



# Comparative Characteristics and Prevention of Diabetes Mellitus

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**Abstract:** This article discusses the main aspects of the etiology and prevention of diabetes mellitus, obtained in the study of scientific publications on the medical and social significance of diabetes mellitus. Diabetes mellitus is a socially significant disease, since the factors that cause the course of this disease, as well as the complications and lifestyle changes in patients with this disease that arise as a result of complications, make changes in the social life of society, requiring a more attentive attitude towards patients with diabetes mellitus, study of the causes, modern methods of prevention and treatment of diabetes mellitus. The main cause of diabetes is poor nutrition, physical inactivity, poor lifestyle. The increase in the prevalence of this disease has led to an increase in the number of people with disabilities. Therefore, an important task of medicine is to carry out preventive measures, organize timely examinations for the purpose of early detection of patients with diabetes mellitus and treatment before the development of complications.

**Keywords:** diabetes mellitus, ecology, urbanization, questionnaire.

## The urgency of the problem.

Diabetes mellitus is a global problem, modern health care, the importance of which is becoming more and more rampant every year. In almost all regions of the world, the number of patients is growing steadily, doubling every three decades [2]. The main reason for the increase in the number of cases is a change in the lifestyle of the population (physical inactivity, poor nutrition, smoking) that began in the middle of the last century and continues to this day. In recent decades, there has been an increased interest of doctors of various specialties in the problem of diabetes mellitus [4]. This is due, first of all, to the increase in diabetes mellitus, both among adults and children. In addition, its complications are characterized by changes in almost all organs and systems, which worsens the quality of life and reduces life expectancy. [3,4,9] According to modern concepts, diabetes mellitus is a chronic, multifactorial disease, manifested by hormonal changes in tissue, which, with a progressive course, is complicated by dysfunction of various organs and systems.[9,10]

## The purpose of the study.

The purpose of this study was to study the spread and risk factors of diabetes mellitus, the development of evidence-based preventive measures to reduce the incidence. [5]

**Materials and research methods.** The study was conducted in a city clinic. The object of the study were children from 7 to 16 years old and adults aged 18-40 years old, 40-60 years old and over 60 years old with diabetes mellitus. The basis of the clinical material was the results of the ongoing

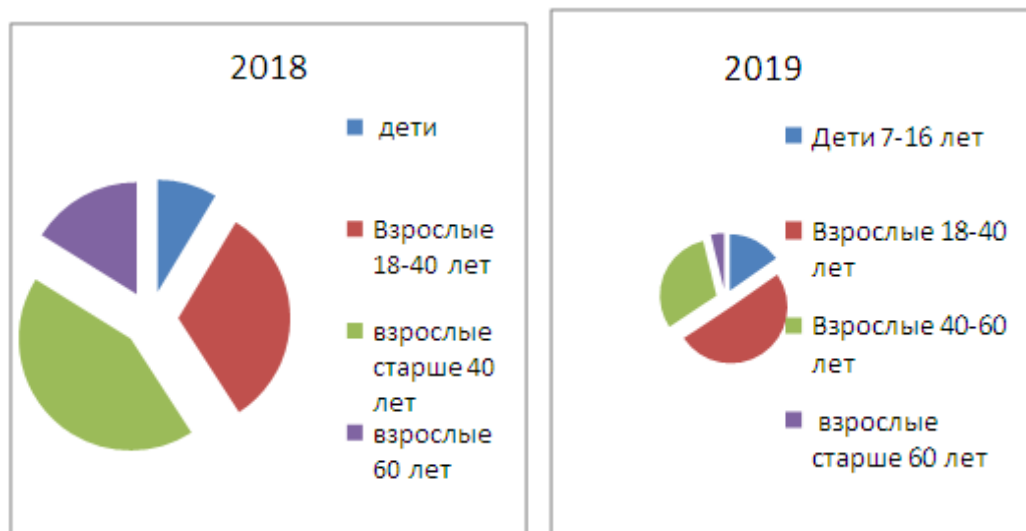
medical examination of the population living on the territory of the clinic, as well as medical records of 200 patients diagnosed with diabetes mellitus. We also studied questionnaires - a questionnaire for assessing the medical and social condition of patients with a diagnosis of diabetes mellitus, who are registered at the dispensary in the city's polyclinic.

