

**O‘ZBEKISTON RESPUBLIKASI
SOG‘LIQNI SAQLASH VAZIRLIGI**

**TOSHKENT TIBBIYOT AKADEMIYASI
TERMIZ FILIALI**



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

MATERIALLARI TO‘PLAMI

2022-yil 13-may

TERMIZ – 2022

**МИНИСТЕРСТВО ЗДРАВООХРАНЕНИЯ
РЕСПУБЛИКИ УЗБЕКИСТАН**

**ТЕРМЕЗСКИЙ ФИЛИАЛ
ТАШКЕНТСКОЙ МЕДИЦИНСКОЙ АКАДЕМИИ**



СБОРНИК МАТЕРИАЛОВ

**МЕЖДУНАРОДНОЙ НАУЧНО-
ПРАКТИЧЕСКОЙ КОНФЕРЕНЦИИ
«СОВРЕМЕННЫЕ НАУЧНЫЕ
ИССЛЕДОВАНИЯ В МЕДИЦИНЕ:
АКТУАЛЬНЫЕ ВОПРОСЫ,
ДОСТИЖЕНИЯ И ИННОВАЦИИ»**

13 май 2022 год

ТЕРМЕЗ – 2022

**MINISTRY OF HEALTH OF THE
REPUBLIC OF UZBEKISTAN**

**TERMEZ BRANCH
TASHKENT MEDICAL ACADEMY**



COLLECTION OF MATERIALS

**INTERNATIONAL SCIENTIFIC AND
PRACTICAL CONFERENCE “MODERN
SCIENTIFIC RESEARCH IN MEDICINE:
CURRENT ISSUES, ACHIEVEMENTS AND
INNOVATIONS”**

13 of may in 2022

TERMEZ – 2022

питания в столовых, режим дня, а так же образ жизни студентов. Получены данные от 120 студентов из высших учебных заведений Узбекистана, в возрасте 18-25 лет. Далее проводился статистический анализ.

Результаты исследования. Практически все студенты независимо от профиля высших учебных заведений отмечают изменения в режиме и качестве питания с момента начала учебы - 90-95%. Больше половины студентов ответили, что имеют полноценный приём пищи лишь 1-2 раза в сутки 60% студентов медицинских и 74% студентов немедицинских ВУЗов Узбекистана.

Можно предположить, что студенты могли бы восполнять пропущенные приемы пищи в столовых своих учебных заведений. Но 50% студентов не едят в перерывах между занятиями. Из них 30-36% предпочитают другие места для приёма пищи, при этом выделяются студенты медицинских ВУЗов - 46%. Наиболее популярный ответ при уточнении низкой популярности столовых – недостаток места, дали 44 раза, следующий отсутствие разнообразия блюд – 35 раз, плохой вкус отметили 26 раз; большая цена - 18 раз. Студентам можно было выбрать несколько вариантов ответа, либо указать, что их все устраивает. 28 студентов ответили, что их устраивают условия в столовых Вузов. Отсюда следует, что каждый день почти 50% студентов вынуждены перекусывать менее полезной пищей, употребляя фастфуд или «еду в сухомятку».

50 опрошенных утверждают, что наблюдают изменения в весе, большинство из них – набор лишней массы; 28 опрошенных замечают расстройства ЖКТ (изжога, метеоризм, тяжесть и другие); 18 – наблюдают признаки дефицита витаминов и микроэлементов.

По полученным данным видно, что питание в столовых не удовлетворяет потребности большинства студентов. В свою очередь это сказывается на их состоянии здоровья.

Выводы.

1. Студенты имеют нарушенный режим питания, поэтому замещают пропущенные приемы "едой в сухомятку" и фастфудом.
2. Столовые в учебных заведениях не пользуются большой популярностью по различным причинам, первая – большое количество студентов и нехватка мест.

ASSESSMENT OF THE CONTENT OF RADON IN THE PREMISES OF RESIDENTIAL BUILDINGS OF THE CITY OF TERMEZ

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Radon and radioactive products of its decay make the main contribution to the radiation background of residential and industrial premises. Radon is formed by the decay of natural radionuclides contained in the earth's rocks and dissipates in the atmosphere. In this regard, when conducting engineering surveys of building sites, radiation and environmental studies are carried out, an integral part of which is the assessment of the radon hazard of the territory. Currently, there is no universal method in the world for determining the radon hazard of a territory. This is explained by the fact that radon concentrations and fluxes are extremely uneven and depend both on the geological and geophysical characteristics of the natural environment (the content of uranium and thorium in the soil, the structure of the underlying rocks and the level of groundwater, climatic conditions), and on the design of buildings, building materials and the quality of work ventilation systems. Therefore, different countries have their own approaches to the definition of radon hazard.

The research was carried out on the territory of Termez. Termez is the southernmost city of Uzbekistan, it is located on the right bank of the Amu Darya, 490 km southwest of Tashkent. The population of the city is 150 thousand inhabitants. Termez is also the administrative center of the Surkhandarya region. The city borders Afghanistan. The climate of Termez is hot desert with mild, but for such a latitude, relatively cold winters and exceptionally hot summers. The

vast majority of precipitation falls between November and April, with extremely rare summer rains. The average annual air humidity is 55%. The average annual wind speed is 2.9 m/s. The average annual temperature is +17.5 °C.

Measurement of radon in the air of public and residential buildings was carried out using the Radon FTLAB FRD400 instrument. The radonometer was installed at 5 points in each measured room. The radonometer for measurements was placed mainly in rooms with the longest stay of the inhabitants. The first readings were recorded 30 minutes after the start of the measurement, further readings were updated every 10 minutes. At each point, the measurements were carried out 5 times for reliability.

The radiation situation in the surveyed buildings of the city of Termez is generally quite acceptable. The situation with the exposure of the population in the city of Termez generally complies with the requirements of the Radiation Safety Standards.

ASSESSMENT OF GAMMA RADIATION OF THE CITY OF TERMEZ

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Radiation in low doses is ubiquitous in our environment. On the territory of our state, such zones are known in which the ecological situation is assessed at the highest political and international level as catastrophic (the Aral Sea region) or ecologically critical (many districts of the Surkhandarya region). Special attention is paid to such zones when developing programs and action plans for environmental protection, providing medical and social assistance to the population. For many years, the international community has been providing significant financial, technical, and humanitarian assistance to mitigate the impact on the population of adverse factors associated with an environmental catastrophe and environmental crisis, and attempts are being made to stop destructive processes. However, without a permanent legal mechanism aimed at the rehabilitation of such zones, as well as without the introduction of differentiated legal conditions for economic activity, the provision of economic and social guarantees that take into account extreme environmental conditions, it is impossible to restore the original natural balance to the extent that it depends on the human factor, or to stop population migration, attract new labor resources to such territories and make living conditions attractive.

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Measurement of gamma radiation in open areas was carried out using a Polimaster DKG-RM1703MO-2 dosimeter. The dosimeter was installed at 5 points of each measured area. The measuring device was placed mainly in rooms with the longest stay of the inhabitants. At each point, the measurements were carried out 5 times for reliability.

According to the data obtained, the average gamma radiation dose rate measurement values for the regions are in the range: 0.09-0.16 $\mu\text{Sv/h}$ - for open areas on the territory of settlements; 0.13-0.25 $\mu\text{Sv/h}$ - indoors.