



**Only English “Advances in Medical  
Research and Practice Conference”**

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**ENGLISH**

Tashkent  
May 23, 2023





Ministry of Health of the Republic of Uzbekistan



Tashkent medical academy



Young Scientists



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## International Scientific-Practical Conference

*"Only English: Advances in Medical Research and Practice Conference"*

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substances reduce the development of Alzheimer's disease by 60%.Omega-3 OTCsK.Selenium eicosanoyl-Glycero-tryptamide flavonoids antioxidants.

Conclusions: Not overeating consuming fruits and vegetables inclusion of spices in the diet marinating meat before-cooking eat oily fish once a week consuming walnuts consuming dark chocolate instead of sweets

## IMPROVING THE HEALTH STATUS OF FREQUENTLY ILL CHILDREN IN PRE-SCHOOL EDUCATIONAL INSTITUTIONS AND THEIR PRINCIPLES OF HEALTHY LIFESTYLE

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*Aim:* Scientific justification of ways to improve the principles of a healthy lifestyle in children who are prone to illness in preschool educational institutions.

*Results:* The research was carried out by the natural hygienic experiment method, which includes three stages. The first stage was to study the indicators of physical development, health status, psycho-emotional status of frequently ill children, to assess risk factors for the development of deviations in their health. In the second stage, the conditions of education, training and rehabilitation technologies were studied in the recreational pre-school educational institution. At the third stage, a hygienic assessment of the influence of the conditions of education, training and health technologies on physical development, functionality work ability and health was carried out and recommendations for their optimization were developed. A total of 85 children aged 4-7 years attending preschool educational institutions were examined, of which 55 were frequently sick and 30 were occasionally sick, they were 4-5 years old and 4-7 years old. Divided into 2 age groups. 30 frequently sick children participated in dynamic studies. The group of frequently ill children includes children who have had a number of ARI episodes in the past year: 4-5 years old - 5 or more, older than 5 years - 4 or more. The distribution of children by gender and length of stay in the organized group of children in the main and control groups was almost the same.

*Conclusions:* 1. The proportion of children with a harmonious morpho-functional state during the observation period increased, respectively, from 78.9% to 81.6%, the number of children with a sharply disharmonious state decreased from 7.9% to 2.6%. 2. During the observation period, it was noted a significant increase in the muscle strength of the right hand in the dynamics of observation from 6.6±0.25 kg to 6.6 ± 0.35 kg, and the left hand, respectively, from 5.4 ± 0.32 kg to 7.9 ± 0.34 kg. 3. Analysis of individual results of plantography in the dynamics of two years of observation showed that improvement was detected in 42.1% of frequently ill children aged 4-7 years, without change - in 57.9%. 4. In the dynamics of the observation period, it was found that the number of children assigned to the III health group slightly increases from 29.7% to 31.8%, and the proportion of children with the III health group decreases from 70.3% to 68.2 %. 5. The proportion of children with a high level of anxiety decreased from 38.9% to 21.0%, the proportion of children with an average level of anxiety increased from 58.0% to 71.0%. However, the number of children with a low level of anxiety decreased from 12.1% to 8.0%, which, apparently, is associated with additional educational loads to prepare for school, both in the preschool and outside the kindergarten. 6. The analysis of acute morbidity rates in the dynamics of observation showed that the number of cases, days and the average duration of one case decreased. 7. During 2 years of recovery, the proportion of children who moved from the group of frequently ill to the group of episodic ill increased to 84.2%, the number of children who began to get sick less, but remained in the group of often ill. Thus, the health-improving technologies used in preschool educational institutions have a beneficial effect on the indicators of physical development, the functional capabilities of children, can significantly improve the function of thermoregulation

## ON THE PROBLEM OF NUTRITION OF PATIENTS WITH SENSITIVITY TO LATEX

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*Aim:* It should be noted that in recent decades there has been a tendency towards an increase in allergic diseases and an increase in the number of patients with allergic diseases. Symptoms of seasonal allergies are coughing, difficulty breathing, which can be similar to coronavirus symptoms. If such a condition is repeated in a person from year to year, most likely, this is an exacerbation of an allergic disease.

Today due to the use of latex products, allergic reactions are increasing all over the world. It should be noted that the prevalence of sensitivity to latex depends on the studied population and, according to the literature data, varies within 3-6%. Among medical workers, about 20% revealed hypersensitivity to latex. Although latex allergy is most common among healthcare workers, it has also been found in workers in the rubber industry and other workers who routinely use rubber gloves (e.g., greenhouse workers) and in patients who have undergone many surgical procedures, operations.