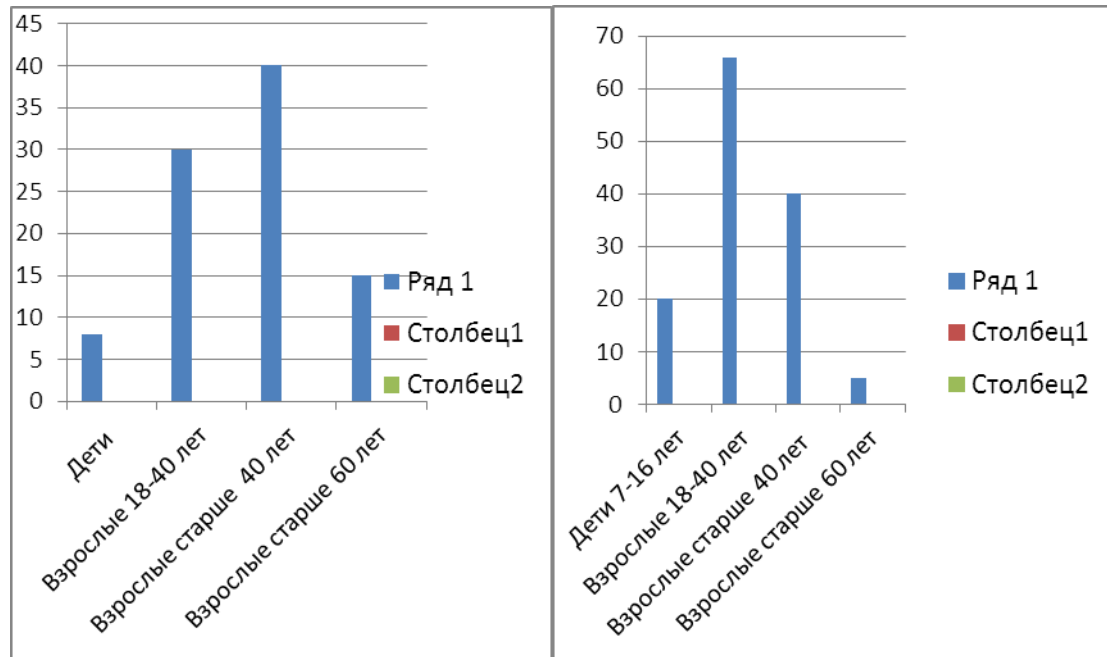
The research methods were:

1. Clinical laboratory and hormonal studies. Sociological research methods. Based on a specially designed questionnaire for assessing the medical and social condition of patients with diabetes mellitus. The questionnaire consists of 4 items, where there is general information, assessment of conditions and lifestyle, assessment of risk factors leading to the development of endemic goiter, mode and nature of nutrition. 3. Epidemiological: based on the correlation analysis of indicators of risk factors contributing to the development of diabetes in the population of the city of Bukhara. 4. Statistical: based on statistical processing of the obtained data and correlation analysis. 5 . General clinical diagnostics.

### Results and discussions.

The results of a medical examination and clinical and laboratory data [9] showed that in 2018, 1670 (3.9) patients with a diagnosis of diabetes mellitus were diagnosed in 2018, of which 8% were children, adults 18-40 years old accounted for 52%, 40- 60 years old 20% others over 60 years old. In 2019, for nine months, the incidence of diabetes mellitus reached 2120 (5.0) patients. Analysis of the distribution of the examined by age showed that the incidence of diabetes mellitus at the age of 7-16 years was 9.5%, 18-40 years old was 56%, 40-60 years old and over 60 years old was 30%. In order to find out the reason for the growth of patients diagnosed with diabetes mellitus living in the territory of polyclinics, we conducted a survey of 100 adult patients registered in the city's polyclinic. The distribution of material by gender showed that 25% of patients were male, 75% female. The general distribution of patients by social origin showed that a low-income family in unfavorable living conditions - 16, an average well-to-do family in normal conditions - 31, a well-to-do family in prosperous living conditions accounted for 53 patients. The study of the nutritional status of patients revealed that 27 (27%) patients observed the diet, 32 (32%) observed the diet sometimes, and 41 (41%) patients did not comply with the diet. The study of the nature of the diet of patients with diabetes mellitus 28 (28%) consumed flour products in excess, 32 (32%) - excessively consumed spices and sweets, 16 (16%) - often ate fried foods, 11 (11%) did not eat enough fruits, 13 (13%) did not eat enough vegetables. According to the survey, 1 (1%) patients regularly consumed coffee and had a monotonous diet, 23 (23%) varied, 55 (55%) dietary, 16 (16%) did not have the opportunity to consume seafood, 5 (5%) patients with diagnosed with diabetes mellitus used liver and fatty foods. [nine]





Of all the surveyed; only 10% of patients did not have hygienic knowledge. Questioning of patients with diabetes mellitus, in 60% of patients, relatives were on the "D" account.

### Output

Thus, the prevalence and increase in the incidence of diabetes mellitus, from the analysis of the above data, it turned out that the main cause of the disease is social factors (poor provision, poor sanitary conditions) and poor nutrition. Diabetes, both as an independent disease and as a risk factor for many non-communicable diseases, has been an important socio-economic problem for many countries, including Uzbekistan, over the past decades. In order to improve the living conditions of the population, we recommend: evidence-based preventive measures to reduce the incidence: [10]

- general health-improving measures, improving the quality of providing diabetes logical assistance to the population. Monthly monitoring of blood glucose levels, physical education
- low-carbohydrate diet:
  - ✓ vegetables (carrots, potatoes, garlic , beets, radishes, onions, tomatoes );
  - ✓ fruits and berries ( bananas , grapes, melons, pineapples, strawberries, persimmons, apples , wild strawberries, citrus fruits);
  - ✓ decoction rose hips , vegetable and fruit juices, yeast drink, decoction of wheat bran animal fats (milk, egg yolks, butter, beef boiled or chopped);
  - ✓ seaweed ;
  - ✓ boiled cereals and pasta;
  - ✓ jam, vegetable oil.

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