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1	Агабабян И.Р., Низамова Н.Г Влияние терапии сакубитрил-валсартаном на пациентов с сердечной недостаточностью с сохранённой фракцией выброса I.R. Agababyan, N.G. Nizamova The impact of Sacubitril-Valsartan Therapy in Patients with Heart Failure with Preserved Ejection Fraction I.R. Agababyan, N.G. Nizamova Saqlangan haydash fraksiyasi bilan yurak yetishmovchiligida sakubitril-valsartan terapiyasining ta'siri.....	10
2	Алланазаров А.Б. Комплексное лечение острого обструктивного бронхита у часто болеющих детей Allanazarov A.B. Complex treatment of acute obstructive bronchitis in frequently ill children Allanazarov A.B. Tez-tez kasal bo'lgan bolalarda o'tkir obstruktiv bronxitni kompleks davolash.....	16
3	Т.У. Арипова, Г.Ш. Негматова, З.Ю. Халимова Ранние молекулярные и иммунные маркеры как основа для дифференцированной терапии аутоиммунного полигланулярного синдрома 2 типа (обзор литературы) T.U. Aripova, G.Sh.Negmatova, Z.Y. Xalimova Early molecular and immune markers as a basis for differentiated therapy of type 2 autoimmune polyglandular syndrome (literature review) T.U. Aripova, G.Sh.Negmatova, Z.Y. Xalimova 2-tur avtoimmun poliglandular sindromi uchun erta molekulyar va immun belgilar – differensiallashtirilgan terapiyaning asosi (adabiyotlar sharhi).....	19
4	Дж.З.Бердикулов, В.Н.Туракулов Укрепление общественного здоровья: методы и подходы J.Z.Berdikulov, V.N.Turakulov Strengthening Public Health: Methods and Approaches J.Z.Berdikulov, V.N.Turakulov Aholi salomatligini mustahkamlash: usullar va yondashuvlar.....	23
5	Н.М. Джаббарова, И.Р. Агабабян Эффективность ингибиторов натрий-глюкозного котранспортера 2 типа у больных с неалкогольной жировой болезнью печени на фоне инсулинорезистентности N.M. Jabbarova, I.R. Agababyan Effectiveness of type 2 sodium-glucose cotransporter inhibitors in patients with nonalcoholic fatty liver disease against the background of insulin resistance N.M. Djabbarova, I.R. Agababyan Insulin qarshiligi bilan bog'liq noalkogol yog'li jigar kasalligi bo'lgan bemorlarda natriy-glyukoza kotransportyor 2-turi ingibitorlarining samaradorligi.....	26
6	Г.А. Закирова, Д.Р. Машарипова, Р.Х. Мирзаев, Ш.Р. Ибабекова Особенности дисфункции почек у пациентов с хронической сердечной недостаточностью G.A. Zakirova, D.R. Masharipova, R.Kh. Mirzaev, Sh.R. Ibabekova Characteristics of renal dysfunction in patients with chronic heart failure Г.А. Закирова, Д.Р. Машарипова, Р.Х. Мирзаев, Ш.Р. Ибабекова Surunkali yurak yetishmovchiligi bilan kasallangan bemorlarda buyraklar disfunktsiyasining xususiyatlari.....	30
7	Ибрагимова М.Ф., Жамshedова С.Ж. Влияние микробиоты кишечника на течение и исход обструктивного бронхита у часто-болеющих детей Ibragimova M.F., Zhamshedova S.Zh. Influence of intestinal microbiota on the course and outcome of obstructive bronchitis in frequently sick children Ibragimova M. F., Jamshedova S.J. Ichak mikrobiotasining tez-tez kasal bo'lgan bolalarda obstruktiv bronxit kechishiga va natijalariga ta'siri.....	41
8	S.N.Kurbanova Samarqand viloyati aholisi orasida yod tanqisligida KAP ko'rsatgichini o'rganish va ularning siydikdagi yod konsentratsiyasi bilan bog'liqligini tahlil qilish S.N.Kurbanova Изучение показателей ЦАП при дефиците йода у населения самаркандской области и анализ их связи с концентрацией йода в моче S.N.Kurbanova Study of the KAP indicators in iodine deficiency among the population of Samarkand region and analysis of their relationship with urine iodine concentration.....	45
9	Г. Т. Маджидова, У.Т.Намозов Иммунологические особенности хронической обструктивной болезни легких и его сочетания с COVID-19 G.T.Madjidova, U.T. Namozov Immunological features of chronic obstructive pulmonary disease and its combination with COVID-19 G.T.Madjidova, Namozov U.T O'pkaning surunkali obstruktiv kasalligi va uning covid-19 bilan immunologik xususiyatlari.....	52
10	И.К. Мамаризаев, М.Ф. Ибрагимова	

