

## PREVENTION OF COMMON DISEASES AMONG ADOLESCENTS

<sup>1</sup>Scientific adviser: Rasulova Nilufar, <sup>2</sup>Aminova Asalya

<sup>1</sup>Associate professor of the Department of Public Health, Healthcare Management of the Tashkent Pediatric medical institute (Uzbekistan)

<sup>2</sup>4th year students of the Medical and Pedagogical faculty of the Tashkent Pediatric medical institute (Uzbekistan)

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**Abstract.** *Adolescence is a very important period in a person's life. It is at this time that a conscious attitude to health begins to form and a predisposition to chronic diseases is laid. The high workload of schoolchildren and adolescents leads to a sedentary lifestyle, impaired posture, decreased vision, stress and other health problems. Prevention of diseases of adolescents of different ages will allow children not to acquire a whole bunch of diseases. What are the chronic diseases that are common and how to prevent the occurrence of diseases in adolescents, and to know prevention is relevant today.*

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All teenagers get sick from time to time. Most of the diseases they transmit are very common and contagious. They usually do not cause serious concern and are easily preventable and treatable. The most common diseases and infections include: vision problems, gastritis, scoliosis, pediculosis, chickenpox, mumps, rubella, ARVI, flu, neurosis. Prevention of chronic diseases of the digestive system in schoolchildren, including gastritis, consists in excluding dry food and ensuring regular meals. It is necessary to ensure that the child necessarily has breakfast and lunch every day. Another common gastrointestinal problem is gastroenteritis. Gastroenteritis is caused by various viruses, including rotaviruses, noroviruses and some adenoviruses. They affect the mucous membrane of the digestive tract, causing stomach pain, vomiting and diarrhea. Scoliosis is a curvature of the spine that can develop over time. This is often not diagnosed until the child is 10-14 years old, i.e. at an age when most children experience growth spurts. The main reasons for the development of the disease in schoolchildren may be improper sitting at a desk, spinal injuries, improper wearing of a backpack and lack of physical fitness. Backpacks are convenient for transporting textbooks, supplies and lunches to and from school. But overloaded backpacks or improper carrying of backpacks can cause back, neck and shoulder pain. It can also lead to poor posture and cause numbness, tingling and weakness in the arms and hands. Curvature of the spine in the first years cannot be noticed for the reason that it happens gradually. Prevention of posture disorders for schoolchildren consists of physical exercises: a teenager is recommended to go to football, swimming or dancing. You can teach him to exercise daily. It is also worth paying attention that when a student is sitting at a table, his legs, elbows and back should have a strong support, and when walking, the head should be raised and the back straight. When buying a backpack, pay attention to the fact that it should not weigh more than 10% of the child's weight. Also, make sure your child always wears both shoulder straps to distribute the weight evenly.

Viral infections (SARS, influenza) are dangerous because in a large team the infection spreads quickly. The common cold is usually manifested by an immune system reaction that

causes sore throat, cough, headaches and sneezing. The child may also have a stuffy nose or runny nose and a moderate temperature. The flu spreads quickly: temperatures up to 40 ° C, aches and chills in the body, headache, cough, sore throat, and sometimes even vomiting and diarrhea. Compared to the common cold, the flu is more complicated, and patients are more likely to be bedridden during the illness.

Prevention of acute respiratory viral infections, as well as influenza, consists in the following rules:

- during the period of viral epidemics, it is advisable to exclude the presence of a child in crowded places;
- sick children should be isolated from their peers;
- make sure that the child follows the rules of individual hygiene;
- remind the child not to touch the eyes, nose or mouth;
- at home and at school, it is necessary to ventilate the premises as often as possible, carry out wet cleaning and disinfection of surfaces;
- flu vaccination prevents flu by 70-90% 2 weeks after injection;
- it is necessary to strengthen the immune system of a teenager, making sure that he sleeps enough, adheres to a healthy diet and exercises a lot.

