

DIET THERAPY OF RHEUMATOLOGIC DISEASES USING LOCAL PRODUCTS AND NATIONAL DISHES

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Relevance

According to the World Health Organization, rheumatic diseases cause 1/3 of all cases of temporary disability and about 10% of all disabilities.

This work aims to study the effectiveness of diet therapy with national dishes and local products in patients with rheumatologic diseases.

Materials and Methods

Studies were conducted in more than 30 patients with rheumatologic diseases undergoing treatment in the multidisciplinary clinic of the Tashkent Medical Academy. Similar patients receiving standard dietary therapy according to M.I.Pevzner served as a comparative group. The main group received dietary therapy with national dishes and local products prepared according to the basic dietary principles.

The following methods of research were applied in the work: general clinical, laboratory-instrumental, for assessment of metabolic disorders, dietetic with the use of objective criteria of rational digestion of food, and statistical.

Results

Adherence to dietary intervention was 61% in the main group and 23% in the comparison group. Both diet groups (main and comparison) lost slightly, 24% of patients in the main group and 13% in the comparison group ($p < 0.001$). The mean weight loss in the main group was 1.6 kg (11.4%) and 0.7 kg in the comparative group (6.8%) ($p < 0.005$).

Evaluation of peak knee compression force (a biomechanical measure of joint loading) after 10 days showed that joint loading decreased by 148 N (15%) in the main group and 65 N (10%) in the comparison group ($p < 0.005$).



Comparisons of pain and function on the WOMAC scale after 10 days showed that the main group had less pain compared to the comparison group (mean score, 1.02; 0.33-1.71; $p < 0.005$) and (0.79; 95% CI, 0.24-0.92; $p < 0.005$)

The findings showed that national dishes and local products had a positive effect on the general condition and clinical and laboratory data in the studied patients. Improvement of patients' condition at diet therapy with national dishes and dishes from local products can serve as a background of pathogenetic treatment.

Conclusion

The above-mentioned data make it possible to conclude that in the treatment of rheumatologic disease patients in our country along with the generally accepted dietary therapy according to M.I.Pevzner it is recommended to actively introduce the use of national dishes and dishes from local products.

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