



Journal Website:  
<https://theamericanjournals.com/index.php/tajmspr>

Copyright: Original content from this work may be used under the terms of the creative commons attributes 4.0 licence.

## Research Article

# ENDOCRINOLOGICAL SERVICE IN OBESITY OF SAMARKAND REGION CURRENT STATUS AND DEVELOPMENT PROSPECTS

Submission Date: October 14, 2023, Accepted Date: October 19, 2023,

Published Date: October 24, 2023 |

Crossref doi: <https://doi.org/10.37547/TAJMSPR/Volume05Issue10-05>

**Togaeva Gulnora Siddikovna**

Samarkand State Medical University, Samarkand, Republic of Uzbekistan

**Davranova Aziza Davranovna**

Samarkand State Medical University, Samarkand, Republic of Uzbekistan

## ABSTRACT

The article presents obesity as an endocrine pathology of the population of the Samarkand region for the period 2017-2021. The main regulatory documents governing the provision of medical care and prevention are given.

## KEYWORDS

Type 2 diabetes mellitus, obesity, overweight, body mass index.

## INTRODUCTION

The significance of the problem of obesity is a threat of disability in young patients. The main risk factors for the formation of a complex symptom complex include: type 2 diabetes mellitus, arterial hypertension, atherosclerosis, dyslipidemia and related diseases, reproductive dysfunction. The problem of obesity in a social context requires a detailed study aimed at developing measures to reduce social discrimination against overweight people.

**PURPOSE OF THE STUDY** To assess the prevalence of obesity among the adult population in the Samarkand region depending on gender and age for 2017-2021.

**MATERIALS AND METHODS:** The work was carried out based on the results of processing the annual statistical reports of the Ministry of Health of the Republic of Uzbekistan (form No. 13) from 2017 to 2021. Anthropometric examination was carried out according to standard methods with measurement of body weight and body length, followed by calculation of body mass index. Body weight was considered

overweight with an index of 25.0–29.9 kg/m<sup>2</sup>, obesity – ≥30 kg/m<sup>2</sup>. The sample was formed from persons aged from 20 to 55 and older.

Table 1.

Classification of BMI categories according to WHO (2000)

BMI values, kg/m <sup>2</sup>	Classification of categories
18,50–24,99	Normal body weight
25,00–29,99	Excess body weight
30,00–34,99	Obesity I degree
35,00–39,99	Obesity II degree
40,00 и более	Obesity III degree

Table 2.

Distribution of examined obese patients into groups by gender and age 2021

Floor Age	20-35 years	35-55 years	55 and older
	man	11190	6252
woman	22871	8474	72
All	34061	14726	130

Results. The work was carried out based on the results of processing the annual statistical reports of the Ministry of Health of the Republic of Uzbekistan (form No. 13) from 2017 to 2021. The work surveyed 61,583 persons of both sexes (Table 2), of which 23,129 were men (37.5% of the total number surveyed) and 38,454 women (62.5%).

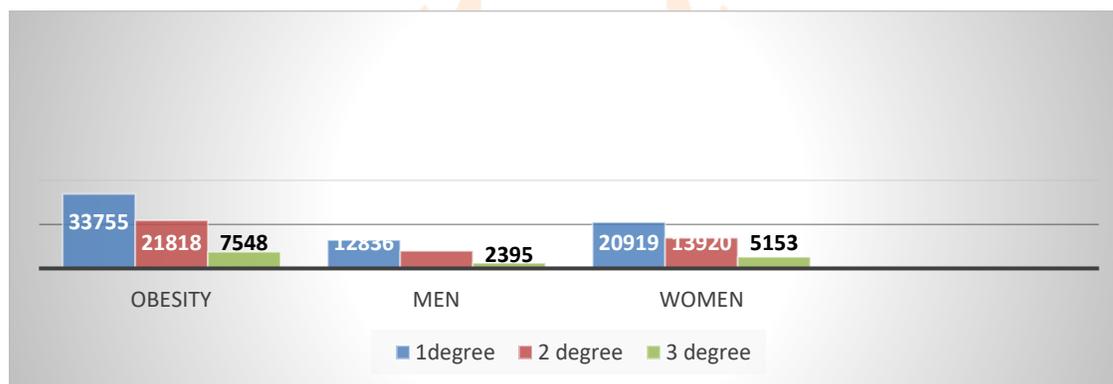
The prevalence of overweight among the adult population of the Samarkand region, obesity - 35.2%, overweight - 32.6%. Obesity was more common among men - 37.5%; obesity was 62.5% more common among women. The prevalence of class I obesity was 55.5%. II and III degrees – 34.15 and 10.35%, respectively.

Table 3.

Distribution of examined obese patients into groups by year

	2017 year	2018 year	2019 year	2020 year	2021 year
<b>man</b>	744	1506	1327	1354	18198
<b>woman</b>	1164	2358	2077	2108	30747
<b>All</b>	1908	3864	3404	3462	48945

The vast majority of overweight or obese people have high blood pressure. Along with lipid metabolism disorders (dyslipidemia, hypercholesterolemia) and type 2 diabetes mellitus.



Picture 1.

The incidence of obesity of different degrees in men and women

During the examination, 55.5% of patients had grade I obesity; no significant changes in health status were observed, even the figure did not change much, the body mass index ranged from 30.0 to 34.9. The patients had complaints, fatigue, increased drowsiness, excessive sweating, unmotivated irritability and nervousness. Occasionally increased blood pressure.

During the examination, 55.5% of patients had grade I obesity; no significant changes in health status were observed, even the figure did not change much, the body mass index ranged from 30.0 to 34.9. The

patients had complaints, fatigue, increased drowsiness, excessive sweating, unmotivated irritability and nervousness. Occasionally increased blood pressure.

