

RISK FACTORS AND PREVENTIVE MEASURES FOR DIABETES AMONG YOUTH

¹ Oblayev Zoir Toirovich ,

² Isroilov Dilshod Isroilovich

^{1,2} Teacher, Navoi branch of the Republican
Center for Advanced Training and Specialization
of Medical and Pharmaceutical Workers

Abstract

Sugary diabetes globally serious medical-social problem considered , last in years youth between this of the disease meeting frequency noticeable at the level exceed Metabolic of processes violation , wrong nutrition , exercise marriage style and psychoemotional tensions sugary diabetes development main danger factors as being considered . At a young age started diabetes disease heart and blood vein system , kidneys , vision members and nerve system to damage take come early disability and death the risk increases . This in the article sugary diabetes epidemiological status , youth between to meet impact provider main danger factors , clinical symptoms , diagnosis methods and effective prevention measures scientific basics illuminated .

Keywords : *sugary diabetes , hyperglycemia , insulin resistance , metabolic syndrome , youth health , prevention .*

Intraduction

Sugary diabetes (SD) — carbohydrate exchange chronic violation with passing endocrine disease in the blood glucose amount permanent exceed progress with described . Previously diabetes mainly middle and old for ages typical was if so , then the current at the time this disease youth and green leaves wide among is spreading . World Health Organization storage organization and International diabetes federation to the information according to , type 2 sugar diabetes with illness age noticeable is getting " younger " at a higher level . This situation health storage system in front of new preventive and organizational tasks is putting .



Research purpose

Youth between sugary diabetes to develop take incoming main danger factors determination and of the disease prevent to take aimed at effective preventive measures scientific from justification consists of .

Research materials and methods

This article preparation in the process modern scientific literature , World Health storage organization , International diabetes federation and leader clinical in manuals cited information analysis also sugary diabetes pathophysiology , clinical past and for prevention related information generalized , analytical-comparative from the method used .

Results and discussion

Sugary diabetes epidemiological importance - 2023 to the information according to the world 537 million according to more than person sugary diabetes with sick , 90–95 percent of them have type 2 diabetes diabetes organization The most worrying aspect is that this type of youth increasingly among more This situation is being determined . wrong nutrition , obesity and hypodynamia wide spread with directly related

Youth between sugary diabetes danger factors

By changing impossible danger factors :

Hereditary tendency

Autoimmune to processes genetic predisposition
Congenital metabolic disorders
By changing to be danger factors :
Excess weight and abdominal obesity ;
Movement marriage style ;
High high-calorie , carbohydrate- rich diet ;
Chronic stress and sleep of the regime violation ;
Arterial hypertension and dyslipidemia .

Scientific research this shows that exactly changing to be danger factors impact show through sugary diabetes prevent to take possible .

Clinical signs

Sugary diabetes clinical signs disease type and to the duration related . Most occurring characters of the following consists of : polyuria , polydipsia , polyphagia , rapid fatigue , weight disappearance or increase , skin and mucus of floors dryness , sores slowly In young patients disease often hidden passing by , accidentally laboratory inspections on time is determined .

Diagnosis to put methods

Sugary diabetes diagnosis laboratory inspections based on is placed :

- on an empty stomach in the blood glucose ≥ 7.0 mmol/l;
- glycosylated hemoglobin (HbA1c) $\geq 6.5\%$;
- glucose loading test ;
- modern glucometers using glycemic control .

Prevention and prevent to take measures

Sugary diabetes prevent to take primary and secondary prevention own inside takes . Primary prevention healthy marriage style to form aimed at to be , right nutrition , regular physical activity , excess weight prevent to take and stress to reduce own inside takes . Secondary prevention and the disease early determination and complications prevent to take focused .

Conclusion

Sugary diabetes youth between increasingly current to the problem around The disease is progressing . early at the age of development heavy complications the risk Therefore , young people between healthy marriage style promote to do , preventive examinations reinforcement and population medical literacy increase sugary to diabetes against of struggle main directions is considered .

References

1. American Diabetes Association. (2024). **Standards of medical care in diabetes—2024**. Diabetes Care, 47(Suppl. 1), S1–S350. <https://doi.org/10.2337/dc24-Sint>
2. International Diabetes Federation. (2023). **IDF diabetes atlas** (10th ed.). International Diabetes Federation.
3. World Health Organization. (2023). **Global report on diabetes**. World Health Organization.
4. Gadayev, A. (2014). **Internal diseases**. Tashkent: Medicine Publishing House.
5. Husinov, O. A. (2004). **Pathological physiology**. Tashkent: Medical Literature Publishing House.
6. Jebari-Benslaiman, S., Galicia-Garcia, U., Larrea-Sebal, A., Olaetxea, J. R., Alloza, I., Vandenbroeck, K., Benito-Vicente, A., & Martin, C. (2022). Atherosclerosis pathophysiology. **International Journal of Molecular Sciences**, 23(6), 3346. <https://doi.org/10.3390/ijms23063346>
7. Nasullayev, F. O. (2024). YOUNG IN CHILDREN ALLERGIC FACTORS TO THE SURFACE EXIT FACTORS. *Science and innovation*, 3(Special Issue 54), 372-374.