Unintentional injuries are the leading cause of death and disability among adolescents. Interpersonal violence is the fourth leading cause of death of adolescents and young adults worldwide. This indicator varies significantly depending on the region. In the low- and middle-income countries of the Americas Region, interpersonal violence is responsible for approximately one third of all deaths of male adolescents. In addition, violence during adolescence increases the risk of injury, infection with HIV and other sexually transmitted infections, mental health problems, low academic performance and low school attendance, premature pregnancy, reproductive health problems, as well as the risk of infectious and non-communicable diseases.

Effective approaches to violence prevention and response include measures aimed at educating parents and creating favorable conditions for the development of young children, preventing bullying in schools, developing children's life and social skills, as well as approaches aimed at limiting access to alcohol and firearms based on interaction with local communities. Effective and attentive care and assistance to adolescents who have experienced violence, and constant support help to overcome the physical and psychological consequences. Depression is one of the leading causes of illness and disability among adolescents, and suicide is in third place among the causes of death in the age group from 15 to 19 years. Sixteen percent of the total burden of illness and injury in adolescents and young adults aged 10-19 years is accounted for by mental health disorders. Half of all mental health disorders in adults begin to develop much earlier – before the age of 14, but at this age in most cases they are not detected and are not treated. Many factors affect the well-being and mental health of adolescents. Violence, poverty, stigmatization, marginalization, living in a humanitarian disaster or instability can increase the risk of developing mental health disorders. The consequences of inaction regarding mental health disorders in adolescents are felt in adulthood, causing damage to both physical and mental health and limiting the ability of adults to live a full life. The development of socio-emotional skills in children and adolescents and the provision of psychosocial support to them in schools and other contexts contribute to the strengthening of their mental health. In addition, programs that help

strengthen ties between adolescents and their family members, as well as improve the quality of living conditions, are of great importance. If problems arise, they should be identified and resolved in a timely manner with the involvement of competent and attentive healthcare workers.

Prevention of neuroses in children:

- Create a favorable family atmosphere at home so that the child always feels safe.
- Try to create a friendly and trusting relationship with your child, in which he will always be able to share his problems with you.
- Try to protect the child from the negative influence of the environment.
- Contact a psychologist who will help the child cope with neurosis.

The use of alcohol by adolescents is a serious concern in many countries. Alcohol leads to a decrease in self-control and increases the risk of dangerous behaviors, such as unsafe sex and dangerous driving. It is also one of the root causes of injuries (including injuries caused by road accidents), violence and premature mortality. Alcohol consumption can also lead to health problems later in life and has a negative impact on life expectancy. Prevention of alcohol and drug use is an important area of public health activities and can include strategies and interventions both at the population level and at the level of activities at school, in the local community, in the family, as well as at the individual level. The establishment of a minimum age for the purchase and consumption of alcohol, the prohibition of child-oriented marketing and advertising of alcoholic beverages are among the key strategies to reduce alcohol consumption by adolescents.

Adolescents and young adults need to be provided with information about HIV prevention and ensure their access to appropriate tools. This includes the possibility of gaining access to HIV prevention interventions, including services for voluntary male circumcision for medical reasons, condoms and pre-contact prophylaxis, increased access to HIV testing and counseling, as well as the possibility of establishing closer contact with HIV treatment services for HIV-positive teenagers.

Adolescents have the right to the comprehensive sexual education they need, which is a formalized educational process of learning and cognition of the cognitive, emotional, physical and social aspects of sexual life. Improving access to information about contraception and related services may reduce the number of premature pregnancies and births at too young an age among girls. This can be helped by the introduction and enforcement of legislation setting the minimum age for marriage at 18 years.

Working with teenagers requires special psychotherapeutic approaches and mandatory confidentiality. Individual conversations are preferable, since collective classes are very difficult to make attractive for people of this age. Teenagers are quite shy, shy away from answering some questions, often just feel timid when contacting a doctor, which undoubtedly prevents him from getting the necessary information from them, especially since the therapist is mainly engaged in the therapeutic and diagnostic process. An experienced nurse can tactfully but actively collect the necessary information, as well as conduct a conversation on topics relevant to teenagers during a pre-medical examination. But in order for its activities to be effective, appropriate training is necessary.

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