

UNPLEASANT COMPLICATIONS OF INFECTIOUS OBESITY

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Annotation: In order for organs and systems in the human body to function properly, they should be regularly supplied with the necessary nutrients. Therefore, the processes of accelerating, slowing down, and changing the activity of the organs of the body, that is, the processes of controlling the metabolism, depend on the amount, composition, quality, satiety, volume, and variety of the food substances eaten. Regular violations of eating habits expose a person to various diseases. Among such diseases, obesity is the most common. It was not for nothing that our grandfathers said, comparing their lives, "You eat a little food; a lot of food eats you."

Key words: Obesity, pituitary gland, thyroid gland, gonads.

Based on life experiences, obesity can be attributed to two conditions.

Firstly, obesity is hereditary; that is, it is caused by a malfunction of human internal hormonal glands (pituitary, thyroid, and gonads) or a disease of these internal glands. In this case, the patient should see an endocrinologist.

Secondly, a person's wrong lifestyle—disordered eating, overeating, and inactivity—leads to obesity. It creates conditions for obesity. In this case, being hungry all day and then suddenly eating full, doing little exercise, not doing physical activity, and sleeping a lot will make you fat. Especially bread and dough dishes—norin, beshbarmak, lagmon, manti, chuchvara, rice and potato dishes, and sweets—also cause obesity. Some people drink alcohol before meals to improve their appetite. In addition to the harmful effects of alcohol on the body, because of its high calorie content, it also causes obesity. Obesity affects the body's ability to move, lift, and propel itself. The blood vessels are narrowed, and the normality of blood circulation is disturbed. [1]

It is also known from experience that it is difficult for obese women to get pregnant, and even if they do get pregnant, the probability of miscarriage is high. Every mother wants her child to grow up healthy, but some parents feed their child more than the norm so that it will be healthy. As a result, the child gradually fills up and becomes fat as he grows up. Accordingly, it is necessary to feed children from a young age, in moderation, and to always follow the diet. [2] Some adults also have the misconception that the fatter they get, the stronger and healthier they will be, or that being fat is a good thing. This is completely wrong.

Everyone should know what their weight should be based on their age and height. [3]

According to statistics, 65% of Americans suffer from obesity. According to the data, 62% of adolescents and 15% of children in America are obese. Adolescent obesity has doubled in the last 20 years, and child obesity has tripled. Americans spend half of their grocery budget on street food and drink. [4]

It is said that 12–30% of obesity observed in Turkey is the cause of the onset of diabetes, heart disease, and vascular diseases in adulthood due to a lack of prevention from childhood.

Excessive consumption of high-calorie foods, especially "fast food" and cola and Fanta drinks during school, causes obesity. Of course, the main harmful aspect of hamburger is its fattening properties. [5]

According to Turkish scientist Safo Saygili, 90% of Americans' food spending is spent on processed (i.e., unnatural) foods. Sedentaries and those who maintain such lifestyles are fed sugary, sticky, salty, and highly processed foods. They put lipstick on food not only because of hunger but also for many other reasons. Moreover, the amount of food is quite large. The rapid development of modern life is ensuring that an incredible variety of packaged, ready-to-eat foods and beverages are available on the market. [6] The US food industry generates more than a trillion dollars in annual sales. He spends more than 33 billion dollars a year just shopping. 70% of the budget goes to "fast food," ready meals, sugar, carbonated juices, alcoholic beverages, and sweets. The cost of advertising fruits, vegetables, legumes, and legumes is only 2.2% of the total amount. Usually, high-fructose corn syrup is used as a sweetening sugar for drinks. This super sugar is quickly absorbed into the bloodstream and causes hormonal and biochemical changes that make you feel like you're hungry. These foods and drinks, which are considered to be the basis of the American diet, increase the amount of sugar in the blood. The body is forced to produce insulin, and as a result, the blood sugar level drops, and a person tends to feel tired and sleepy. In this case, the body immediately requires a cup of coffee, cola, or something sweet. This situation continues in this way. As a result, a person tends to eat despite the increase in weight. Today, obesity is becoming a big problem in many developed countries. [7]

