



DETERMINING THE RISK FACTORS FOR THE DEVELOPMENT OF FUNCTIONAL DISORDERS OF DIGESTION IN SCHOOL-AGE CHILDREN

G.K. Koshimbetova, E.A. Shamansurova
Tashkent Pediatric Medical Institute. Tashkent, Uzbekistan

RELEVANCE

A significant segment is represented by functional pathology in the structure of diseases of the gastrointestinal tract. This rather large and heterogeneous group of diseases combines the most diverse nosological units in terms of pathogenesis, the commonality of which is based on their functional nature. Based on the Rome IV criteria, the group of functional bowel disorders includes diseases such as functional constipation, irritable bowel syndrome, functional flatulence, functional diarrhea, and non-specific functional bowel disorders. At present, schoolchildren have many risk factors that contribute to the occurrence of functional disorders of the digestive tract. It includes non-compliance with the diet, long breaks between meals, abuse of fast food, hot spices, carbonated drinks, etc. Identification and modern elimination of these risk factors will prevent the development of functional disorders of the digestive system.

PURPOSE OF THE RESEARCH

To identify risk factors for the development of functional disorders of the digestive tract in school-age children.

MATERIALS AND METHODS

100 children aged 10 to 15 were examined. Questionnaires and a complete clinical examination were conducted.

RESULTS

In the study group, 15% of children fully complied with the diet, and do not have any functional disorders. 85% of examined children are confirmed by risk factors. Of these: 53% of children abuse fast food; 15% of children eat irregularly, with long breaks between meals; 17% of children often drink carbonated drinks; spicy seasonings. The above group of children has the following functional disorders: abdominal pain, heartburn, a feeling of heaviness in the epigastrium, belching, flatulence, stool instability, etc.

CONCLUSIONS

Taking into account the results of our research, we can conclude that the identification and timely elimination of the above risk factors, the conduct of sanitary and educational work among students, and the promotion of a healthy lifestyle will prevent the development of functional disorders of the digestive tract, and in the future, organic changes in the organs of the gastrointestinal tract and intestinal tract.