

**BLOOD DISEASES IN SURKHANDARYA REGION, THEIR CAUSES AND  
PREVENTION**

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**ANNOTATION**

This article deals with blood diseases, which are one of the most common diseases in Surkhandarya region, their types, causes, treatment and prevention.

**Keywords:** *blood diseases, hematology, leukemia, leukocytes, erythrocytes, thalassemia.*

**RELEVANCE OF THE TOPIC**

We all know that the 21st century is the age of information technology. It is the development of information technology that has led to the rapid development of all industries. Medicine is one of them. This is because medicine today cannot be imagined without equipment and techniques. It benefits every medical unit. In recent years, cardiovascular disease and diabetes have become the most common diseases in Surkhandarya region. Many of our doctors admit that the reason for the high incidence of cardiovascular diseases is the weather in the region, poor nutrition, especially the consumption of meat products. The most common hematological diseases, including vascular diseases, are iron deficiency anemia, leukemia, thrombocytopenia and other diseases in Surkhandarya region.

**THE SCIENTIFIC BASIS OF THE SUBJECT**

Diseases of the circulatory system are a group of diseases associated with damage to the peripheral blood and blood-forming organs. The causes and symptoms of blood diseases vary, but all of them impair the development, function, distribution, and other parameters of blood cells. These changes depend on the function of the nervous-endocrine system, which regulates blood production, as well as the activity of other organs (stomach, liver), and the genetic machinery that determines the genetic characteristics of the organism. Due to the complexity and diversity of the mechanism of processes leading to blood diseases, blood diseases are conditionally divided into leukemias, anemias and coagulopathies depending on the pathogenetic features and clinical signs. Basically, diseases of the red blood system, diseases of the white blood system, diseases of platelets (blood platelets) are distinguished. Aplastic, hyperplastic changes in the circulatory system and other pathological processes leading to hematopoiesis play an important role in their origin.

Diseases of the red blood system. These include erythrocyte depletion, erythremia, leukemia, multiple myeloma, Hodgkin's disease (lymphogranuloma-powder), lymphosarcoma, reticulosarcoma, and others.

Platelet disease is associated with a decrease in the activity of megakaryocytes or platelets in the bone marrow. These include idiopathic thrombocytopenic purpura, Glansman's disease. Although blood diseases vary from one to another, they can be exacerbated by certain patterns and lead to disruption of many organs in the body.

**Research and results.** According to the results of my research during the cycle of hematology, in the list of the most common diseases in Surkhandarya region from January 1 to May 2021, iron deficiency anemia (69.3%), thrombocytopenia (3.9%) ) leukemias are common (not by species), commonly diagnosed diseases (3%), thalassemia levels (1.15%), hemophilia (0.9%) and other diseases. There are 3 patients with thalassemia group B in Surkhandarya region. They are stunted, have muscle atrophy, cachexia and malnutrition.

## **CONCLUSION**

In Surkhandarya region, families with close relatives are the main reason for the high incidence of these diseases. Studies show that Kumkurgan, Jarkurgan, Muzrabat and Denau districts have the highest incidence of this disease.

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