal State Statistics Service (Rosstat) [26]. Data published in the monthly medical follow-up report were used to compare some indicators of the health status of military personnel [25].

During the analysis of the health and mortality rates of officers of the Armed Forces of the Russian Federation in 2003-2014, researchers studied reports on the health and medical services of personnel of military units and institutions located in different military districts, associations and types of troops. It made up about 60 percent of the officers who served in the Armed Forces of the Russian Federation.

The study analyzed the morbidity, discharges and deaths of officers of the Armed Forces of the Russian Federation from 2003 to 2014, and noted an increase in primary morbidity among officers. In particular, the average annual incidence

of primary disease was  $(414.8 \pm 20.4) \text{ ‰}$ .

According to the results of annual dispensary inspections  $(120.5 \pm 4.7) \text{ ‰}$  officers need dispensary dynamic control (DDN), as well as the annual rate of dismissal of officers due to health reasons in the dynamics of the decrease in the number of dismissed officers due to health  $(9.47 \pm 1,16) \text{ ‰}$ , with significant dynamics of their mortality reduction, the annual mortality rate was found to be  $(1.29 \pm 0.06) \text{ ‰}$ .

A study of the health and physical development of officers revealed that the primary morbidity rate of officers serving in the Armed Forces of the Russian Federation from 2003 to 2014 increased by 22.8% (from 374.3 to 484.7 ‰) with a low coefficient of determination ( $R^2 = 0.66$ ), an increase in overall morbidity among officers after 2009 was observed.

The average annual incidence of primary disease is  $(414.8 \pm 20.4) \text{ ‰}$ , including in 2003-2008 -  $(369.5 \pm 5.9) \text{ ‰}$ , and in 2009-2014  $(460.0 \pm 31.2) \text{ ‰}$ . The differences for the indicated periods are significant ( $t = 2.85$ ;  $p < 0.05$ ). [27].

Researchers noted that the main causes of diseases during the observation of the health and physical development of servicemen are the peculiarities of military working conditions of personnel, intensive combat training, constant physical exertion (up to 10 km), walking 50-60 km for 9-10 hours and tactical exercises lasting several days [28].

During the observation of the scientific work of O.V. Dmitrieva and D.A Kazaev in the field of early and active detection of patients, timely isolation of patients, preventive and routine disinfection, immunization of servicemen and timely implementation of sanitary and hygienic measures were highlighted by the service as necessary measures to reduce morbidity [28].

As we study current data on the health status and physical development of military personnel, S.M. Lebedev's article [29] (2014) states that maintaining the health and combat readiness of servicemen in the Armed Forces of the Republic of Belarus is one of the priorities in the medical supply of troops and identifying cause and effect. In his article, the author discusses the specific features of professional activity (changes in the order of service and rest, hypokinesia, overload, high psycho-emotional stress, etc.) and external influences (noise, vibration, static load, etc.) studied the effects on the health status and physical development of employees [29].

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## РЕЗЮМЕ

### ҲАРБИЙ ХИЗМАТЧИЛАРНИНГ САЛОМАТЛИК ҲОЛАТИ ВА ФУНКЦИОНАЛ ИМКОНИЯТЛАРИНИНГ ЗАМОНАВИЙ ҲОЛАТИ (АДАБИЁТ ШАРҲИ)

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**Калит сўзлар:** саломатлик ҳолати, функционал имконият, ҳарбий хизматчи, руҳий-эмоционал юкламалар, жисмоний юкламалар.

**Мақсад:** жаҳонда ҳарбий хизматчиларнинг саломатлик ҳолати ва функционал имкониятлари бўйича олиб борилган илмий изланишлар ҳолатни таҳлил қилиш, шунингдек, Ўзбекистон Республикаси Мудофаа вазирлиги ҳарбий спортчиларининг саломатлик ҳолати ва жисмоний имкониятларини ўрганишдан иборат.

**Материал ва усуллар:** Мудофаа вазирлигининг халқаро АрМИ ўйинларида иштирок этиб келаётган 271 нафар ҳарбий спортчиларнинг саломатлик ҳолати ва жисмоний имкониятларини антропометрик, хронометраж, гигиеник ва клиник усулларда текшириш.

