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STUDY ON THE HEALTH STATUS OF INDIVIDUALS WITH LIVER CIRRHOSIS

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Abstract

In today's world, liver cirrhosis has become a prevalent and serious healthcare issue affecting millions of people worldwide. This chronic liver condition is often triggered by various factors such as excessive alcohol consumption, viral hepatitis, and obesity. However, it is important to understand the role that the surrounding environment and working conditions play in the development of liver cirrhosis. This article examines whether the environment and work conditions are a contributing factor to the development of liver cirrhosis"

Keywords: working conditions, liver cirrhosis, disease, hygiene

Introduction

Liver cirrhosis is a chronic liver disease characterized by the gradual replacement of healthy liver tissue with scar tissue. This can impair the liver's ability to function properly, leading to a range of symptoms such as jaundice, fatigue, and abdominal swelling. While alcohol abuse is a common cause of liver cirrhosis, other factors such as viral infections, autoimmune diseases, and genetic disorders may also play a role in its development [1].

The environment in which we live and work can have a significant impact on our health, including the risk of developing liver cirrhosis. Exposure to toxins such as heavy metals, pesticides, and industrial chemicals can damage the liver over time, leading to the development of cirrhosis [2, 3]. Additionally, living in areas with high levels of air pollution or contaminated water sources can also increase the risk of liver disease.

Certain occupations and working environments can put individuals at a higher risk of developing liver cirrhosis. Workers who are exposed to hazardous chemicals, fumes, or dust on a regular basis may experience liver damage over time. Industries

such as mining, agriculture, and manufacturing are known to be associated with an increased risk of liver cirrhosis due to the nature of the work and the potential exposure to harmful substances.

When considering the impact of environmental factors and working conditions on liver health, it is essential to recognize the interconnected nature of these influences. For example, individuals who work in industries with high levels of environmental pollution may be at a higher risk of liver cirrhosis due to both occupational exposure and the effects of living in a contaminated environment. Similarly, those who work in physically demanding jobs may be more susceptible to liver damage, especially if they are exposed to additional risk factors such as alcohol abuse or poor diet.

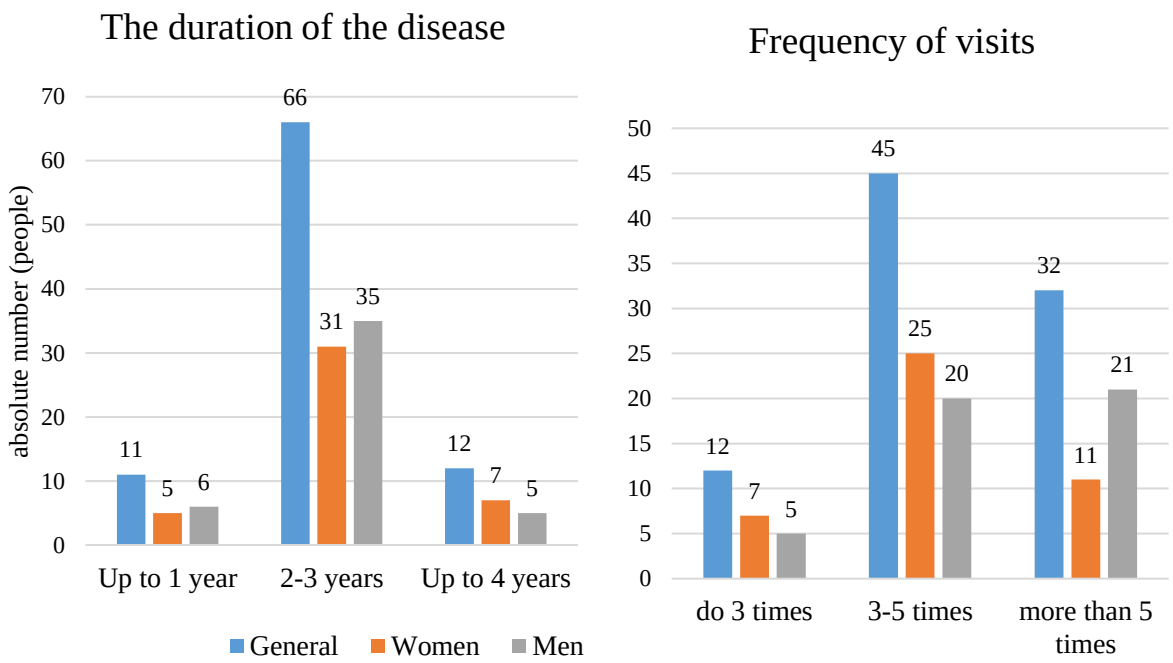
The research aim is to investigate how the surrounding environment and work conditions affect the development of liver damage, as well as the frequency and duration of visits by individuals with this pathology.

Research Methods and Materials

The study utilized a sample of outpatient medical records of individuals undergoing medical treatment at the clinics of the Research Institute of Immunology and Virology at the Ministry of Health of the Republic of Uzbekistan.

Results and discussion

The assessment of patients in the stationary department typically began upon admission. A total of 89 patients with liver cirrhosis were evaluated: 12 patients with symptoms for more than 4 years (7 females, 5 males), 66 with clearly pronounced symptoms for 2-3 years (31 females, 35 males), and 11 patients (5 females, 6 males) with symptoms lasting no more than 1 year. In terms of hospital visits: 12 patients had visited medical facilities no more than 3 times, 32 patients had visited more than 5 times, and 45 out of all evaluated patients had been hospitalized 3-5 times.



Picture 1. Distribution of Patients with Diagnosed Liver Cirrhosis Based on Disease Progression and Frequency of Visits Over a Year.

Exploring the environmental factors that impact liver health is a key aspect of studying liver cirrhosis. Exposure to toxins and pollutants in the external environment has led to liver damage and disease progression. A comprehensive assessment of scientific research helps identifies potential risk factors and develop strategies to mitigate the consequences. Understanding the occupations of patients is crucial for modifying the environment and workplace settings that contribute to liver damage.

After analyzing the situation and the state of production, as well as the professional activities of the respondents, it was understood that 5,62% worked in facilities with harmful factors, while 1,12% experienced changes. Harmful factors affected 5,62% of managers. At the time of hospitalization, 13,48% of elderly women, 32,58% of disability benefit recipients, including 19,1% of men and 13,48% of women were affected. Unemployed individuals due to health or other reasons accounted for 32,58% of the respondents, with women making up 13,48% and men 19,1%.

Table 1 Social status of persons with liver cirrhosis

Indicators	Women, n= 43	Men, n=46	Total , n=89
Disability pensioners	12	17	29
Pensioners	12		12
Unemployed (homeless)	19	18	37
Workers		5	5
Employees		1	1
Leaders		5	5

To reduce the risk of developing liver cirrhosis due to environmental and occupational factors, individuals can take several preventative measures. This includes wearing protective gear while working with hazardous substances, following safety protocols to minimize exposure to toxins, and seeking medical attention if any symptoms of liver disease are present. Additionally, maintaining a healthy lifestyle through regular exercise, a balanced diet, and avoiding excessive alcohol consumption can help support liver health and reduce the risk of cirrhosis.

In conclusion, the development of liver cirrhosis can be influenced by a variety of environmental factors and working conditions. By understanding the connection between our surroundings, our jobs, and our liver health, we can take steps to protect ourselves and reduce the risk of this serious medical condition. Whether through adopting safety measures at work, reducing exposure to harmful substances, or making healthier lifestyle choices, it is possible to mitigate the impact of external factors on liver health and overall well-being.

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