INTERNATIONAL MULTIDISCIPLINARY JOURNAL FOR RESEARCH & DEVELOPMENT
SJIF 2019: 5.222 2020: 5.552 2021: 5.637 2022:5.479 2023:6.563
eISSN 2394-6334 https://www.ijmrd.in/index.php/imjrd Volume 10, issue 11 (2023)

SPREAD OF BREAST CANCER AMONG DIFFERENT AGE GROUPS OF THE POPULATION AND ITS PREVENTION

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Annotation: Breast cancer is a dangerous disease that threatens thousands of lives every year. Every year, more than 55 thousand women are diagnosed with this terrible disease. The article analyzes the spread of breast cancer and its preventive measures to prevent it in the Republic of Uzbekistan.

Key words: Breast cancer, oncology, medical statistics, prevention.

Introduction

Breast cancer around the world is second only to lung cancer in oncological diseases. In 2018, more than 2 million new cases were registered. The relevance of the problem of oncological diseases is determined by a complex of social, economic and epidemiological indicators.

Breast cancer, which is common among women, remains one of the most pressing problems among oncological diseases of the world. Breast cancer is a dangerous disease that threatens the lives of thousands of people. More than 55 thousand women hear this terrible diagnosis every year. According to statistics, every tenth woman worldwide is diagnosed with breast cancer. More than 1.5 million women die from this disease in a year [1,2,5,6].

Scientists have proven that the origin of breast cancer is associated with a change in hormonal status among older adults. Studies conducted between 2008 and 2010 found that the incidence of breast cancer among women aged 65 years and above was an average of 45% of total cases.

Breast cancer is the most common oncological disease among women all over the world, and it accounts for 16% of all cancers among women. In 2004, approximately 519,000 women died from breast cancer, and despite the fact that breast cancer was ISSN: 2776-0979, Volume 4, Issue 3, Mar., 2023 342 a disease of developed countries, most people with breast cancer (69%) fell in developing countries.

The last third period of the XX century is characterized by the fact that certain successes have been achieved in the fight against mass diseases. It should be noted that today, despite the high-efficiency measures and efforts to combat various diseases, oncological diseases are observed to increase rather than decrease [3,4,8]. On the scale of Uzbekistan, breast cancer occupies the first place among oncological diseases, unfortunately, the number of patients is increasing from year to year. From 2001 to 2010, 18,671 cases of breast cancer were reported in the Republic of Uzbekistan. In 2010, the absolute number of registered cases increased 1.5 times compared to 2001 [7].

Oncological diseases, which continue to spread throughout the world, are currently the most serious, pressing problem of our time.

In the studies carried out, practical recommendations on the basis of scientific results of a retrospective epidemiological analysis of breast cancer in the Republic of Uzbekistan, prevalence among risk groups, development of ways to improve epidemiological control and Prevention are not fully given.

The information described above requires an in-depth study of the epidemiological characteristics of oncological diseases, in particular breast sarotoni disease, the need to conduct research aimed at their targeted use in the system of measures to combat this disease.

The problem of combating oncological diseases, including breast sarotoni disease, still remains an urgent problem in the health system.

Research Objective

Improving the prevalence and Prevention of breast cancer in the Republic of Uzbekistan.

Research Materials

Official data and reports of breast cancer patients of the Institute of Health and medical statistics of the Republic of Uzbekistan SSV, Özr DSENM. Also, Disease histories of patients with breast cancer.

Research Methods

In the implementation of this scientific work, epidemiological, sanitary and hygienic and statistical methods were used.

Research Results

To develop measures to prevent breast cancer, it is necessary to first know the degree of prevalence of the same disease. Based on this, we studied the condition of the spread of breast cancer in the regions of the Republic of Uzbekistan (Figure1.)

The incidence of breast cancer in the Republic of Uzbekistan is 7.96 per 100,000 inhabitants in 2007, 7.47 in 2008, 7.65 in 2009, 8.05 in 2010, 9.04 in 2011, 8.86 in 2012, 8.85 in 2013, 8.59 in 2014, 9.31 in 2015, 9.21 in 2016, 9.21 2017 was 9.25. 9.10 in 2018, 9.12 in 2019, 9.15 in 2020, 9.22 in 2021, 9.25 in 2022, 9.20 in 2023.In dynamics, the incidence rate is rising (1.- image). As you can see from the picture above, the incidence of breast cancer in our republic is increasing significantly since 2007 – yilan. The highest was 9.31 per 100,000 inhabitants, as identified in 2015. The increase in the incidence of breast cancer in our republic is due to the fact that in all regions of our Republic, oncological centers are provided year after year with medical equipment that meets the requirements of the times in order to detect and prevent these infected people early.

For many years among oncological diseases in our republic, breast cancer has been at the forefront. Within the types of oncological diseases spread and registered on the territory of Uzbekistan, more than 10-15% of cases fall on the type of breast cancer. Age index: the proportion of children aged 14 from the total number of infected was 0.02%, the proportion of contingents aged 15-17 was 0.0641%, the proportion of contingents aged 18-44 was 25.68%, and the proportion of contingents aged 45-64 was 56.97% and the proportion of contingents aged 65 to adults was 17.26%.

In the following years, great progress was made in the fight against breast cancer in the Republic of Uzbekistan. However, the problem of breast cancer still retains its relevance, which is primarily caused by chronic gynecological diseases in women, a woman not giving birth during her life, not breastfeeding her child, sequential artificial abortions, trauma in the breast area, strong and persistent stress, hormonal imbalance, overweight and malnutrition, nodular form of mastopathy, radiation and other factors.

Conclusion

To promote the prevention of breast cancer risk factors (nutrition disorder, smoking, chronic consumption of alcohol and carcinogenic drinks, occupational risk factors, transmitted diseases, reproductive health characteristics) among the population with the help of mass media; Taking

the women diagnosed with endocrine disorders under the control of the dispensary by the relevant specialists and employees of the treatment and prevention institutions and carrying out timely treatment with modern treatment methods.

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