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**OPTIMIZATION OF THE ORGANIZATION OF EARLY DIAGNOSIS OF INTESTINAL DISEASES AMONG THE POPULATION OF THE CONSTIPATION  
(Literature review)**

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✓ **Resume**

*According to gender, women are more prone to constipation. In most patients, the disease is complicated by poor nutrition, inadequate diet, and neglect and early misdiagnosis.*

*Keywords: klechatka, gastrointestinal tract, constipation, collagen and proctogenic constipation, colon cancer.*

**QABZIYATGA MOYIL BEMORLARNI ERTA TASHXISLASHNI TASHKILLASHTIRISHNI  
OPTIMIZATSIYALASHTIRISH  
(Adabiyotlar sharxi)**

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✓ **Rezyume**

*Jinsga ko'ra ayollarda qabziyat bilan kasallanishga moillik ustunlik qiladi. Aksariyat bemorlarda kasallanish no'to'g'ri ovqatlanish, klechatka miqdori yetarli darajada bo'lmagan oziq-ovqat maxsulotlarini istemol qilishdan, kasallikka beparvolik va erta aniq tashxislamaslik natijasida esa asoratlanishi kelib chiqadi.*

*Kalit so'zlar: klechatka, oshqozon-ichak trakti, qabziyat kasalligi, kollogen va proktogen ich qotishi, yo'g'on ichak saratoni.*

**ОПТИМИЗАЦИЯ ОРГАНИЗАЦИИ РАННЕЙ ДИАГНОСТИКИ ЗАБОЛЕВАНИЙ  
КИШЕЧНИКА СРЕДИ НАСЕЛЕНИЯ СКЛОННЫХ К ЗАПОРУ  
(Обзор литературы)**

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✓ **Резюме**

*В зависимости от пола женщины более склонны к запорам. У большинства пациентов заболевание осложняется неправильным питанием, неправильным питанием, пренебрежением и ранним ошибочным диагнозом.*

*Ключевые слова: клетчатка, пищеварительный тракт, запор, коллагеновый и проктогенный запор, рак толстой кишки.*

**Relevance**

The trend towards an increase in the consumption of products of vegetable origin, freed from the membranes, with a simultaneous increase in the consumption of products of animal origin, causes a persistent lack of dietary fiber in the diet.

Statistical research of recent years shows that the risk of developing the number of systemic diseases among the population (diabetes mellitus, diseases of the cardiovascular system and gastrointestinal tract, cancer, etc.) associated with an unbalanced nutritional composition is increasing.

Improving the nutrition of the population is

possible by expanding the range of daily consumption products fortified with dietary fiber, which undoubtedly includes bread. Possessing the traditionally familiar taste and aroma, the unique property of inappropriateness, as well as a relatively low energy value, bread is useful for almost all categories of the population, regardless of age, physical activity, and characteristics of life.

In recent years, a wide range of food supplements, which are refined dietary fibers, has been developed and produced all over the world. Considering the different properties of soluble and insoluble dietary fiber, it was interesting to

formulate a composition from several types of dietary fiber.

Due to economic fluctuations in many countries, an imbalance in the diet of proteins, carbohydrates, minerals, vitamins, and dietary fiber is increasingly observed, which is a serious factor in the deterioration of public health [1,2]. In addition, the deterioration of the ecological situation in all regions of the country poses the task of creating special food products for functional nutrition, compensating for the negative impact of the environment and other factors. For the first time, the direction of "functional nutrition" was developed in Japan in the 80s of the 20th century. This term currently means the use in diets of such food products that, when used daily, have a regulating and healing effect on the body as a whole or its certain systems and organs or their functions. Functional nutrition aims to create food products that can have a health-improving effect, to protect the population from environmental changes caused by environmental disturbances and other factors [3,4].

The basis of therapeutic and prophylactic nutrition is rational nutrition, built taking into account the metabolism of nutrients in the body and the role of individual components of food products that have a protective effect in the interaction of chemical compounds and the harmful effects of physical factors, etc. [4].