Patients with II degree obesity 34.15% body mass index 35.0 – 39.9, they had complaints against the background of which body weight increases by 30 – 40% weakness increases, pain and “ache” in large joints, constant pain in the lower back, stiffness of the back muscle corset in the area of the shoulder blades and collar area, instability of blood pressure, throbbing headaches, swelling of the lower extremities and fingers.

III degree of obesity 10.35% body mass index exceeds 40 and actual weight is 50 - 99% higher than normal. Patients complain of progressive hypertension, tachycardia, shortness of breath not only during physical activity, but also at rest, pain in the ankle, knee joints, swelling of the face and upper extremities. And in women, menstrual irregularities affect potency.

### CONCLUSION

The study showed a high prevalence of overweight and obesity among the adult population of the Samarkand region.

Analysis of the results obtained in sex and age groups showed that with age there was a significant increase in BMI in both sex groups. On average, BMI increased by 46% in women and 26% in men by age 69. BMI was statistically significantly different between sex groups at all ages. The proportion of people with overweight and obesity increased with age, peaking at 50–59 years for men and 60–69 years for women. The gradient of age-related changes is more pronounced in women than in men.

### REFERENCES

1. Орипов Ф.С., Тогаева Г.С. «Структурные особенности клеток островков лангерганса у потомства с аллоксоновым диабетом» Тиббиётда янги кун. Апрель-июнь 2020 г. Бухоро. стр 218-220.
2. Тогаева Г.С. «Ўз-уздини назорат қилиш мактабида ўқиган қандли диабет 2 тип билан касалланган беморларнинг клиник ва биохимиявий курсаткичлари». Биомедицина ва амалиёт журналы 2 махсус сон. 2020 й Тошкент. 132-135-бет
3. Togaeva Gulnora Siddikovna., Oripov Firdavs Suratovich., Davranova Aziza Davranovna.: "Structural features of cells of the islets of Langerhans in offspring with alloxonic diabetes" (Review article). Annals of the Romanian Society for Cell Biology 2021; P.158-162
4. Давранова А.Д. "Qalqonsimon bez patologiyasi bo'lgan o'smir qizlarda hayz davrining buzilishini o'ziga xosligi" EURASIAN JOURNAL OF MEDICAL AND NATURAL SCIENCES. 26th August 2022. 113-115.
5. Азимбегова С.Н., Давранова А.Д. "Болаларда 1-тур қандли диабетни даволашни ўзгартириш ва диабетик ретинопатиясини олдини олиш хусусиятлари". Журнал гепатогастроэнтерологических исследований. 2022/7/31.
6. Орипов Фирдавс Суръатович, Тогаева Гулнора Сиддиковна. «Распространенность диабетической стопы у пациентов с сахарным диабетом 2 типа в Самаркандской области». Биомедицина ва амалиёт журналы. Том 7 № 5 (2022).
7. Тогаева Г.С., Давранова А.Д. "ВЛИЯНИЕ АНАЛОГОВО ИНСУЛИНА НА МЕТАБОЛИЧЕСКИЕ ПОКАЗАТЕЛИ САХАРНОГО ДИАБЕТА 2 ТИПА" MUTAFAKKIR. 2022 (2) Май.
8. Джураева З.А., Тогаева Г.С., Давранова А.Д. "Knowledge and Attitude towards Psychiatry among Nursing Staffs in Tertiary Health Care Hospital" Advances in Clinical Medical Research. Volume 3. Issue 2 April-June 2022. 4-6.
9. Takhirovich, D. A., Corners, S. J. A., Shukhratovna, N. G., Shukhratovna, S. G., & Zaynuddinovna, M. G. (2022). COURSE OF COVID-19 IN PATIENTS WITH DIABETES MELLITUS. Web of Scientist: International Scientific Research Journal, 3(02), 73-76.

10. Karimova N.A., Siddikovna, T. G., Davranovna, D. A., Takhirovich, D. A., & Tulkinovich, O. S. (2021). Cardiovascular complications in patients who have had covid on the background of diabetes mellitus 2. Central Asian Journal of Medical and Natural Science, 2(3), 37-41.
11. Нарбаев А.Н. Тогаева Г.С. «The Use of daily continuous glucose monitoring in clinical practice». //The American Journal of medical sciences and pharmaceutical research. // Volume 2. Issue 9. 2020.82-85 betlar
12. Абдуназаров Ш. Н., Даминов А. Т., Холмуродов О. Х., Туропов М. К./ ОСЛОЖНЕНИЕ ТЕРАПИИ ГЛЮКОКОРТИКОИДАМИ У БОЛЬНЫХ САХАРНЫМ ДИАБЕТОМ 2 ТИПА, ПЕРЕНЕСШИХ COVID-19/ОБРАЗОВАНИЕ И НАУКА В XXI ВЕКЕ/542-5437.
13. G. S. Togaeva, Clinical And Biochemical Parameters Of Patients With Type 2 Diabetes Who Were Trained At The School Of Self-Control. // JOURNAL OF BIOMEDICINE AND PRACTICE SPECIAL ISSUE-2. P-131-136, 2020.
14. Negmatova G.Sh, Togayeva G.S., Davranova A.D., Azimbegova S.N. “Assessment of the effectiveness of cardioprotective drugs in treatment of children with diabetic cardiomyopathy”/ The American journal of medical sciences and pharmaceutical research//4.01. 79-83.
15. Тогаева Г.С., Орипов Ф.С. “Наследственность сахарного диабета первого типа у детей как медико-социальная проблема”. Тиббиётда янги кун. 6 (44) 22. Бухоро. стр 261-265.