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ENDEMIC GOITER WITH THE DISEASE TERRITORIES ACCORDING TO SPREAD

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Abstract:

In the general population, nodular goiter is detected in 3-5% of patients during palpation of the thyroid gland, and in 20-35% during screening ultrasound (US) and tissue autopsy. There are many etiological factors for the development of nodular non-toxic goiter (goitrogens, according to epidemiological studies conducted by the Federal Endocrinological Sciences center, there are no regions in the Russian Federation where the population is not at risk of developing iodine deficiency diseases.

According to WHO, if the sporadic forms of endemic goiter are reduced by 5%, then the IDD will be considered completely eliminated, although today the Republic of Uzbekistan remains a region with severe iodine deficiency. In fact, the need for iodine is 50 mcg per day for infants, 90 mcg for children from 1 to 6 years old, 120 mcg for children from 7 to 10 years old, and 150 mcg for adolescents and adults. During pregnancy and lactation, the need for iodine increases to 200-300 mcg per day, since the mother's body shares iodine with the fetus or nursing child.

Currently, there is no region in Uzbekistan where the population is not at risk of developing diseases associated with iodine deficiency, since iodine deficiency has been observed in the diet of the population in all regions of the republic studied to date.

Keywords:

THE OBJECT OF THE STUDY was official data on the incidence of gout in the population of the Republic of Uzbekistan for 2014-2024 from the Republican Specialized Scientific and Practical Medical Center of Endocrinology named after Y. Y. Turaqulov .

RECEIVED RESULTS . Currently in the country iodine shortage of the circumstances spread rate of 31 percent organization 20 years 2.5 times during decreased. However, Uzbekistan still remember shortage according to a difficult area remains. Population between endemic from the bull illness indicators reduce and soup salt memorization according to requirements international to standards coordination the necessity also arises Especially in 2023, iodine shortage disease per 100 thousand to the population Karakalpakstan In the Republic of Uzbekistan (2160.7), Surkhandarya (1883.3), Jizzakh (1494) and Bukhara (1262.2) regions country indicators relatively (912.4) high happened anxious is the case . In our research, we endemic goiter with illness Uzbekistan in the republic regions in the section illness their circumstances we learned .

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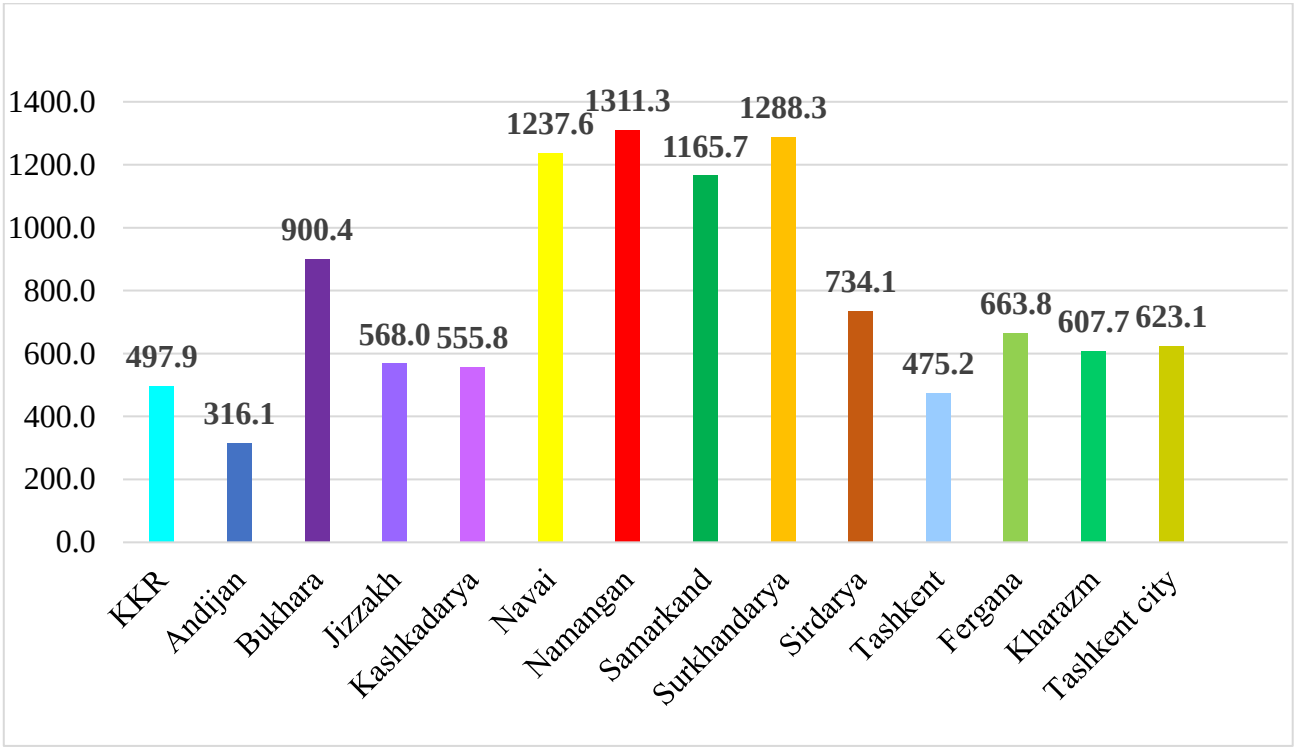

