

THYROID DISEASE, SYMPTOMS, PREVENTION MEASURES.

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Abstract. The thyroid gland is an endocrine organ, that is, an organ that produces hormones. It is located almost directly under the skin at the front of the neck. Thyroid hormones (Thyroxine and triiodothyronine) regulate the metabolic process. In addition, the gland produces the hormone calcitonin, which is responsible for controlling calcium metabolism in the body.

Keywords. Thyroid gland, hypothyroidism, hyperthyroidism.

The thyroid gland is located in the front of the neck. For this reason, the most common symptoms of the disease affect exactly this part of the body. For example, the appearance of a "rounded tumor" in the front of the throat or the feeling of difficulty swallowing.

If many know that the thyroid gland is an organ of great importance for the whole organism, it will change its attitude. A person's mood and even temperament can depend on his work. The thyroid gland produces hormones responsible for the intensity of metabolism, regulates the work of the cardiovascular system, gastrointestinal tract, mental and sexual activity.

Usually, thyroid problems scare a person less than other health problems. But the metabolism directly depends on the work of this organ. In areas where iodine deficiency is observed, the likelihood of thyroid problems is very high. The fact is that the main cause of this organ disease is insufficient iodine in water and food. In some countries, the entire population lives in conditions of constant iodine deficiency.

Thyroid diseases are dangerous for everyone, because, as mentioned above, the intensity of metabolism depends on the hormones of this organ. However, there are risk groups where this problem can lead to irreversible consequences. First of all, this is relevant for a woman who is expecting a child. It is the thyroid hormones that determine the growth of the fetus, the physical and mental maturity of the child. Scientists even assumed that thyroid disease in a pregnant woman can have a direct effect on the fetus. Therefore, it is recommended to undergo an examination by an endocrinologist in the very early stages of pregnancy or before planning.

Thyroid diseases in children are even more dangerous. Insufficient hormone intake in babies leads to impaired development and decreased mental abilities. Children with low thyroid function are drowsy, sensitive to constipation and cold air. In them, most often, growth slows down, lack of appetite, tooth extraction are left behind. On the contrary, in children where the gland produces a lot of hormones,

conditions such as excitability, irritability, increased heart rate, hot skin and hydration are observed. Inflammation of the thyroid gland is 6 times more common in girls than in boys.

If an enlargement is observed in the front of the child's neck or one of the above symptoms is felt, it is necessary to try to see him to the doctor as soon as possible. It is very important not to delay treatment, since when treatment begins quickly and on time, it is often successful, and children continue to grow and develop normally.

The causes of thyroid problems can also be different. Some people are born with a thyroid gland, which can sometimes be caused by an infection or changes in the immune system. However, more often the so-called iodine deficiency occurs, which means that iodine in the human body is not consumed adequately with water and food. Therefore, the easiest and most effective way to avoid is to introduce iodine-rich foods, as well as artificially iodized products such as salt, into the diet.

How to eat properly so as not to get sick?

It is worth trying to make it a habit to use iodized salt instead of regular salt — this is a very effective way to provide the body with a sufficient amount of iodine. Why is salt the most suitable product for iodizing? The fact is that the consumption of this product is easy to control. Most people consume about the same amount of salt (6-8 grams). It does not depend on the season of the year, the climate, the wealth of the family. It is very difficult to get an overdose of iodine — for this it will be necessary to consume a kilo of iodized salt. There have been attempts to memorize other products, but they have failed.

In addition to the constant consumption of iodized salt, endocrinologists recommend eating more iodine-enriched bread, eggs and especially seafood. Almost any seafood contains a huge amount of iodine, so their constant consumption reduces the risk of thyroid diseases by several times. This confirms, for example, that there are practically no diseases caused by iodine deficiency in Japan, where seafood and fish are the main ingredients in dishes.

As for iodized mineral water, its beneficial properties are now much talked about, this issue should also be approached with caution. There is more than 1,500 milligrams of salt per liter, which is quite a lot. It should be remembered that this is not just water, but medicine, so you should not drink it in liters. Before starting to drink it, a doctor should be consulted. It is also worth noting that healing water can contain iodine from nature or be artificially iodized. Of course, in the packaging it is written "iodine" and "not iodized".

A regular visit to the doctor is a guarantee that the problem will be felt at an early stage, if any. In the treatment of thyroid diseases, both therapeutic and surgical methods are used. Therapeutic treatment consists in taking hormonal drugs that normalize the functioning of the thyroid gland. In some cases, surgery is necessary, in which some part of the gland is removed. However, it is recommended not to bring

the situation to this point, since it can negatively affect other organs, the work of which is closely related to the work of the thyroid gland.

The thyroid gland is an endocrine organ, that is, an organ that produces hormones. It is located almost directly under the skin at the front of the neck. Thyroid hormones (Thyroxine and triiodothyronine) regulate the metabolic process. In addition, the gland produces the hormone calcitonin, which is responsible for controlling calcium metabolism in the body.

Iodine is part of thyroid hormones. If the body does not have enough iodine, hormones are produced less often. This leads to an enlargement of the gland and the appearance of an endemic bull. This disease is called hypothyroidism. This leads to problems with the cardiovascular system, digestive system, and even infertility.

In patients with thyroid cancer, an increase in the level of the hormone calcitonin, which is produced by cancer cells, can be observed. As a result, patients feel the following: diarrhea; redness of the skin of the face.

Although the signs are not clear evidence of the disease, it is advisable to catch under control. If they are caused by cancer, early detection can be the basis for a successful course of treatment.

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