



## IMPROVING THE PREVENTION AND CLINICAL FEATURES OF THE CO-OCCURRENCE OF ASCARIASIS AND GIARDIASIS IN CHILDREN

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**Abstract.** *This article analyzes the co-occurrence of ascariasis and giardiasis in children, focusing on their clinical features and diagnostic approaches. The impact of these diseases on children's health, their interrelation, and complications arising from their coexistence are highlighted. Additionally, effective prevention measures and recommendations for their improvement are discussed.*

**Keywords** *.Ascariasis, giardiasis, children, co-occurrence, diagnosis, prevention, clinical features, parasitic diseases.*

### Introduction

Ascariasis and giardiasis are widespread parasitic diseases among children, with their co-occurrence posing significant challenges to child health. There is a growing need to study the etiology, pathogenesis, and clinical presentation of these diseases when they occur simultaneously.

### Clinical Features of Ascariasis and Giardiasis

Ascariasis is a nematode infection caused by *Ascaris lumbricoides*, primarily affecting intestinal function. Common symptoms include abdominal pain, constipation, decreased appetite, and fatigue.

Giardiasis, caused by the protozoan *Giardia lamblia*, affects the intestines, liver, and immune system. It manifests through intestinal dysfunctions, allergic reactions, and toxic complications.

### Effects of Co-Occurrence

The coexistence of ascariasis and giardiasis exacerbates clinical symptoms. Both parasites inhabit the intestines, disrupting the absorption of essential nutrients. This condition in children leads to:



- Weakening of the immune system,
- Anemia,
- Increased frequency of allergic reactions.

### **Diagnostics**

Comprehensive diagnostic approaches are recommended to identify coexisting diseases:

1. **Coproanalysis** – to detect eggs of *Ascaris* and cysts of *Giardia*.
2. **Serological Tests** – for confirming infections.
3. **Ultrasound Examinations** – to assess organ involvement.

### **Preventive Measures**

Prevention includes the following steps:

1. Adherence to personal hygiene practices.
2. Ensuring access to clean drinking water for children.
3. Proper thermal treatment of food products.
4. Disinfection of soil and water.
5. Use of effective anthelmintic and antiprotozoal medications.

### **Conclusion**

The co-occurrence of ascariasis and giardiasis poses a serious threat to children's health. Timely diagnosis and effective preventive measures are essential to address these parasitic diseases and mitigate their impact.

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