	Кардиоваскулярные и респираторные нарушения у новорожденных родившихся от матерей с эндотоксикозом I.K. Mamarizaev, M.F. Ibragimova Evaluation of the effectiveness of pentoxifylline in the treatment of community-acquired pneumonia accompanied by myocarditis in children I.K. Mamarizaev, M.F. Ibragimova Bolalarda miokardit bilan kechuvchi shifoxonadan tashqari pnevmoniyada pentoksifillin samaradorligini baxolash.....	57
11	Н.Т.Маматова, К.У.Куйлиев, З.Х.Жумаев, А.А.Ашуров, Б.А.Абдухакимов, Ф.К.Уринов Депрессивные расстройства у впервые выявленных больных туберкулезом N.T.Mamatova, K.U.Kuyliyev, Z.X.Jumayev, A.A.Ashurov, B.A.Abdukhakimov, F.K.Urinov Depressive disorders in newly diagnosed tuberculosis patients N.T.Mamatova, K.U.Kuyliyev, Z.X.Jumayev, A.A.Ashurov, B.A.Abduhakimov, F.K.Urinov Birinchi marta aniqlangan sil kasalligi bilan og'riqan bemorlarda depressiv buzilishlar.....	63
12	Г.Ш. Негматова, А.Д.Давранова Нарушения менструальной функции при заболеваниях щитовидной железы G.Sh.Negmatova, A.D. Davranova Menstrual disorders in thyroid diseases G.Sh.Negmatova, A.D. Davranova Qalqonsimon bez kasalliklarda hayz siklining buzilishi.....	68
13	Ташбаев Н.А., Калдыгозова Г.Е., Абдумаджидов Х.А. Характеристика больных неспецифическим и специфическим заболеванием среднего уха при туберкулезе легких Tashbayev N.A., Kaldygozova G.E., Abdumajidov Kh.A. Characteristics of patients with nonspecific and specific diseases of the middle ear in pulmonary tuberculosis Tashbayev N.A., Kaldygozova G.E., Abdumajidov X.A. O'pka sili bilan kasallangan bemorlarda o'rta quloqning nospetsifik va spetsifik kasalliklari tavsifi.....	72
14	И.Э. Уралбоев, Х.Н. Шадиева Метод консервативной коррекции килевидной деформации грудной клетки у девушек в пубертатном и постпубертатном периодах жизни I.E. Uralboev, Kh.N. Shadieva Method of the conservative correction of Pectus carinatum in girls of pubertal and postpubertal periods of life I.E. Uralboyev, X.N. Shadiyeva Balog'at yoshi va balog'at yoshidan keyingi qizlarda ko'krak qafasining kilsimon deformatsiyasi korrektsiyasini konservativ usuli.....	76
15	З.Ю.Халимова, Г.Дж. Наримова, С.Ш.Курбанова, М.Х.Аблакулова Взаимодействие мелатонина и метаболических параметров у женщин с ожирением: клинический анализ Z.Y. Halimova, G.J. Narimova, S.Sh. Kurbanova, M.H. Ablakulova Interaction of melatonin and metabolic parameters in obese women: case analysis Z.Y.Halimova, G.J.Narimova, S.Sh.Kurbanova, M.X.Ablakulova Semirib ketgan ayollarda melatonin va metabolik parametrlarning o'zaro ta'siri: klinik tahlil.....	81
16	А.О.Холикова, Д.Х.Абидова Оценка качества жизни пациентов с акромегалией и вторичным синдромом «пустого» турецкого седла с помощью международного опросника Acro-Qol A.O.Kholikova, D.Kh.Abidova Assessment of the quality of life of patients with acromegaly and secondary syndrome of the "empty" Turkish saddle using the Acro-Col international questionnaire A.O.Xoliquova, D.X.Abidova Acro-Qol xalqaro so'rovnoma dan foydalanib, akromegalya va "bo'sh" turk egarining akromegaly va ikkilamchi sindromi bo'lgan bemorlarning hayot sifatini baholash.....	87
17	Х.Н. Шадиева Клинический случай рестриктивной кардиомиопатии у мальчика Kh.N. Shadieva Clinical case of restrictive cardiomyopathy in boy X.N. Shadiyeva O'g'il bolada restriktiv kardiomiopatiyaning klinik holi.....	91
18	С.Т.Ярматов, Н.А.Вафоева Оптимизация лечения и медицинской реабилитации при сопутствующих заболеваниях сердечно – сосудистой системы S.T.Yarmatov, N.A.Vafoyeva Cardiovascular system diseases treatment in comorbid course and optimization of medical rehabilitation S.T.Yarmatov, N.A.Vafoyeva Yurak – qon tomir tizimi kasalliklari komorbid kechishida davolash va tibbiy reabilitatsiyani optimallashtirish.....	94