Figure **1.** Population with level 1 endemicity in 2014-2024 bull with morbidity .

Level 1 endemic goiter with illness their circumstances regions in the section when we see the most high The indicator is 100 thousand in Namangan region. to the people relatively 1311.3 dress in place Surkhandarya region 1288.3 and Navai region 1237.6 organization is doing Bukhara in the province and this The indicator is 900.4 . organization made . Our Republic remaining in the regions also illness uneven distributed the most less indicator Andijan 316.1 in the region organization did (Figure 1).

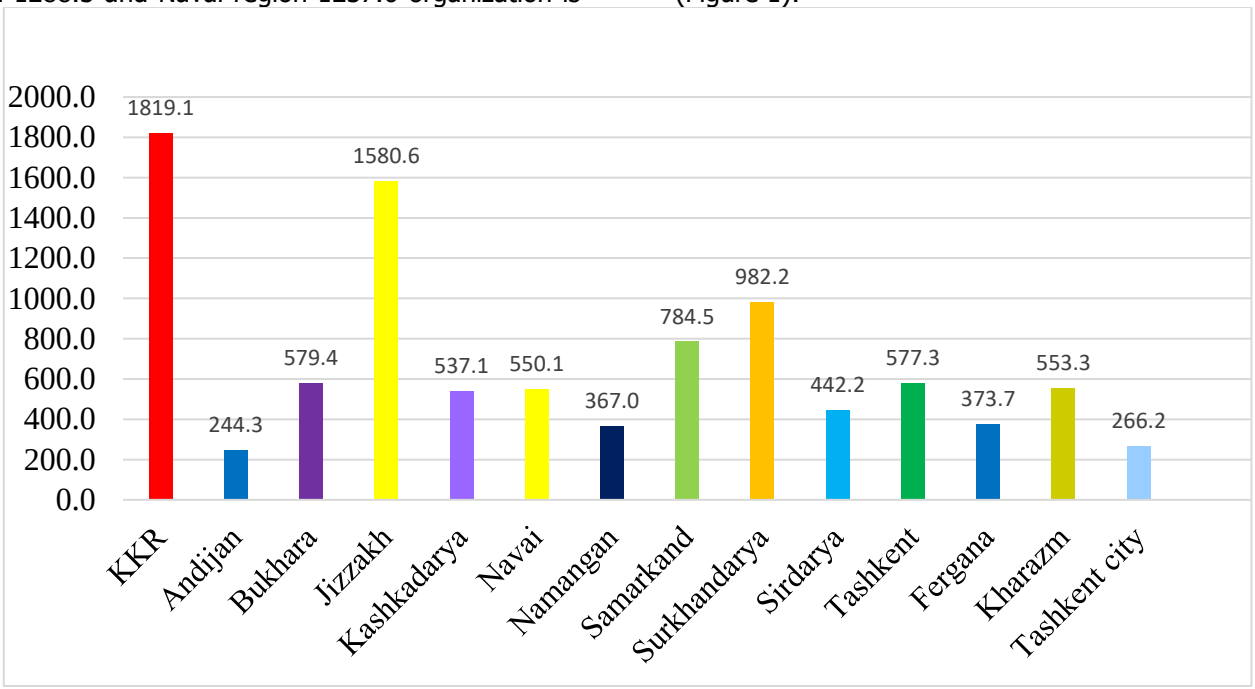

Figure **1.** Population with level 2 endemicity in 2014-2024 bull with disease (in kur)

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administrative Level 2 endemic in the regions bull with Incidence level 1 endemic goiter with from illness different the most high indicator Karakalpakstan 100 thousand in the Republic to the people compared to 1819.1 organization made . From it dress in place Jizzakh region 1580.6, Surkhandarya 982.2 in the region , 784.5 in the Samarkand region . Bukhara in the province this The indicator is 579.4 . organization what he did our vision possible (Figure 2).

