

## ROLE OF LIFESTYLE CHOICES IN MEDICAL PREVENTION IN UZBEKISTAN

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**Abstract:** *The objective of this study was to evaluate the impact on people dealing with diseases causes due to poor and unhealthy lifestyle. Eating unhealthy food is similar to taking a slow poison (smoking and alcohol). Providing knowledge about preventive healthcare. What choices you should make for betterment of your lifestyle so you're your health will be better in future and will live a long life. Need of awareness in the people for their hygiene. Need of regular check-up and self-assessment in medical education or taking help of healthcare providers. Need of exercise. Need of sleep. Careful determination of issues regarding increase in these diseases caused due to poor lifestyle and ways to improve it.*

**Keywords:** *Preventive healthcare, Eating habit, Lifestyle diseases, Health screening, Use of medications.*

### INTRODUCTION

Preventive healthcare are the measures taken consciously to be prevented by ant disease or injury. In my observation people of Uzbekistan has very poor lifestyle not by their outer look but what they eat and their hygiene. The bread they eat regularly made of Maida (the refined wheat flour) which is main cause of osteoporosis and increase their risk for weight gain, obesity, type 2 diabetes, insulin resistance and elevated cholesterol level which means it precursor for several diseases. People in Uzbekistan are very less dependent on vegetables and more than 90 percentage of the population is dependent on red meat which is main cause of atherosclerosis (the build-up of fats, cholesterol and other substances in and on the artery walls) which causes cardiovascular diseases leading to heart attack and strokes (brain attack). That's why half the population of Uzbekistan is dealing with overweight. According to the statics one third of the population is dealing with hypertension and one fifth of the population is dealing with Cardiovascular Diseases (CVD) which is caused by obesity, blood pressure, lack of exercise, regular smoking (In Uzbekistan, 23% of men and 1% of women are smokers, and about 30,000 people die each year in the country due to smoking-related diseases.) [1] this is all because of the poor lifestyle. The prevalence of UTI in women of reproductive age is 8.71% and the most frequent problems were recurrent vulvovaginal candidiasis (513,600 cases) [2] which is

caused by entering of bacteria from the urethra which is caused improper washing of pubic area after going to toilet as most of the people use tissue paper as in regular use for cleaning of the pubic area which is not properly cleaned by toilet papers and which causes such type of infections.

### **CARDIOVASCULAR DISEASES**

According to the latest WHO data published in 2020 Coronary Heart Disease Deaths in Uzbekistan reached 69,725 or 43.19% of total deaths. The age adjusted Death Rate is 354.54 per 100,000 of population ranks Uzbekistan #3 in the world.

It is all caused due to high lever in blood cholesterol level which is caused by obesity leads to atherosclerosis due to which blood pressure increases. Which can be cured by proper medication and changing the diet reducing the uptake of meat and replacing it with fruits and green vegetables and reducing the oil uptake. People should exercise regularly at least for 30 minutes. [3]

### **STROKE**

According to the latest WHO data published in 2020 Stroke Deaths in Uzbekistan reached 21,534 or 13.34% of total deaths. The age adjusted Death Rate is 103.48 per 100,000 of population ranks Uzbekistan #67 in the world. Eating foods low in saturated fats, Tran's fat, and cholesterol and high in fibre can help prevent high cholesterol. Limiting salt (sodium) in your diet can also lower your blood pressure. Having overweight or obesity increases your risk for stroke. To determine whether your weight is in a healthy range, doctors often calculate your body mass index (BMI). Cigarette smoking greatly increases your chances of having a stroke. If you don't smoke, don't start. If you do smoke, quitting will lower your risk for stroke. Avoid Drinking. Control your medical conditions, regularly check your cholesterol levels, blood pressure, check the sugar levels consult a doctor about steps you can take to lower your risk for stroke [4].

### **DIABETES MELLITUS**

According to the latest WHO data published in 2020 Diabetes Mellitus Deaths in Uzbekistan reached 6,205 or 3.84% of total deaths. The age adjusted Death Rate is 25.76 per 100,000 of population ranks Uzbekistan #96 in the world. It can be prevented by losing extra weight, being more active physically and decreasing sugar and salt level to its minimal and increase plant foods and dairy products. You can eat fruits because fruits do not increase blood sugar level as it contains more amount of fructose as compared to glucose. Take a regular blood sugar test, consult a doctor and take medications. [5]

### **HYPERTENSION**

According to the latest WHO data published in 2020 Hypertension Deaths in Uzbekistan reached 2,789 or 1.73% of total deaths. The age adjusted Death Rate is 13.87 per 100,000 of population ranks Uzbekistan #111 in the world. It can be caused by overweight, eat too much salt and do not eat enough fruit and vegetables, do not do enough exercise, drink too much alcohol or coffee (or other caffeine-based drinks), smoke. And be treated by making healthy lifestyle changes can sometimes help reduce your

chances of getting high blood pressure and help lower your blood pressure if it's already high. [6]

### MATERIALS AND METHOD

This study used an offline and online Questionare method as the instrument. Invitation to participate in this survey was sent through the telegram and physical survey of students of Hostels.

