

SPREADING OF VIRUS HEPATITIS A DISEASE AMONG THE POPULATION AND MAIN FACTORS AFFECTING IT

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Annotation: *In fact, viral hepatitis is one of the serious health problems. Because 500 million people in the world are infected with hepatitis, and 80% of them do not have the opportunity to be examined and treated. Viral hepatitis A takes an important place among them. The fact that this disease is widespread among children, who are our future heirs, shows that it is necessary to deeply study not only the methods of treatment of this disease, but also the causes of its origin. This disease is observed not only in young people, but also among adults. The curves in the statistics of the disease show that the disease is not evenly distributed throughout the region, and this gives rise to the idea that the foci of the disease should be studied on a large scale. Viral hepatitis A disease is becoming an important socio-economic problem today. A lot of research is being conducted all over the world, including in Uzbekistan, to study viral hepatitis A. However, despite research, the rate of disease among children is increasing significantly.*

Basic concepts. Hepatovirus, fecal-oral, aplastic anemia, hemolytic anemia, Guillain-Barré syndrome, ALT, AST.

Enter. Hepatitis A is one of the most common infectious diseases caused by the hepatovirus A virus (HAV). GAV is transmitted fecal-oral. The average incubation period is 30 days. Hepatitis A is mostly asymptomatic. In other cases, it may manifest with fever, nausea, vomiting, diarrhea, jaundice, and abdominal pain. Non-hepatic manifestations are rare and may include vasculitis, arthritis, aplastic anemia, hemolytic anemia, thrombocytopenia, pancreatitis, and Guillain-Barré syndrome. Most patients get better on their own within 2-6 months. It differs from hepatitis B and C by this feature. Because these viruses cause chronic diseases. Less than 1% of patients may develop fulminant liver failure, requiring liver transplantation. Risk factors for developing fulminant liver disease include concurrent hepatitis C infection and pregnancy. Clinically, it does not differ from other viral hepatitis. Laboratory tests show a significant increase in plasma aminotransferase enzymes (ALT is much higher than AST), bilirubin and alkaline phosphatase. The diagnosis is confirmed by detecting GAV immunoglobulinM in the blood. Treatment is symptomatic and consists mainly of rest, drinking plenty of fluids, and relief of nausea and diarrhea.

Hepatitis "A" is often caused by a virus that damages the liver. The disease is mild in small children, and severe in adults and pregnant women. Viral hepatitis "A" is transmitted to children mainly from dirty hands, dishes and toys. This disease is not transmitted through the air, but when children eat without washing their hands, they

get sick due to drinking unboiled water. At the same time, children in preschool educational institutions can also get infected with hepatitis in the process of communication in schools. Children who stay at home are less likely to get this disease.

We distinguish the main types of the disease. Hepatitis A disease is of the following types;

- hemolytic (pathological destruction of erythrocytes);
- parenchymal (liver);
- cholestatic (except liver)

Symptoms of hepatitis A in adults are not only yellow skin, whites of eyes, mucous membranes it appears. The list also includes the following information:

- skin itching increases;
- enlarged liver;
- change in the color of urine and feces;
- pain under the ribs on the right side;
- increase in erythrocyte indicators in the blood;
- fever and chills;
- weight loss;
- digestive disorders;
- tendency to bruises;
- blood in vomit.

In order to reduce the spread of the disease among the population, we should pay attention to the following.

1. By increasing the knowledge of the population about this disease. It is worth saying that today many people do not have enough knowledge about VGA. taking into account, we should take into account the delivery of this knowledge at the primary level. Because the informative tasks of patronage employees are important in preventing diseases.

2. To strengthen control of personal hygiene rules in groups of the population, in various institutions, to ensure the consistency of inspections.

3. Development of a complex of measures for early detection of diseases.

4. Preventing complications and achieving full recovery.

July 28 is announced as the international hepatitis day by the world health organization. In Uzbekistan, systematic work is being carried out to improve the effectiveness of the prevention of this disease, the effectiveness of treatment and the reliability of diagnostic measures. Especially, in 2019-2025, it is planned to reduce the incidence of viral hepatitis (per 100,000 inhabitants) from 98.1 to 60.0 according to the indicators adopted for the evaluation of the effectiveness of the implementation of the improvement of the healthcare system of the Republic of Uzbekistan.

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