

PREVENTION OF DIABETES MELLITUS

*Butaboev M.T.*

*Candidate of Medical Sciences, Associate*

*Tyan.D.L.*

*Department of Rehabilitation, Sports Medicine and Traditional Medicine  
Andijan State Medical Institute*

**Relevance:** Diabetes mellitus is one of the most common and dangerous chronic diseases that require constant medical monitoring and treatment. In the Ferghana Valley, where more than 10 million people live, diabetes mellitus poses a serious problem for public health and the economy. According to the World Health Organization, in 2019, about 1.5 million cases of diabetes mellitus were registered in Uzbekistan, most of which are in the Ferghana Valley. The main risk factors for diabetes mellitus in this region are low levels of physical activity, poor nutrition, obesity, heredity and stress. Diabetes mellitus can lead to serious complications such as cardiovascular disease, kidney failure, blindness and amputation of limbs. Therefore, the relevance of diabetes mellitus in the Ferghana Valley requires raising public awareness about the prevention, diagnosis and treatment of this disease.

**Keywords:** prevention, diagnosis, diabetes mellitus, socially significant disease.

**Material and methods.** To achieve this goal, we have developed a questionnaire that includes a number of questions about the causes, symptoms, as well as complications and consequences of this disease. 100 people aged 45 to 70 years took part in the survey. When evaluating the results, the survey participants were divided into two age subgroups: the first group included respondents aged 45-60 years, the second – 60 years and older.

**According to the results of the study,** most of the respondents indicated that they try to eat as little sweets as possible – 43% in subgroup I and 67% in subgroup II. The remaining part either does not limit itself in any way to sweets, or found it difficult to give an unambiguous answer. Similar results were obtained in both subgroups when answering the question "do you monitor blood sugar levels": 30% monitor constantly, 40% do not do this, and about 30% chose the answer option "I check rarely". At the same time 40% The respondents of the I subgroup are checked for sugar levels in a medical institution, 30% have their own glucose meter, 30% do not measure sugar levels. In subgroup II, the survey results showed other values: 40%:20%:40%, this is a direct indicator of less concern for health among the elderly, the reason for which may be a lack of information about this disease, lack of interest in their health, decreased mobility due to age or other reasons. It was found out that among the representatives of subgroup I, the percentage of people who consume alcohol and/or tobacco products is quite high (59%). There are 20% of such persons in the II subgroup. 30% of the surveyed subgroups I and II have relatives of patients with diabetes mellitus. 50% of the respondents from both subgroups found it difficult to answer unequivocally the question "do you think you can get diabetes?". More than 2/3 of the respondents in subgroup I and 54% of subgroup II are aware of the existence of preventive diets. At the same time half of the respondents do not limit themselves in any way in food, the other half tries not to eat fatty, sweet foods, or eats everything, but a little. 60% of all survey participants are aware of the existence of special nutrition for patients with diabetes mellitus. More than 80% do not use a sugar substitute in their diet. The predominant part of subgroups I (70%) and II (60%) do not include foods containing fructose instead of sucrose in the diet. We could not answer unequivocally. When answering the question about the possible consequences and complications of diabetes mellitus, 63% of the respondents of the I-th subgroup and 53% of the second group indicated a decrease in visual acuity, heart attack, stroke, leg diseases, problems with memory and attention, while leg diseases were in the first place.

As a result of the survey, various data were obtained in subgroups I and II when answering the question about measures to prevent diabetes mellitus carried out by the survey participants themselves. 40% in each of the groups carry out an annual blood sugar level check. A balanced diet was chosen by 43% of people in subgroup I and only 28% of group II. Stressed the importance of physical the activity of 28% of respondents in subgroup I and 13% in subgroup II. 45% and 34% gave up bad habits. At the same time, 23% and 33% of respondents do not carry out any preventive measures. Along with the survey, we monitored pharmacies and grocery stores for the availability of food intended for patients with diabetes mellitus. This part of the study was supposed to show how

accessible this group of products is to the public. As a result of monitoring, it was revealed that the range of products for people, those suffering from diabetes mellitus are more represented in pharmacy chains, however, not all pharmacies are engaged in the purchase and sale of these products. With rare exceptions, this food group is practically not represented in grocery stores. The population can purchase them only in large shopping malls. The most common names were such as waffles with fructose of various flavors, sugar-free cookies, chocolate with fructose, sweets with fructose, various syrups, sugar substitutes, bran, halva. The prices of these products are not much higher than the prices of their analogues, containing sugar.

**Conclusion.** Thus, according to the results of the study, it can be concluded that almost half of the population at the age of "dangerous" for the occurrence of diabetes mellitus are not familiar with the risk factors for the development of this disease and, as a result, with preventive measures. Due to the high social significance of the disease, increasing people's awareness of the causes of the development and the first symptoms of diabetes mellitus can lead to the delay of the disease and its early diagnosis, which in turn will lead to a reduction in the risk of complications.

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