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A Group of Risk Factors Affecting the Occurrence of Oncological Diseases

Adilova Z. U., Adilov Sh. K.
Tashkent Medical Academy, Uzbekistan

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ABSTRACT

Cancer deaths are the second leading cause in the world. In the occurrence of any diseases, as well as oncological diseases, risk factors that act on the occurrence of the disease are studied. The article presents the results of the analysis of the literature data on cancer risk factors.

In fact, cancer is ultimately the cause of every sixth death in the world. Cancer is the second leading cause of death in the world. According to WHO, 9.6 million people died from cancer in 2018. According to statistics, about 70% of deaths from diseases due to cancer occur in low-income countries. The most common types of cancer: lung cancer (2.09 million deaths); breast cancer (2.09 million cases); colon and rectal cancer (1.80 million cases); prostate cancer (1.28 million cases); skin cancer (excluding melanoma) (1.04 million cases); stomach cancer (1.03 million cases).

An integral system of providing oncological medical care to the population has been created in the republic. Work is underway to equip oncological institutions with modern high-tech equipment. Oncological institutions use a number of modern methods of diagnosis and treatment of oncological diseases, a system for the prevention of oncological pathology is being introduced, which makes it possible to double the detection of patients in the early stages of the disease. In turn, the progress of oncological morbidity is indicated in the whole society and in the republic [11].

Features for all types of cancers, – progressive growth of tumor tissue, often infiltrative and destructive; structural differences between normal and malignant growth; migration, spread and development of tumor cells. In turn, the incidence of cancer in the world is increasing [17].

It should be noted that the last weeks and days of a cancer patient are always accompanied by severe physical suffering and a painful fear of death. During this period, along with palliative therapeutic measures to improve the quality of life of the patient, it is necessary to carry out symptomatic treatment of pain syndrome, as well as measures to combat the suicidal mood of the patient [16].

In the occurrence of any diseases and oncological diseases, risk factors that act on the occurrence of the disease are studied. A risk factor (risk factors) is a feature or external effect on the body that increases the occurrence of the disease. Risk factors can be exogenous (behavior, diet, infections) and endogenous (heredity). For example, the connection of certain diseases with special genes as a risk factor: schizophrenia, rectum, osteoporosis, amyotrophic lateral sclerosis. Other external factors, infections, pharmacological drugs and toxins. An example is the statement that emotional stress not only increases the frequency of somatic disorders, but also mental illnesses. Examples of deviant behavior are smoking, excessive alcohol consumption, not wearing a seat belt while driving and promiscuous sex life [1, 8, 9 , 14, 15, 29].

Human health is determined by risk factors in the body: 20% are genetic factors, 20% are environmental factors, 10% are related to the healthcare system, and 50% are related to the person himself, that is, to his lifestyle [8, 8].

According to WHO, the main causes of cancer that can lead to cancer are: poor nutrition; hereditary predisposition; viral diseases; parasites, fungi and bacteria, chronic inflammation; smoking; alcoholism; poor environmental conditions, radiation exposure; ultraviolet radiation; poor immunity (including stress); physical inactivity, being overweight; frequent contact with carcinogens [29].

In recent decades, the incidence of cancer among women has been steadily increasing [2, 10, 17, 18, 21].

A malignant tumor of the mammary gland is the most common cancer in the composition of oncological diseases in women and occupies a leading position. According to the International Agency for Research on Cancer, more than 1,000,000 new cases of breast cancer are registered annually in the world, and about 500,000 women die from them [19]. When the underlying breast cancer cases and deaths occur, these are risk factors such as hereditary factor, background precancerous diseases, immunodeficiency problems, hormonal imbalance in various endocrinopathies, age factors and other factors were also indicated as risk factors.The causes and mechanism of the development of cancer have not yet been fully disclosed, and epidemiological data on the role of these factors in the etiology of breast cancer are contradictory. Of great practical and theoretical importance is the study of epidemiological characteristics by age and according to ethnic composition, as well as the ecological state of the place of residence [4, 6, 23].

In breast cancer, groups with a high predisposition play a significant role in the occurrence of the disease [15, 27]. Early screening for breast cancer serves for early detection of the disease and saving a woman's life [6.10]. In recent years, great importance has been attached to genetic disorders in the development of breast cancer. According to the literature, two types of molecular disorders lead to the development of a tumor of poor quality: gene mutation and induction of cellular prolepherasia. Mastopathy is one of the most common diseases among women, with a share of 40-90%. Mastopathy fibrosis-cystosis is a disease [12].

Lack of physical activity and the presence of obesity are risk factors for colon cancer. Excessive meat consumption is also one of the factors contributing to the development of the disease. People with physical inactivity (those who sit a lot both at work and at home) and obesity have an increased risk of getting colon cancer [25, 26, 27].

Colorectal cancer can develop if one or more blood relatives of different degrees of kinship have this disease. Thus, in one of the studies, it was found that the presence of one or more cases of colorectal cancer in first-degree kindred relatives (parents, brothers, sisters, children) doubles the risk of cancer. Another study found that in the presence of two cases of colorectal cancer in relatives of the latter (uncles, aunts, grandmothers) and at the third level of kinship (Cousins), the risk of cancer increases by 33% [26].

In the prevention of various oncological diseases, it will be possible to conduct preventive examinations using various types of screenings. Screening tests must first have high sensitivity so that the disease is not missed. However, it is necessary that these synamas also have a high specificity so that a false positive result is not obtained [22, 24, 28].

Conclusion

Today, the issue of treatment has become very relevant. However, it is easier to get any disease before treatment, and it is also the most appropriate measure in the case of breast cancer. Therefore, prevention of the disease is no less important than treatment in terms of importance. Currently, the main weapon that fights oncological diseases is prevention, that is, the Prevention of the disease.

In-depth study of the epidemiological features of the disease, their risk factors requires the need for research aimed at their targeted use in the system of measures to combat these diseases.

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