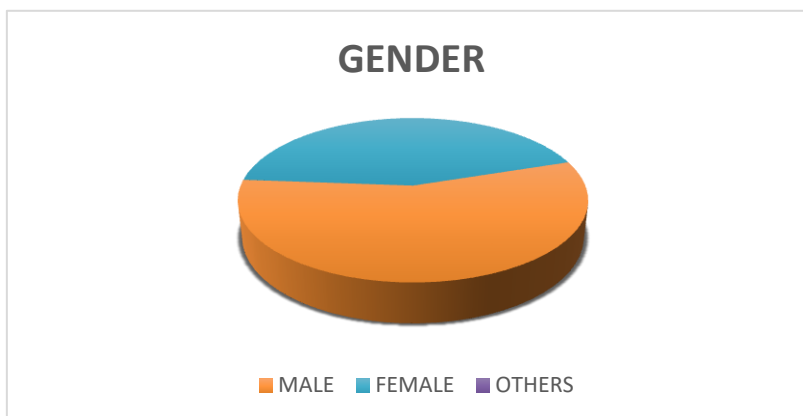
The target respondents are the people of Tashkent Medical Academy, Tashkent, Uzbekistan and India including students and Professors. The population of this survey was 96 members.

Other survey of the disease rankings were taken from worldlifeexpectancy.com

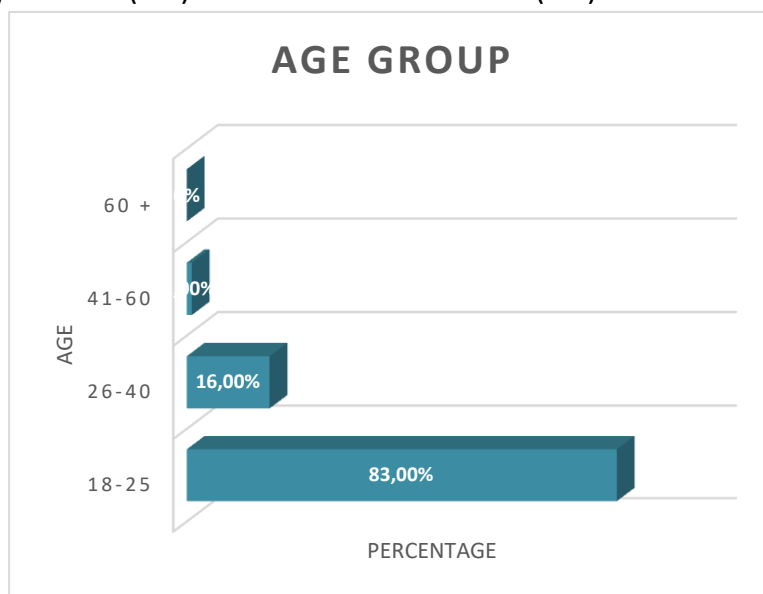
### RESULT

People is Uzbekistan are lacking in maintaining the healthy lifestyle. Among the most occurring diseases of Uzbekistan the 4 among top 7 are just caused due to improper food habits. Lot of females are dealing with UTI, s.

Among them, Male (85%), Female (15%) and Others (0%)



The age of the participants was from 18-25 years old (83%), from 26-40 years old (16%), from 41-60 years old (1%) and from 60 and above (0%)

