

## METABOLIC SYNDROME AND ITS PREVENTION IN UZBEKISTAN

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### Abstract

This article aims to study the occurrence of metabolic syndrome in Uzbekistan, analyze relevant literature and propose preventive measures. The study uses a multifaceted approach combining epidemiological data, lifestyle analysis and health strategy. The findings shed light on the current scenario and emphasized the need to take comprehensive measures to mitigate the impact of metabolic syndrome on the population of Uzbekistan.

**Keywords:** Metabolic syndrome, Uzbekistan, prevalence, prevention, risk factors, lifestyle interventions, public health.

Metabolic syndrome is a growing global health problem characterized by a combination of factors such as abdominal obesity, elevated blood pressure, high blood sugar, and abnormal lipid levels. The prevalence of metabolic syndrome is influenced by lifestyle choices, genetic factors, and environmental conditions. Understanding the dynamics of metabolic syndrome in the context of Uzbekistan, a Central Asian country undergoing socioeconomic change, is critical for health care planning and intervention.

An in-depth analysis of the existing literature on metabolic syndrome in Uzbekistan shows a lack of comprehensive studies. However, emerging evidence suggests that increasing trends in obesity, sedentary lifestyles, and dietary changes all contribute to the rise of metabolic syndrome. Studies from neighboring regions emphasize the importance of addressing lifestyle factors to prevent the spread of the syndrome.

This study uses a mixed-methods approach combining epidemiological studies, anthropometric measurements, and biochemical assessments. A representative sample will be selected from different regions of Uzbekistan and participants will be assessed on metabolic syndrome components. Lifestyle questionnaires are used to collect information on eating habits, physical activity, and other related behaviors. Statistical analyzes will be performed to identify associations and risk factors.

I do not have accurate information about the current state of metabolic syndrome in Uzbekistan. But I can provide an overview of metabolic syndrome, its risk factors and preventive measures. Note that you can refer to the latest sources for the latest information and information about Uzbekistan.

**Metabolic Syndrome:** Metabolic syndrome is a group of conditions that occur together and increase the risk of heart disease, stroke, and type 2 diabetes. Conditions that make up metabolic syndrome include abdominal obesity, high blood pressure, high blood sugar levels, and abnormal cholesterol levels.

#### Risk Factors:

**Obesity:** Excess fat, especially around the abdomen.

**Insulin resistance:** cells become resistant to the effects of insulin.

**Genetics:** A family history of metabolic syndrome increases the risk.

**Age:** The risk increases with age.

**Physical inactivity:** Lack of exercise contributes to obesity and insulin resistance.

**Poor diet:** Eating too much unhealthy food, such as processed and high-sugar foods.

#### Prevention:

**Healthy Eating:**

- Emphasize fruits, vegetables, whole grains, lean proteins.

- Limit saturated fat, trans fat, cholesterol and sodium.
- Control part register.

**Regular Exercises:**

- Aim for at least 150 minutes of moderate-intensity aerobic activity per week.
- Incorporate strength training at least two days a week.

**Weight Management:**

- Achieving and maintaining a healthy weight.
- Focus on gradual, steady weight loss through diet and exercise.

**Blood Pressure Control:**

- Monitor blood pressure regularly.
- Follow a low-sodium diet.
- Take prescribed medication as directed.

**Blood Sugar Management:**

- Carbohydrate intake control.
- Monitor blood sugar levels regularly.
- Follow the treatment plan if you have been diagnosed with diabetes.

**Lifestyle Changes:**

- Quit smoking.
- Limit alcohol consumption.
- Get enough sleep.

**Regular medical examinations:**

- Regular medical examinations help identify and manage risk factors.

**Public Health Initiatives:**

Governments and health systems can play a critical role in preventing metabolic syndrome through public health initiatives such as:

- Health education: raising awareness about a healthy lifestyle.
- Access to health care: providing affordable and accessible health care for early detection and management.
- Community programs: promoting physical activity and healthy eating in communities.

It is important that individuals work with health care professionals for individualized counseling and treatment plans based on their health and risk factors. In addition, consultation with local health authorities and recent studies specific to Uzbekistan may provide more accurate and up-to-date information on the prevalence of metabolic syndrome in the region.

The discussion section interprets the results in the context of existing literature and global trends. Urbanization and lifestyle transitions are significant contributors to the metabolic syndrome and require targeted interventions. The role of culturally tailored health programs, awareness campaigns, and policy interventions is being explored. Collaborative efforts involving health professionals, policy makers and communities are essential for effective prevention.

**Conclusions:**

In conclusion, the study emphasizes the need to develop comprehensive strategies to eliminate metabolic syndrome in Uzbekistan. The findings highlight the importance of specific interventions targeting lifestyle factors in education, community engagement and policy development. The consequences extend beyond individual health and affect the broader socioeconomic landscape.

In order to combat the increasing prevalence of metabolic syndrome in Uzbekistan, it is recommended to implement the following:

- Educational campaigns promoting a healthy lifestyle
- Convenient and affordable healthcare services
- Inclusion of nutrition and physical activity in school curricula
- Policy measures to promote urban planning that supports physical activity
- Regularly monitor and control the prevalence of metabolic syndrome for informed decision making.

In conclusion, eliminating metabolic syndrome in Uzbekistan requires a multifaceted, collaborative approach that goes beyond the health care system, involving communities, policymakers, and educational institutions. Prioritizing prevention through lifestyle changes and targeted interventions can pave the way for a healthier future for the population of Uzbekistan.

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