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УКРЕПЛЕНИЕ ОБЩЕСТВЕННОГО ЗДРАВООХРАНЕНИЯ: МЕТОДЫ И ПОДХОДЫ

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АННОТАЦИЯ

Общественное здравоохранение является важнейшим аспектом общественного благополучия, охватывающим широкий спектр мероприятий, направленных на улучшение здоровья населения. Укрепление общественного здравоохранения требует многогранного подхода, интеграции профилактических мер, укрепления здоровья и эффективных систем оказания медицинской помощи. В этой статье рассматриваются различные методы и подходы к укреплению общественного здравоохранения, уделяя особое внимание профилактическим стратегиям, вовлечению сообщества и роли систем здравоохранения в обеспечении благополучия населения. Пандемия COVID-19 подчеркнула важность надежных систем общественного здравоохранения, подчеркнув необходимость устойчивости, адаптивности и инноваций в решении проблем здравоохранения. Рассматривая успешные вмешательства в области общественного здравоохранения и их результаты, эта статья направлена на предоставление информации об эффективных стратегиях укрепления общественного здравоохранения и улучшения результатов в области здравоохранения во всем мире.

Ключевые слова: общественное здравоохранение, профилактические меры, укрепление здоровья, вовлеченность сообщества, системы здравоохранения, COVID-19.

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STRENGTHENING PUBLIC HEALTH: METHODS AND APPROACHES

ANNOTATION

Public health is a critical aspect of societal well-being, encompassing a wide range of activities aimed at improving the health of populations. Strengthening public health requires a multifaceted approach, integrating preventive measures, health promotion, and effective healthcare delivery systems. This article explores various methods and approaches to enhance public health, focusing on preventive strategies, community engagement, and healthcare systems' role in ensuring populations' well-being. The COVID-19 pandemic has underscored the importance of robust public health systems, highlighting the need for resilience, adaptability, and innovation in addressing health challenges. By examining successful public health interventions and their outcomes, this article aims to provide insights into effective strategies for strengthening public health and improving health outcomes globally.

Keywords: public health, preventive measures, health promotion, community engagement, healthcare systems, COVID-19.

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AHOLI SALOMATLIGINI MUSTAHKAMLASH: USULLAR VA YONDASHUVLAR

ANNOTATSIYA

Jamoat salomatligi jamiyat farovonligining muhim jihati bo'lib, aholi salomatligini mustahkamlashga qaratilgan keng ko'lamli tadbirlarni o'z ichiga oladi. Aholi salomatligini mustahkamlash ko'p qirrali yondashuvni, profilaktika choralari, salomatlikni mustahkamlash va samarali tibbiy xizmat ko'rsatish tizimini birlashtirishni talab qiladi. Ushbu maqola profilaktika strategiyalari, jamoatchilik ishtiroki va aholi farovonligini ta'minlashda sog'liqni saqlash tizimlarining roliga e'tibor qaratib, sog'liqni saqlashni yaxshilashning turli usullari va yondashuvlarini o'rganadi. COVID-19 pandemiyasi sog'liqni saqlash muammolarini hal qilishda chidamlilik, moslashuvchanlik va innovatsiyalar zarurligini ta'kidlab, mustahkam sog'liqni saqlash tizimlarining muhimligini ta'kidladi. Muvaffaqiyatli sog'liqni saqlash tadbirlari va ularning natijalarini o'rganish orqali ushbu maqola sog'liqni saqlashni mustahkamlash va butun dunyo bo'ylab sog'liqni saqlash natijalarini yaxshilash bo'yicha samarali strategiyalar haqida tushuncha berishga qaratilgan.

Kalit so'zlar: sog'liqni saqlash, profilaktika choralari, salomatlikni mustahkamlash, jamoatchilikni jalb qilish, sog'liqni saqlash tizimlari, COVID-19.

Introduction

Public health is the science and art of preventing disease, prolonging life, and promoting health through organized efforts and informed choices of society, organizations, public and private communities, and individuals. Public health aims to improve the quality of life by preventing and controlling diseases, injuries, and other health conditions through surveillance, policy-making, and health promotion. Strengthening public health is essential for achieving sustainable development goals and ensuring the well-being of populations.