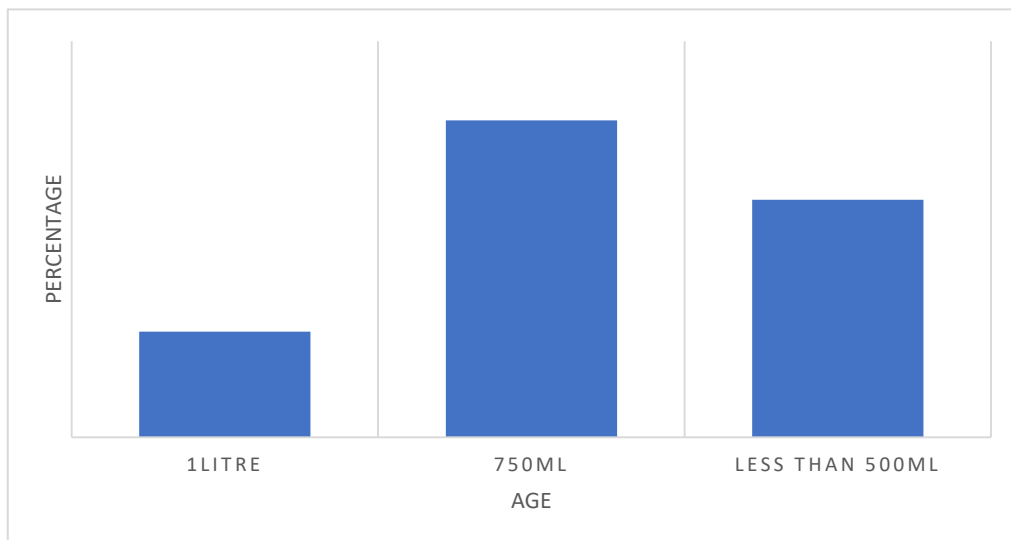


### Intake of oil within a week

Very less participants consume one 1 of oil per week 16%

750ml 48%

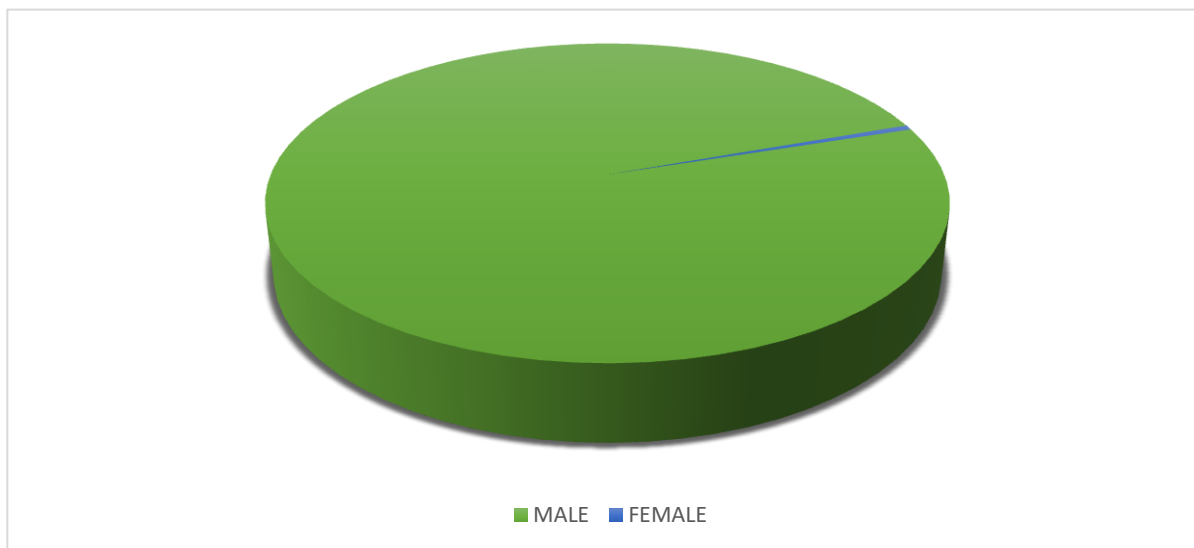
Less than 500ml 36%



The most of the people reuse the oil used for frying

68% reuse oil

32% do not use



### The intake of meat of population per week

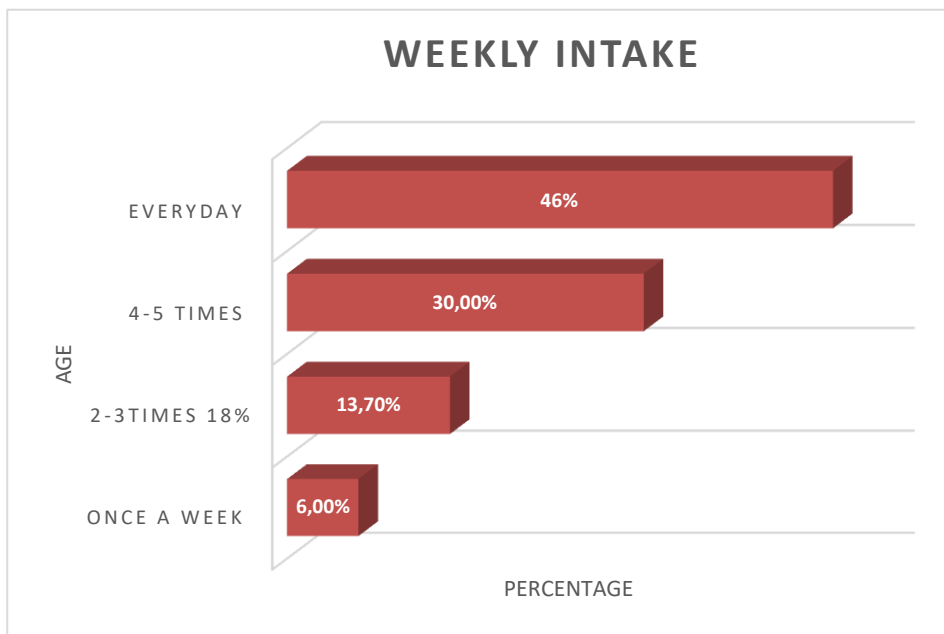
Never 0%

Once a week 6%

2-3times 18%

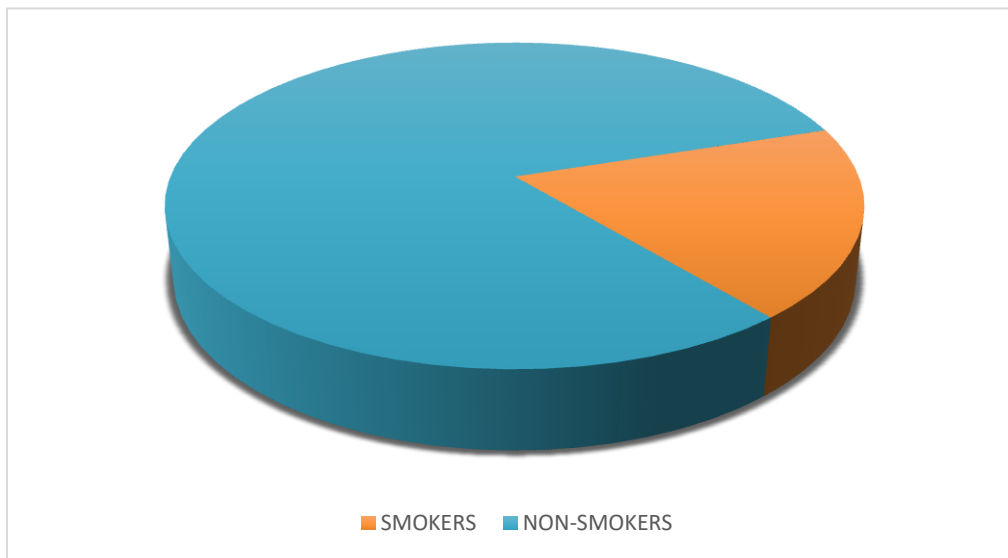
4-5 times 30%

Everyday 46%



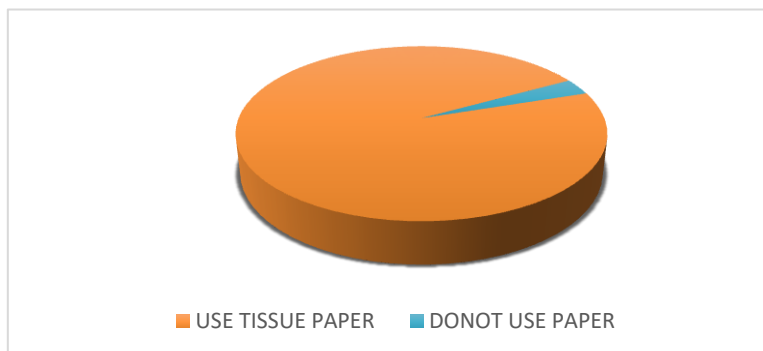
The percentage of mens smoking in usbekistan is 23% and Female is 1%

In total 17.6% of population smokes in uzbekistan on record as per survey done by macrotrends.net but the real condition is more worse



People of Uzbekistan use tissue paper

Nearly 97% of the population of Uzbekistan use tissue paper to clean their genitals after using toilets



## CONCLUSION

People of Uzbekistan should be aware of what they are eating and drinking.

Government should put regulations on most used food items such as bread which should be made up of whole grain or whole wheat flour. The rice which is used should have limited amount of Amylopectin. There should be regulation for cold drinks so that it should be carbonated in limited quantity and should contain very limited quantity of caffeine. Students should be to be aware of their physique and medical conditions and should have regular check-ups at schools. An adult should have full medical check-once every 6 months.

In ads on televisions and on the covers of the food products it should be strictly shown the limit of daily uptake of the food product above which is not good for health.

They should make people aware that toilet paper are made not to use regularly, it is made to use in cold climates only and nowadays we even get warm water in cold climate so they can stop using toilet papers.

## ACKNOWLEDGEMENT

Thus, the awareness living style must be carried out in the following areas :

- Creating more awareness among Medical Students
- Advertising and making people aware limited intake
- People working in office and students should have proper health-check up once every 3 months.

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