Rational nutrition helps to maintain health, can help the body resist infections, and increases resistance to adverse environmental factors. In addition, such nutrition has a preventive effect, namely, it delays the development of diseases such as atherosclerosis, coronary heart disease, oncological diseases, and many other "diseases of civilization" classified as a group of diseases associated with metabolic disorders [5].

In the modern world, with the development of science, food technologies, and medicine, there is an increasing need to create an increasingly effective, scientifically grounded rational diet aimed at preventing numerous diseases, increasing efficiency, and improving well-being.

Dietary fiber - plant substances that are not digested by the endogenous secretions of the human body, edible plant parts, or similar carbohydrates that are resistant to adsorption in the human small intestine, fully or partially fermented in the large intestine, thereby normalizing the functions of the gastrointestinal tract [6, 7].

Nutrition for children is also of particular importance since full and safe nutrition of children and adolescents is one of the most important conditions ensuring their harmonious growth, optimal parameters of psychomotor and intellectual development, high mental and physical performance, the body's resistance to infection, and other adverse factors [5.6]. At the same time, the

healthy nutrition of children requires increased attention from both parents and the public, and the state. The physical development of schoolchildren at any age depends on how rational the diet is. The organization of hot school meals plays an important role since students spend a lot of time in schools. The results of dynamic observations indicate that in recent decades there has been a rapid decrease in the number of healthy first-graders and an increase in their number suffering from chronic diseases. Several nutritional disorders, anemia, metabolic diseases, and other sex taught the status of "school diseases" [7,8].

The European Committee of the World Health Organization (WHO) says that at the beginning of the 21st century, 177 million children and adolescents around the world will face diseases associated with obesity and by the age of 15, 2.3 billion will have problems with being overweight. Therefore, schools should immediately take comprehensive measures to prevent food-borne diseases in children and to strengthen the implementation of programs on the organization of healthy nutrition [8,9].

In modern conditions, food products contain different amounts of contaminants, in some cases, mainly below the level of established hygienic standards [10]. However, some contaminants in specific types of food, even within acceptable levels, exert stress on the human body [11]. Long-term chemical loads of low intensity are one of the most significant health risk factors that reduce the body's resistance to the effects of other unfavorable environmental and socially determined environmental factors [3,4].

The data of numerous scientific studies indicate that among the many factors that form the health of the child and adolescent population, the quality of the living environment plays a significant role: the state of the environment, nutrition, lifestyle, sanitary and hygienic conditions of education, upbringing [12].

According to I.Yu. Shevchenko (2009), the rate of increase in morbidity in middle school students is significantly higher than among schoolchildren of primary grades, including for anemia - 1.7 times, peptic ulcer - 3.3 times, gastritis and duodenitis - 1.3 times, functional stomach disorders - 1.9 times, liver diseases - 1.2 times. The urgency of the problem is accompanied by a pronounced regional aspect.

It is well known that food products, being complex multicomponent systems, contain not only nutrient and biologically active minor substances necessary for the body, but at the same time can be sources and carriers of potentially hazardous compounds of both natural and anthropogenic origin [11, 12]. In accordance with the documents of international organizations in the field of food quality and safety, in particular the Codex

Alimentarius Commission, contaminants are substances that inadvertently contaminate food raw materials and food products at any stage of the product life cycle. Contaminants of natural origin include bacterial toxins, secondary metabolites of microscopic fungi - mycotoxins, phytotoxins, etc.; contaminants of anthropogenic origin - heavy metals, nitrosamines, pesticides, polycyclic aromatic hydrocarbons, hormones, antibiotics, etc. [13]. The degree of danger of each contaminant for human health is determined not only by its toxicological characteristics but also by the type and duration of exposure. Contaminants of food raw materials of natural origin are highly hazardous to the body during acute exposure, compounds of anthropogenic origin have a high risk to human health, mainly during chronic exposure to chemicals [14]. One of the most significant groups of food contaminants is a group of toxic elements that not only enter the human body from anthropogenic sources but are also natural components of various environmental objects [15]. According to M.P. Zakharchenko (1993), up to 70 - 80% of known chemical environmental pollutants (in some cases - up to 95%) can enter the human body in an alimentary way. The urgency of the problem of food safety increases every year, since ensuring the proper quality of food raw materials and food products is one of the main factors that determine the absence of danger to human health when they are consumed, both from the point of view of acute negative impact (food poisoning and