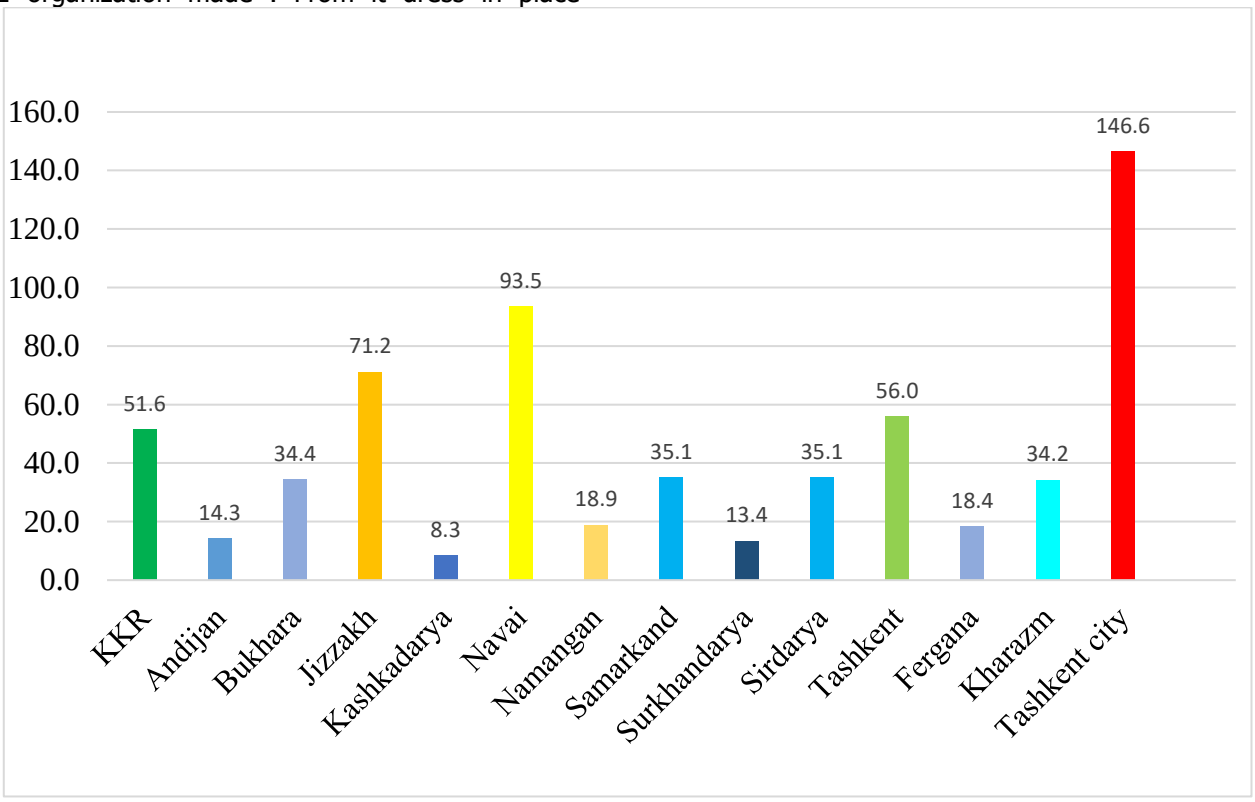

Figure **3.** Population growth in 2014-2024 knotted bull with disease (in kur)

The research dress At the stage we are knotted bull of the disease territories according to spread seeing when we leave the most high illness indicator in Tashkent city is 100 thousand to the people compared to 146.6 organization as from it dress in place Navai region 93.5, Jizzakh region 71.2, in Tashkent region this indicator 56 organization what he did our vision possible (Figure 3).