That is why all expert doctors and scientists recommend eating food in moderation and engaging in constant physical activity. The hadith of our Prophet (pbuh), "Do not sit down to the table before you are full; leave the table before you are full," sums up this basic principle of eating very clearly. The fatty substance cholesterol increases in the blood of an obese person; this substance gradually accumulates on the inner walls of blood vessels, slows down blood flow, and at the same time, the cells lack oxygen, which is extremely necessary. This leads to a violation of the general metabolism in the body. Therefore, in obese people, blood vessels become brittle (atherosclerosis), there is chest tightness (angina), blood clots in the heart muscle (myocardial infarction), heart disease (hypertension), and blood clots in the brain (stroke). the possibility of getting diseases increases. Due to the lack of movement in obese people, many changes occur in the joints of the legs and spine. Due to the weight, the legs are strained, salt accumulates in the knee and ankle joints, and the bones and joints ache. A great force also falls on the tendon pads between the vertebral bones; cracks are formed in the intervertebral pads; and radiculitis is observed. In particular, diseases of the stomach, liver, and intestines slow down the flow of bile in the gallbladder and bile ducts, and stones form in the gall bladder.

There are also things in life that most obese people grow up to be laughed at because of their clumsiness, inability to do things quickly and easily, getting tired easily, and seeing the

negative attitude of the people around them (humorous jokes). This leads to a gradual decrease in self-confidence and dissatisfaction with the way of life.

causes protests. Obesity is often accompanied by other diseases. In many cases, they begin to lose self-esteem due to their slowness, weakness in doing things, and not being as agile as their peers.

Fat children are always on diets, and when they don't get enough benefits, they give in to bad luck and blame themselves. Due to their weight and appearance, they cannot participate in various sports and cultural events. On top of that, obesity and anti-obesity are always mentioned in the media. That's why they often feel obligated to overwork to hide their excess weight. If a person does not respect himself, if his will is weak, it will be difficult for him to lose weight. People who work for themselves are more interested in their appearance and worry about it. Their way of thinking is as follows: "If I value myself, I should also be interested in my appearance" (Safo Saygili). On the other hand, people with low self-esteem have low self-esteem. Losing weight isn't the only way people can accept their appearance.

Accepting your weight and height as they are and loving, liking, and valuing yourself as they are is important for being happy, lucky, and losing weight in life. It can also be done. Because you don't need to lose weight to gain love, respect, and dignity. You just have to believe it.

Metabolic syndrome due to obesity, diabetes, ischemic heart disease, myocardial infarction, stroke, hypertension, chronic venous insufficiency, cholecystitis and gallstone disease, arthritis, osteochondrosis and osteoarthritis, spinal hernia, and fatty liver It can cause dystrophy and oncological diseases. According to the statistics of the World Health Organization, heart and blood vessel diseases are the main cause of death on earth, and it is obesity that leads to its development.

Overweight and obesity can be combated by eating healthy, being physically active, and avoiding harmful habits such as tobacco and alcohol. In this, physical activity—doing sports, walking, doing gymnastics, and doing physical education—has an important place. [9]

It is known that by walking, we prevent non-communicable diseases such as cardiovascular diseases, stroke, malignant tumors, chronic diseases of the respiratory organs, and diabetes. In addition, negative effects such as an unhealthy lifestyle, improper diet, smoking, and drinking due to physical activity will be put to an end. [11] By performing gymnastics, the muscular system is strengthened, joint movement is improved, and strength, speed, and endurance are cultivated. Exercises with a strengthening effect ensure a straight and correct development of the figure. [10]

Therefore, in accordance with the decrees of the President of the Republic of Uzbekistan, "On measures for the wide introduction of a healthy lifestyle and further development of mass sports, and additional measures to ensure healthy nutrition of the population," about the activities, "RIIAETM, together with the city Health Department, started to hold programs and seminars on the principles of prevention of obesity and physical inactivity, healthy nutrition, and sports exercises. It is planned to hold master classes by the center's leading specialists and nutritionists in all state institutions in each district.

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