

EPIDEMIOLOGICAL CHARACTERISTICS OF NON-COMMUNICABLE DISEASES AND THEIR SOCIO-MEDICAL SIGNIFICANCE IN THE SAMARKAND REGION

Tukhtayeva Rukhshona Donyorovna

¹Student of the Samarkand branch of the Tashkent Kimyo International University X.Abdullayeva Street 64, Samarkand, Uzbekistan

Ruzieva Sohiba Yuldashevna

²Senior Lecturer, Samarkand Branch of the Tashkent Kimyo International University X. Abdullayeva Street 64, Samarkand, Uzbekistan

Yo'ldosheva Charos Ilhom qizi

³ Student of the Termez Branch of Tashkent State Medical University I. Karimov Street 64, Termez, Uzbekistan

Abstract. This article presents an epidemiological analysis of non-communicable diseases in Samarkand region. The study included more than 300 individuals aged 30–63 years. Cardiovascular, oncological, endocrine disorders and visual impairment were analyzed. Cardiovascular diseases were identified as the leading pathology. Preventive strategies and early screening are emphasized as key measures to reduce disease burden.

Keywords: cardiovascular diseases, diabetes mellitus, oncological diseases, screening, epidemiology, prevention.

SAMARQAND VILOYATIDA YUQUMLI BO'LMAGAN KASALLIKLARNING EPIDEMIOLOGIK XUSUSIYATLARI VA ULARNING IJTIMOY-TIBBIY AHAMIYATI

Tukhtayeva Rukhshona Donyorovna

¹Toshkent Xalqaro Kimyo Universiteti Samarqand filiali talabasi X.Abdullayev ko'chasi 64, Samarqand. O'zbekiston

Ruzieva Sohiba Yuldashevna

²Toshkent Xalqaro Kimyo Universiteti Samarqand filiali katta o'qituvchisi X. Abdullayev ko'chasi 64, Samarqand. O'zbekiston

Yo'ldosheva Charos Ilhom qizi

³Toshkent davlat tibbiyot unversiteti Termiz filiali Davolash ihi fakulteti talabasi

Annotatsiya. Mazkur ilmiy maqolada samarqand viloyati shahar va tumanlarida keng tarqalgan yuqumli bo'lmagan kasalliklarning epidemiologik ko'rsatkichlari kompleks tahlil qilindi. Tadqiqot 30–63 yosh oralig'idagi 300 nafardan ortiq bemor ma'lumotlari asosida olib borildi. Yurak-qon tomir, onkologik, endokrin kasalliklar hamda ko'rish qobiliyati pasayishi ko'rsatkichlari o'rganildi. Natijalar yurak-qon tomir kasalliklari yetakchi o'rinni egallashini ko'rsatdi. Endokrin va ko'rish bilan bog'liq buzilishlar ham muhim ulushni tashkil etdi. Profilaktik yondashuvlarni kuchaytirish zarurligi asoslab berildi.

Kalit so'zlar: yurak-qon tomir kasalliklari, qandli diabet, onkologik kasalliklar, skrining, epidemiologiya, profilaktika.

ЭПИДЕМИОЛОГИЧЕСКИЕ ХАРАКТЕРИСТИКИ НЕИНФЕКЦИОННЫХ ЗАБОЛЕВАНИЙ И ИХ СОЦИАЛЬНО- МЕДИЦИНСКОЕ ЗНАЧЕНИЕ В САМАРКАНДСКОЙ ОБЛАСТИ

¹Тухтаева Рухшона Дониёровна

¹Студентка лечебного факультета

Самаркандский филиал Ташкентский

Международный университет Кимё,

Улица Х. Абдуллаева 64, Самарканд, Узбекистан

²Рузиева Сохиба Юлдашевна

²Старший преподаватель Самаркандский

филиал Ташкентский Международный

университет Кимё,

Улица Х. Абдуллаева 64, Самарканд, Узбекистан

Йулдошева Чарос Илхом кизи

³Студентка лечебного факультета

Термезкий филиал Ташкентский

медицинский Государственный университет

Улица И. Каримова 64, Термез, Узбекистан

Аннотация. В статье представлен эпидемиологический анализ неинфекционных заболеваний в самаркандской области. Исследование проведено среди более 300 пациентов в возрасте 30–63 лет. Изучены сердечно-сосудистые, онкологические, эндокринные заболевания и нарушения зрения.

Ключевые слова: сердечно-сосудистые заболевания, сахарный диабет подчёркивается необходимость усиления профилактических мероприятий., онкологические заболевания, скрининг, эпидемиология, профилактика

Introduction. In recent decades, non-communicable diseases (NCDs) have become a major problem for the global health system. Among them, cardiovascular diseases, oncological pathologies, diabetes mellitus and other endocrine disorders occupy a leading position. These diseases are characterized by long-term disability, premature death and economic damage.