food infections) and in terms of the danger of long-term effects (allergic, carcinogenic, mutagenic and teratogenic effects). A huge data bank has been accumulated, which is of great practical importance for preventing the sale of low-quality and hazardous food products and raw materials, as well as for developing a food safety management strategy from the modern standpoint of risk assessment and the establishment of priority environmental pollutants.

For most chemicals, including toxic elements, toxicological characteristics have been determined and permissible daily doses and weekly conditionally tolerated intake have been established. However, the issue of the levels of exposure to toxic elements in the population remains insufficiently studied, which does not allow fully calculating the indicators of risk characteristics and assessing their contribution to morbidity.

In the composition of food products of plant origin, together with carbohydrates, there is a fiber that is not nutritious for humans. 25% of this fiber is assimilated and consumed by the body, but it is not suitable for the body as a source of energy. But, the same fiber, acting on the intestinal wall, stimulates peristalsis. When consumed in the diet of foods that do not contain fiber, it leads to inhibition of peristalsis and constipation. In adults, the absence of stool for 48 hours, and in newborns, several days are permissible, is considered constipation. To diagnose constipation requires the presence of several symptoms of the disease.

Age group	Number of bowel movements
Adults	Less than 3 times a week
In newborns who are breastfeeding	Less than 2 times a day
Newborns lactating with breast milk and supplementary formula	Less than 1 time per day
Children 3-7 years old	Less than 5 times a week
7 years and above	Less than 3 times a week

Constipation is one of the most common and socially significant diseases of the gastrointestinal tract (GIT) in clinical practice among the population of many countries. This disease is more common among women, and its course worsens with the age of patients [16].

According to epidemiological studies, chronic constipation concerns up to 34% of the adult population of industrialized countries [12,13]. Against the background of prolonged constipation, the risk of developing various diseases of the colon increases proctosigmoiditis, colitis, diverticular disease, anal fissures, hemorrhoids.

According to some authors, patients with chronic colonic stasis should be included in the risk group for colon cancer [17]. Dysfunction of the large intestine also contributes to the occurrence of diseases of the gallbladder and pancreas [18].

Treatment of constipation after excluding organic lesions of the mucous membrane, strictures, and evacuation disorders, as a rule, is based on the use of complex conservative methods. Complex therapy includes the following measures: lifestyle correction, the appointment of a specially developed diet, laxatives, the organization of spa treatment, and physiotherapy courses. If all the recommendations for conservative treatment are observed, a group of patients resistant to therapy is distinguished, and for them, it is relevant to discuss the indications for surgical interventions. However, the researchers did not come to a consensus regarding the duration of conservative therapy, indications, and contraindications for surgical treatment of chronic forms of colonic stasis. The question of the role of cologenic and proctogenic disorders in the formation of chronic constipation

remains unresolved. It is believed that the causes of cologenic and proctogenic constipation are combined in half of the cases. Information about such a functional disorder as dyssynergy of the pelvic floor muscles is contradictory since its diagnosis is based on the use of various physiological tests [19].

### Conclusions

For the prevention of constipation, it is recommended to diversify the patient's diet, and include foods containing sufficient fiber in the menu. Frequent use of laxatives should not be allowed, since over time the body gets used to them, and in severe cases of progression of the disease, the intestines will not be able to empty themselves.

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