



GENE DISEASES

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Annotatsiya: Gen kasalliklari inson organizmida genetik materialning o'zgarishi natijasida yuzaga keladigan kasalliklar toifasidir. Ushbu kasalliklar ko'plab xilma-xil sabablarga ko'ra paydo bo'lishi mumkin va inson salomatligiga jiddiy ta'sir ko'rsatadi. Gen kasalliklari asosan irsiy omillar bilan bog'liq bo'lib, ular insonning hayoti davomida turli xil muammolarni keltirib chiqarishi mumkin.

Kalit so'zlar: gen kasalliklari, monogenetik va poligenetik kasalliklar, gemofiliya, diabet, ruhiy kasalliklar, irsiy omillar.

Аннотация: Генетические заболевания — категория заболеваний, возникающих в результате изменений генетического материала в организме человека. Эти заболевания могут возникать по разным причинам и оказывать серьезное влияние на здоровье человека. Генетические заболевания в основном связаны с генетическими факторами, которые могут вызывать различные проблемы в течение жизни человека.

Ключевые слова: генные заболевания, моногенные и полигенетические заболевания, гемофилия, сахарный диабет, психические заболевания, наследственные факторы.

Abstract: Genetic diseases are a category of diseases that occur as a result of changes in genetic material in the human body. These diseases can appear for many different reasons and have a serious impact on human health. Genetic diseases are mainly related to genetic factors, which can cause various problems during a person's life.



Key words: *gene diseases, monogenetic and polygenetic diseases, hemophilia, diabetes, mental diseases, hereditary factors.*

INTRODUCTION

Genetic diseases are divided into two main categories: monogenetic and polygenetic diseases. Monogenetic diseases are caused by changes in one gene. These types of diseases are often passed from generation to generation and have hereditary characteristics. For example, cystic fibrosis, hemophilia, and Tay-Sachs disease are examples of monogenetic disorders. Polygenetic diseases are caused by the interaction of several genes. These diseases can often be related to certain environmental conditions. For example, diabetes, cardiovascular diseases and some mental disorders are polygenetic diseases. The causes of genetic diseases can be very diverse. Among them are genetic factors, environmental influences, nutrition, infections and other factors. Hereditary factors play an important role in the occurrence of the disease. If a parent has a genetic disease, their children are more likely to develop the disease. However, environmental factors are also important in the development of the disease. For example, poor nutrition, stress, environmental pollution and other factors can affect the development of genetic diseases.

MATERIALS AND METHODS

The process of identifying and treating genetic diseases can be complex and multi-step. The diagnostic process often includes genetic tests, blood tests, and other tests. Through genetic tests, the causes of the disease are determined and the likelihood of the disease being transmitted to generations is also assessed. Through these processes, doctors can choose the most effective treatments for their patients. Treatment methods depend on the type of disease and its severity. Gene therapy or other innovative treatments are sometimes used for monogenetic diseases. Gene therapy, on the other hand, aims to change or replace the gene that causes the disease. And polygenetic



diseases often require symptomatic treatment. Various drugs, physiotherapy and other treatment methods are used for these diseases.[1]

Problems related to genetic diseases affect not only individual health, but also society. Such diseases often reduce the quality of life of patients, reduce work capacity and increase the financial burden for families. Therefore, research on the study of genetic diseases and their prevention is very important. Diseases can be prevented through genetic counseling, screening programs and preventive measures. In developing countries like Uzbekistan, the problem of genetic diseases is of urgent importance. Research and preventive measures related to genetic diseases are being carried out in Uzbekistan. However, much work remains to be done in this area. There is a need to raise awareness of genetic diseases in society, and introduce genetic counseling and screening programs. Learning about and understanding genetic disorders, as well as developing new ways to prevent and treat them, is critical to the future of humanity. Everyone should have knowledge to maintain their health and protect themselves from genetic diseases. Therefore, it is important to expand information about genetic diseases, support scientific research and raise awareness in society.[2]

RESULTS AND DISCUSSIONS

Genetic diseases occupy an important place in human history. They affect not only personal life, but also the development of society. Therefore, research on the study of genetic diseases, their identification and treatment should be continued. Through this, we can not only prevent diseases, but also improve human health. Learning about and understanding genetic diseases, as well as developing new ways to prevent and treat them, is critical to the future of humanity. Everyone should have knowledge to maintain their health and protect themselves from genetic diseases. Therefore, it is important to expand information about genetic diseases, support scientific research and raise awareness in society. Genetic diseases occupy an important place in human history. They affect not only personal life, but also the development of society.[3]



Therefore, research on the study of genetic diseases, their identification and treatment should be continued. Through this, we can not only prevent diseases, but also improve human health. Learning about and understanding genetic diseases, as well as developing new ways to prevent and treat them, is critical to the future of humanity. Everyone should have knowledge to maintain their health and protect themselves from genetic diseases. Therefore, it is important to expand information about genetic diseases, support scientific research and raise awareness in society. Genetic diseases occupy an important place in human history. They affect not only personal life, but also the development of society. Therefore, research on the study of genetic diseases, their identification and treatment should be continued. Through this, we can not only prevent diseases, but also improve human health.[4]

CONCLUSION

Learning about and understanding genetic diseases, as well as developing new ways to prevent and treat them, is critical to the future of humanity. Everyone should have knowledge to maintain their health and protect themselves from genetic diseases. Therefore, it is important to expand information about genetic diseases, support scientific research and raise awareness in society.

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