In the Republic of Uzbekistan, these diseases are also one of the priorities of the health system. Changes in the lifestyle of the population, urbanization, physical inactivity and malnutrition are leading to an increase in the incidence rate.

This study aims to study the prevalence of NCDs in the Samarkand region and determine their structure..

Literature review.

Cardiovascular diseases are the leading cause of death worldwide. Arterial hypertension, atherosclerosis, and coronary heart disease are the most common. Metabolic syndrome, obesity, and insulin resistance play an important role in the development of the disease. Among oncological diseases, breast, stomach, colon, and liver cancer are the leading causes. Early screening significantly reduces mortality rates. Among endocrine diseases, diabetes mellitus occupies a leading place. Type 2 diabetes is associated with lifestyle and is closely related to decreased physical activity. Vision loss is also increasing among young people due to the widespread use of modern digital technologies. Research materials and methods

The study was conducted using a retrospective-observational method

Medical records of more than 300 outpatients were analyzed. Cardiovascular diseases \approx 18% 54 people. Oncological diseases \approx 4% 12 people, endocrine diseases \approx 9% 27 people. Measures are being taken to prevent diseases related to impaired vision \approx 12% -36 people, renal failure \approx 2.5% -7-8 people.

Scored indicators:

Blood pressure 20 Blood sugar 12 Body mass index 8 Statistical processing was performed using percentage indicators.

Results

disease name	number	percentage
Kidney failure	8	12
Decreased urination	36	12
Oncological	12	4
endocrine	27	9
Coronary heart	54	18

n ($\approx 0.03\%$), liver ($\approx 2.6\%$), colon ($\approx 3\%$). With early detection of cancer, arterial hypertension dominated among cardiovascular diseases. Hypertension and metabolic syndrome — up to 11%. According to our diabetes district, a person (that is, 10% of the population) lives with diabetes. Type 2 diabetes (insulin resistance) accounts for 6-6.5% of all cases. Diabetes-6-7% of the population, that is, about more people type 2 diabetes accounted for a major share in endocrine disorders.

Diseases of the adrenal and pituitary glands are rare, affecting 0.2–0.3% of the population. Diabetes mellitus 10%, Thyroid diseases 6%, Pituitary diseases 0.2%, Adrenal diseases 0.1%, Other endocrine diseases 0.3.

The most common among women are: Breast cancer - 4-5%, Cervical cancer - 0.02%, Colon cancer - 0.03%, Physical inactivity — 7%, Breast cancer ($\approx 0.07\%$), cervical cancer ($\approx 1.2\%$), stomach cancer can be reduced by 7-8%.

Discussion

The results show that YBKs remain a major health problem.

Risk factors:

Poor diet (30–35%), Obesity (13%), Hypertension and metabolic syndrome (11%)

Physical inactivity (7%). The "youthful" progression of diseases deserves special attention. Prevention and practical suggestions. Expand screening programs and regular blood pressure monitoring. Promote healthy lifestyles. Set limits on the use of digital devices. Improve health literacy.

Conclusion

Cardiovascular pathologies occupy a leading place among non-infectious diseases in the Samarkand region. Endocrine and visual disturbances also have a significant share.

Early diagnosis and preventive approaches are important factors in reducing morbidity and mortality.

Dedicated to the epidemiology of non-infectious diseases (ICRC) in the Samarkand region, the main conclusion is : cardiovascular diseases occupy a leading place (18%), endocrine disorders (9%) and decreased vision (12%) have a significant share; early screening and Prevention should be carried out the necessary measures. disorders (9%) and decreased vision (12%) have a significant share; early screening and Prevention should be carried out the necessary measures.

References used:

1. Ministry of Health of the Republic of Uzbekistan. National Statistical Collection on Non-Communicable Diseases. Tashkent: SSV, 2025. Fundamentals of Cardiology: Textbook / O'.A. Qodirov. Tashkent: Fan, 2024. – 320 p.
2. Endocrinology: Clinical Guide / M.M. Mirzayev. Tashkent: Medicine, 2023. 456 p. A
3. Methodological recommendations on oncology / Sh.T. To'khtayev. Samarkand: SKhU, 2025. 200 p
4. Metabolic syndrome studies / R.S. Ruzieva. Samarkand: TKHU branch, 2026 (scientific article).
5. Screening programs: Collection of scientific articles / UzMU. Tashkent: UzMU, 2024.
6. Fundamentals of ophthalmology / D.R. To'xtayeva. Samarkand: TKXU, 2025.- 150 b.
7. Global Burden of Disease Study: Cardiovascular diseases. Lancet, 2025.
8. Diabetes Mellitus Epidemiology in Central Asia / WHO Report. 2024.

9. Arterial hypertension and its prevention / ESH Guidelines. European Society of Hypertension, 2023.
10. Cancer Screening / NCCN Guidelines. 2025.
11. Report of the State Sanitary and Epidemiological Service / Republic of Uzbekistan, 20