1.1 Objectives

This paper aims to evaluate:

- The impact of public health interventions on population health.
- Statistical evidence reflecting the effectiveness of public health measures.
- Effective methods and approaches to strengthen public health systems.

2. Statistical Overview of Public Health

2.1 Global Health Challenges

Public health faces numerous challenges, including infectious diseases, chronic illnesses, and health disparities. According to the World Health Organization (WHO):

- Non-communicable diseases (NCDs) such as cardiovascular diseases, diabetes, and cancer account for 71% of global deaths annually.
- Infectious diseases like tuberculosis, malaria, and HIV/AIDS continue to pose significant threats, particularly in low- and middle-income countries.
- The COVID-19 pandemic has further exacerbated health inequalities, with over 6 million deaths reported globally as of 2023.

2.2 Health Promotion and Disease Prevention

Health promotion and disease prevention are key components of public health. Studies show:

- Vaccination programs have prevented approximately 2-3 million deaths annually from diseases like measles, polio, and influenza.
- Public health campaigns promoting healthy lifestyles have reduced the prevalence of smoking by 20% in high-income countries over the past decade.
- Access to clean water and sanitation has significantly reduced the incidence of waterborne diseases, saving millions of lives annually.

3. Measures to Strengthen Public Health

3.1 Preventive Measures

Preventive measures are the cornerstone of public health. These include:

- Vaccination Programs: Immunization remains one of the most cost-effective public health interventions, preventing millions of deaths annually.

- Health Education: Public awareness campaigns on healthy eating, physical activity, and smoking cessation have proven effective in reducing the burden of chronic diseases.

- Screening and Early Detection: Regular screening for diseases such as cancer, diabetes, and hypertension can lead to early intervention and better health outcomes.

3.2 Health Promotion

Health promotion involves enabling individuals and communities to increase control over their health. Key strategies include:

- Community-Based Programs: Initiatives such as community health worker programs and local health education campaigns have been successful in improving health outcomes in underserved areas.
- Workplace Health Initiatives: Employers can play a significant role in promoting health by offering wellness programs, mental health support, and access to preventive care.
- School Health Programs: Integrating health education into school curricula can instill healthy habits from a young age, reducing the risk of chronic diseases later in life.

3.3 Strengthening Healthcare Systems

A robust healthcare system is essential for delivering effective public health interventions. Key components include:

- Access to Quality Healthcare: Ensuring that all individuals have access to affordable and quality healthcare services is critical for improving population health.
- Healthcare Infrastructure: Investing in healthcare facilities, medical equipment, and technology can enhance the capacity to respond to health emergencies.
- Healthcare Workforce: Training and retaining a skilled healthcare workforce is essential for delivering effective care and implementing public health programs.

3.4 Innovation and Technology

The use of technology and innovation in public health has the potential to revolutionize healthcare delivery. Examples include:

- Telemedicine: Remote healthcare services can improve access to care, particularly in rural and underserved areas.
- Mobile Health Applications: Apps that track health metrics, provide health education, and facilitate communication with healthcare providers can empower individuals to take control of their health.
- Electronic Health Records (EHRs): EHRs can improve the efficiency of healthcare delivery by enabling seamless sharing of patient information among healthcare providers.

4. Discussion

The COVID-19 pandemic has highlighted the importance of strong public health systems in responding to health crises. The pandemic has also exposed weaknesses in public health infrastructure, particularly in low- and middle-income countries. Strengthening public health requires a coordinated effort from governments, healthcare providers, and communities. Preventive measures, health promotion, community

engagement, and the use of technology are all critical components of a comprehensive public health strategy.

4.1 Practical Implications

Healthcare providers should focus on individualized treatment plans that consider each patient's specific needs, including their physical capabilities, psychological well-being, and support systems. Empowering patients through education and self-management strategies can lead to better adherence to treatment and improved health outcomes.

4.2 Limitations of Current Approaches

Despite the benefits of these interventions, challenges remain. Accessibility to comprehensive care and public health programs may vary, particularly in low-income areas. Furthermore, the stigma

surrounding certain health conditions and perceived limitations can hinder individuals from seeking help.

5. Conclusion

Strengthening public health is essential for improving health outcomes and achieving sustainable development goals. A multifaceted approach that includes preventive measures, health promotion, community engagement, and the strengthening of healthcare systems is necessary to address the complex health challenges of the 21st century. The lessons learned from the COVID-19 pandemic should guide future public health efforts, ensuring that health systems are resilient, adaptable, and capable of responding to emerging health threats.

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