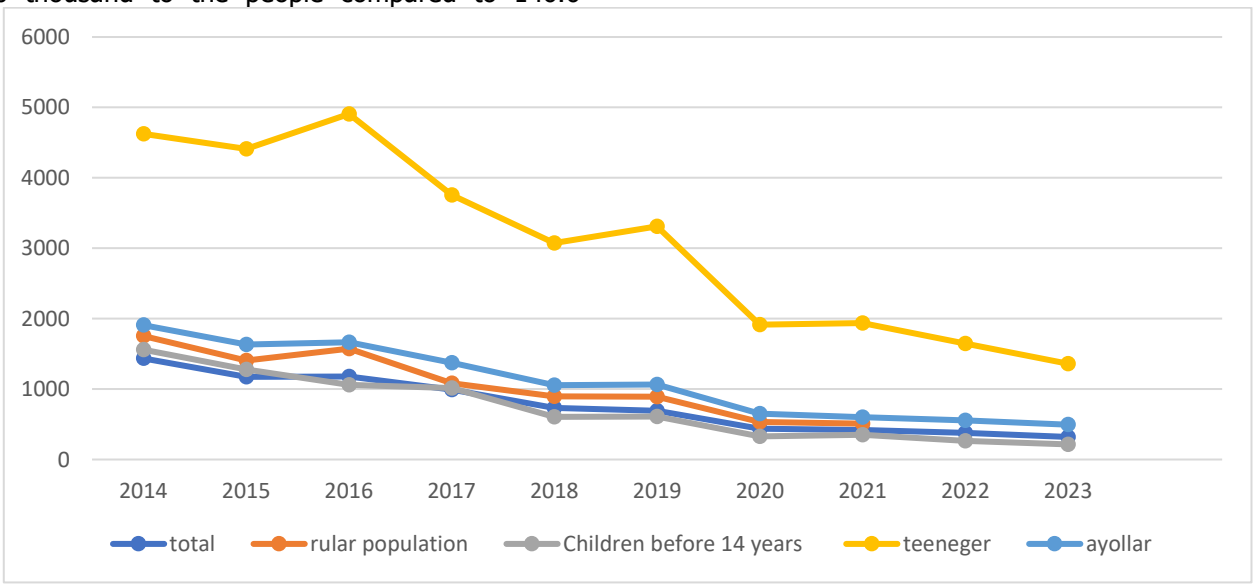

Figure 4. In 2014-2024 People's social Level 1 endemic in their groups bull with of illness condition

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This period iodine shortage indicator population social groups between spread when we see To the disease general decrease tendency typical is, but the disease children and teenagers between country per 100 thousand to the population an average of 712.3 and 3593.6 people organization reached was determined . this indicators " iodine " in the country shortage pandemic " continues reaching means (Figure 4).
Accepted in 2007 made in law iodine shortage diseases public prevention to food iodized salt use and iodized food products consumption to do through done increase specified .
But 9 months of 2024 finally see held studies this showed that there are 94 soups in the country salt working issuer , seller and from it user enterprise there is and their only 24 laboratories yes , only 72 dispensers installed . Same from dispensers also some absolutely on demand answer does not give .