**Натижалар:** Турли давлатлар армияларида ҳарбий хизматчиларнинг саломатлигини муҳофаза қилиш ва жисмоний-функционал имкониятларини ўрганиш турли йўналиш ва усулларда олиб борилиши, Ўзбекистон Республикаси Мудофаа вазирлиги тизимида ҳам ҳарбий хизматчиларнинг, хусусан, ҳарбий спортчиларнинг саломатлик ҳолати ва жисмоний имкониятларини яхшилаш ишлари жаҳон тажрибасини ўрганиш натижасида ишлаб чиқилган миллий тизим асосида амалга оширилаётгани аниқланди.

**Хулоса:** Ҳарбий хизматчиларнинг саломатлик ҳолати ва функционал имкониятларини яхшилашга қаратилган тизимли ишлар, келгусида уларнинг жанговар шайлигини ошириш ва ҳарбий меҳнат шароитлари билан боғлиқ турли юқумли ва соматик касалликларнинг олдини олишда муҳим аҳамият касб этади.

## РЕЗЮМЕ

### СОВРЕМЕННОЕ СОСТОЯНИЕ ЗДОРОВЬЯ И ФУНКЦИОНАЛЬНЫХ ВОЗМОЖНОСТЕЙ ВОЕННОСЛУЖАЩИХ (ОБЗОР ЛИТЕРАТУРЫ)

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**Ключевые слова:** состояние здоровья, функциональная возможность, военная служба, психические и эмоциональные нагрузки, физические нагрузки.

**Цель:** Обзор научных исследований по изучению состояния здоровья и функциональных возможностей военнослужащих разных стран мира, а также изучение состояния здоровья и физических возможностей военных спортсменов Министерства обороны Республики Узбекистан.

**Материалы и методы:** Антропометрическое, хронометрическое, гигиеническое и клиническое обследование состояния здоровья и

физических возможностей 271 военнослужащих-спортсменов Министерства обороны, участвующих в Международных играх АрМИ.

**Результаты:** Изучение состояния здоровья и физических возможностей военнослужащих в армиях разных стран проводится по разным направлениям и методам. В системе Министерства обороны Республики Узбекистан установлено, что работа по укреплению здоровья и физических возможностей военнослужащих, в частности военных спортсменов, осуществляется на основе национальной системы, разработанной в результате изучения международного опыта.

**Вывод:** Систематическая работа, направленная на улучшение состояния здоровья и функциональных возможностей военнослужащих, будет играть важную роль в дальнейшем повышении их боеготовности и профилактике различных инфекционных и соматических заболеваний, связанных с условиями воинского труда.

УДК:616.988-07-06

### **КЛИНИЧЕСКАЯ ХАРАКТЕРИСТИКА И ИСХОДЫ НОВОЙ КОРОНАВИРУСНОЙ ИНФЕКЦИИ У ВЗРОСЛЫХ**

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**Ключевые слова:** коронавирусная инфекция, клиника, пожилой возраст, сопутствующие болезни, исходы.

**Актуальность.** В случае нынешней пандемии она вызвана коронавирусной инфекцией, что объясняется названием SARS-CoV-2 [1]. Сообщалось, что первая вспышка была обнаружена в декабре 2019 года в китайском городе Ухан. [2] [3]. 30 января 2020 года Всемирная организация здравоохранения объявила чрезвычайное положение в системе здравоохранения всем международным странам, а с 11 марта оно было объявлено пандемией. [4] [5]. 15 февраля 2021 года сообщалось, что в мире было выявлено более 109 миллионов случаев заболевания в соответствии с состоянием пандемии; более 2,4 миллиона человек погибли и более 81,5 миллиона человек выздоровели от этой болезни. [6]

COVID-19 пострадал во всем мире после его происхождения из Ухани, Китай. Это отрицательно сказалось на людях, принадлежащих к группе высокого риска, как определено CDC [7], и это равномерно наблюдалось по всему миру. CDC установил факторы риска в соответствии с имеющимися доказательствами, и самые сильные факторы риска включают - рак, ХБП, ХОБЛ, сердечные заболевания, нарушения мозгового кровообращения, курильщика, ожирение, беременность, трансплантацию твердых органов или гемопоэтических клеток и сахарный диабет. Остальные факторы имели умеренный или низкий уровень доказательности тяжелых заболеваний [7].