



EVALUATION OF RISK FACTORS FOR THE ONSET AND PROGRESSION OF GASTROINTESTINAL TRACT DISEASES

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Aim of the study: Comparing the prevalence of risk factors leading to gastrointestinal tract pathology among healthcare workers

Materials and methods: In order to accomplish this objective, two cohorts of healthcare workers from the Samarkand region (n=200) and the Andijan region (n=200) were divided into two age groups: secondary medical personnel (nurses) - n=100, and junior medical personnel (medical orderlies) - n=100. An anonymous questionnaire was used to study dietary patterns, the occurrence of gastrointestinal symptoms, risk factors, and other relevant factors among nurses and medical orderlies in Samarkand. The collected data underwent statistical analysis using the Statistical for Windows software

The results of the study: The occurrence of gastrointestinal symptoms among physicians, irrespective of their living environment, is almost the same. Among the beneficial preventive factors linked to the dietary habits of junior medical personnel (medical orderlies), a notable aspect is the habit of having a complete breakfast at home as opposed to the secondary medical staff. In Andijan, they less frequently opt for buffet services. The preferences for fast food, sugary beverages, and carbonated drinks are nearly the same in these groups. Similarly, the levels of physical activity and psychological stress are also the same. The correlation between fast food, that provide canteens, and obesity in medical staff also has been observed. The ingredients found in contemporary fast food can be harsh on the gastrointestinal lining and may trigger various conditions such as gastritis, gastroduodenitis, enterocolitis, and liver and biliary tract issues. Fast food items often include high levels of monosodium glutamate, additives, and preservatives, which can create a taste dependency from the initial consumption, prompting frequent consumption. Fast food tends to have a heightened glycemic index, promoting metabolic imbalances that can result in obesity. According to the study, individuals with a body mass index (BMI) ≥ 30 have a significantly higher risk of developing Obesity and Gastroesophageal Reflux Disease (GERD) compared to those with a normal BMI. The study found that obese individuals were more likely to experience severe symptoms of GERD, requiring long-term management and treatment. Carbon dioxide in sugary fizzy drinks accelerates the absorption of simple carbohydrates. Among



the medical staff of Samarkand, there is a similar prevalence of "chronic" unhealthy habits, leading to a higher occurrence of occasional departures from a healthy lifestyle.

Conclusion: According to the data highlighted the correlation between risk factors and the development of gastrointestinal diseases:

1. The primary factors that trigger the onset of gastrointestinal issues in medical staff include poor dietary habits and heightened levels of psychological stress.

2. Common aspects of unhealthy eating patterns observed in medical personnel involve skipping regular breakfasts, inadequate meal frequency, and a reliance on fast food consumption.

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