

## PREVALENCE OF GASTROINTESTINAL DISEASES IN SURKHANDARYA REGION

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Gastrointestinal diseases are among the most widespread illnesses across different regions of the world. In such conditions, in order to prevent a negative impact on human life expectancy, it is advisable to implement and expand modern diagnostic capabilities for early detection and to prevent the emergence of various factors contributing to the spread of these diseases.

### **Objective of the Study:**

To analyze the prevalence and structure of gastrointestinal diseases among the population of Surxondaryo region.

### **Materials and Methods:**

To study the prevalence of gastrointestinal diseases in Surxondaryo region, data from the Regional Health Department was used. The study analyzed the distribution and structure of gastrointestinal diseases by age groups from 2017 to 2022. The age groups were categorized according to standard criteria: 15–17 years, 18–65 years, and over 65 years.

### **Results and Discussion:**

Studying the prevalence of gastrointestinal diseases (GID) in hot climate conditions is crucial, as these diseases are widespread among populations living in such environments. Surxondaryo region is one of the regions in our country characterized by a hot climate. Analyzing the dynamics of GID morbidity among the population from 2017 to 2022 revealed a decreasing trend in reported cases. Specifically, the morbidity rate in 2017 was 768.8 per 10,000 population, while in 2022 it decreased to 439.7 — a 56.1% reduction over five years. Among the 18–65 age group, a similar decline was observed, with rates decreasing from 468.9 to 272.3 — a 58.0% decrease.

However, this data does not fully reflect the actual prevalence of GIDs, as the collected data is not statistically reliable. To better assess the true extent of GID and morbidity rates among the population, it is advisable to conduct in-depth medical screenings.

Overall, despite the general decline in GID prevalence among the population, an increase in the prevalence rate among individuals over 65 years of age has been recorded. For instance, the rate for this age group was 35.4 per 10,000 population in 2017 and rose to 38.9 in 2022 — a 9.3% increase. In elderly individuals, not only do chronic GIDs increase, but chronic diseases of other organs and systems also become more prevalent. This is linked to specific anatomical, physiological, and immunological changes in the aging body.

**Conclusion:**

The study of the dynamics of gastrointestinal diseases (GID) in the region from 2017 to 2022 shows a decreasing trend in reported cases among the general population. However, a rising prevalence of these diseases among individuals over 65 years of age has been recorded.

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