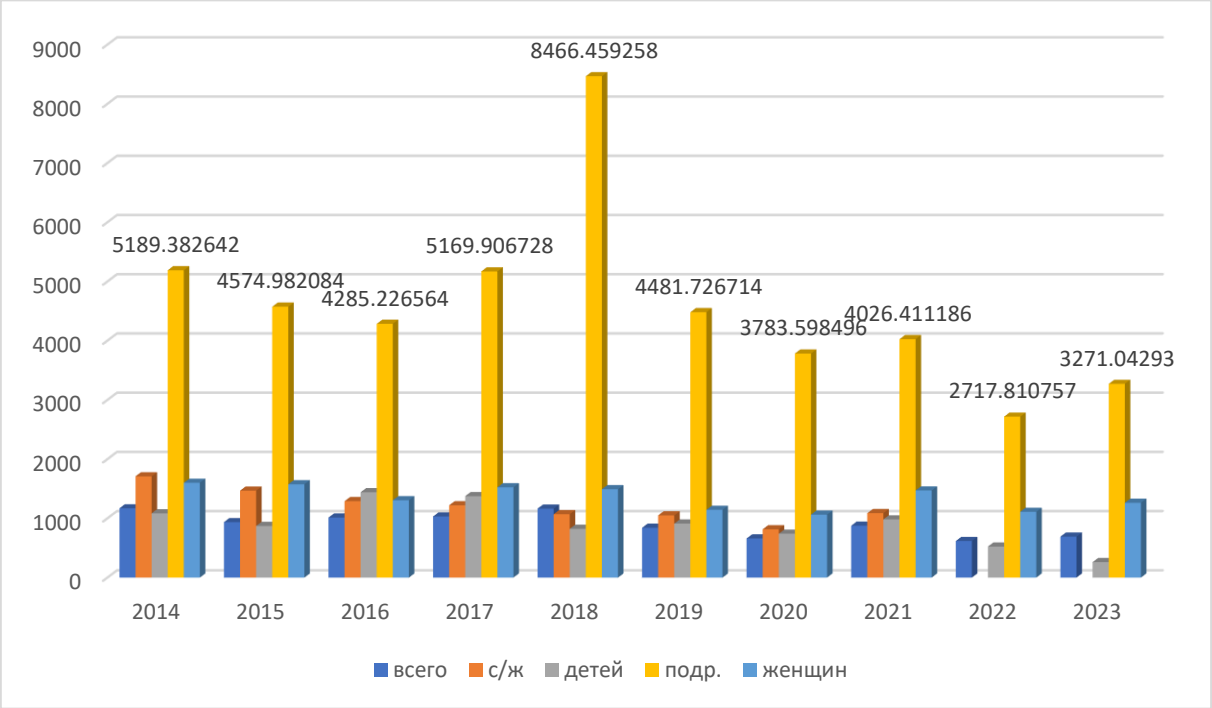

Figure 5. In 2014-2024 People's social Level 1 endemic in their groups bull with of illness condition(region Bukhara)

CONCLUSION . We 1st and 2nd in our study level endemic goiter and knotted bull diseases Uzbekistan Republic of administrative within the borders uneven distributed We have determined this . Diseases on time to determine , or social to factors related to be possible . 1st level endemic goiter with illness their circumstances Namangan 100 thousand in the region to the people relatively 1311.3 dress in place Surkhandarya region 1288.3 and Navai region 1237.6 organization is doing Bukhara in the province and this The indicator is 900.4 . organization made . Our Republic remaining in the regions also illness uneven distributed the most less indicator Andijan 316.1 in the region organization did . 2nd level endemic goiter with Level 1 disease endemic goiter with from illness different the most high indicator Karakalpakstan 100 thousand in the Republic to the people compared to 1819.1 organization made . From it dress in place Jizzakh region 1580.6, Surkhandarya 982.2 in the region , 784.5 in the Samarkand region . Bukhara in the province this The indicator is 579.4 . organization what he did our vision possible . Knotted bull of the disease territories according to spread seeing when we leave the most high illness indicator in Tashkent city is 100 thousand to the people compared to 146.6 organization as from it dress in place Navai region 93.5, Jizzakh region 71.2, Tashkent region this indicator 56 organization what he did our vision possible . Based on the results of scientific research, we have developed an algorithm for "improving the prevention of endemic gout" adapted to the conditions of Uzbekistan, which includes three criteria or systems of preventive measures aimed at preventing diseases .
Currently, the main weapon in the fight against endemic bubonic plague is prevention, that is, disease prevention. Three criteria or systems of preventive measures aimed at preventing diseases are distinguished:

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Primary prevention - Improving the prevention of endemic goiter among the population. It consists of informing the population about the clinical signs and complications of the disease, promoting a healthy lifestyle, identifying groups of children at high risk of developing the disease, and promoting a healthy lifestyle among their parents. The chief pediatrician, pediatrician, endocrinologist, neuropathologist, epidemiologist, and nursing staff are responsible for the care of children. It is necessary to compile lists, identify children at risk, and implement health measures for children in the risk group who are frequently ill or registered with chronic diseases.

Secondary prevention includes the organization of medical care for a contingent of children with endemic goiter and subsequent laboratory diagnostics, post-examination counseling, referral for medical examination and treatment, and dispensary supervision.

Tertiary prevention is the organization and implementation of rehabilitation work to ensure the clinical recovery of patients and carry out rehabilitation measures after the illness.

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