

QALQONSIMON BEZ “TILI”. BUQOQ – TANADAGI GORMONLAR OVOZI.

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Kalit so'zlar: endemik buqoq, gipertiroz, gipoteroz, tugunli buqoq, yod, eutiroid

Kirish:

Buqoq kasalligi — bu qalqonsimon bezning kattalashuvi yoki noto'g'ri ishlashi bilan bog'liq kasallik bo'lib, bu bez inson organizmida modda almashinuvini, tana haroratini, yurak urishini va boshqa muhim hayotiy jarayonlarni boshqarishda ishtirok etadi.

Buqoq bir nechta shakllarda namoyon bo'lishi mumkin:

1. Oddiy buqoq (eutyreoid buqoq) – bez kattalashgan, lekin gormon ishlab chiqarilishi normal.
2. Gipertireoz (toksemik buqoq) – gormonlar me'yoridan ortiq ishlab chiqariladi.
3. Gipotireoz – bez yetarli darajada gormon chiqarmaydi.
4. Tugunli buqoq (nodulyar buqoq) – bezda bitta yoki bir nechta tugun (shish) paydo bo'ladi.
5. Endemik buqoq – yod yetishmasligi sababli kelib chiqadigan buqoq turi, ayniqsa tog'li hududlarda keng tarqalgan.

Buqoqning belgilari

Bunday holatlarda bo'yin sohasida (qalqonsimon bez joylashgan joyda) shish paydo bo'ladi. Shish kichik yoki katta bo'lishi mumkin, ayrim holatlarda ko'zga ko'rinmaydi, lekin qo'l bilan ushlaganda bilinadi. Og'riqsiz bo'lishi mumkin, lekin ba'zi hollarda bosilganda noqulaylik seziladi. Agar buqoq bez juda kattalashgan bo'lsa, u traxeyani (nafas yo'llarini) yoki qizilo'qni siqib qo'yishi mumkin. Tez ozib ketish yurak urishining tezlashuvi (taxikardiya), terlash, issiqlikni yoqtirmaslik asabiylik, tez jahllanish, ko'zlar chaqnab turadi, ayrim hollarda "g'ilaylash" holati uyqu buzilishi kabi jarayonlar afsuski kuzatiladi.

Buqoq kasalligining oldini olish maslahati

Har yili endokrinolog ko'rigidan o'tish, qalqonsimon bez ultratovush tekshiruvini (UZI) muntazam qilish. Agar oilada kimdadir buqoq bo'lsa – irsiy moyillik bor degani. Yaxshisi erta tekshiruvdan o'ting, gormon muvozanatini nazorat qilish muhim. Zararli odatlardan saqlanib: chekish qalqonsimon bezga salbiy ta'sir qiladi, haddan ortiq turli dorilarni ichish (shifokor retseptisiz). Tog'li, yod kam hududlarda (masalan, O'zbekistonning ayrim mintaqalari)

yashayotgan bo'lsangiz, yod yetishmasligiga yanada ehtiyot bo'ling, tabiiy suv va oziq-ovqat tarkibida yod miqdori past bo'ladi. Sog'lom hayot tarziga amal qiling: Ratsional ovqatlanish (meva-sabzavotga boy) stressni kamaytirish (stress ham qalqonsimon bez faoliyatiga ta'sir qiladi), me'yoriy ravishda jismoniy faol bo'ling. Yod yetishmovchiligini oldini olish: **Yod** — qalqonsimon bez gormonlari (T3 va T4) sintezi uchun asosiy mikroelementdir. Inson organizmi bu modda bilan ta'minlanmasa, bez uni ko'proq ishlab chiqarishga harakat qilib, kattalashadi — ya'ni buqoq paydo bo'ladi.

Yod manbalari: Dengiz mahsulotlari (baliq, qisqichbaqa, dengiz karam — laminariya), sut va sut mahsulotlari, tuxum, go'sht, meva va sabzavotlar (fejxo, olma, sabzi, ismaloq, kartoshka). Har kuni yodlangan osh tuzidan foydalanish qalqonsimon bez kasalliklarining oldini olishning eng samarali usulidir.

Sog'lom jamiyat — bu sog'lom insonlardan iborat. Har bir kishi o'z salomatligini asrasa, butun xalq kuchli bo'ladi. Buqoq kasalligini oldini olish — o'z hayotingiz va avlodlaringiz kelajagiga bo'lgan g'amxo'rlikdir.

THE THYROID GLAND DISEASE

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Introduction

Goiter disease is a disorder associated with the enlargement or improper functioning of the thyroid gland. This gland plays a key role in regulating metabolism, body temperature, heart rate, and other vital processes in the human body.

Forms of Goiter

1. Simple (Euthyroid) Goiter – the gland is enlarged, but hormone production remains normal.
2. Hyperthyroidism (Toxic Goiter) – the gland produces an excessive amount of hormones.
3. Hypothyroidism – the gland produces insufficient hormones.
4. Nodular Goiter – one or more nodules (lumps) appear in the gland.
5. Endemic Goiter – caused by iodine deficiency, common in mountainous regions.

Symptoms of Goiter

In such cases, swelling appears in the neck area (where the thyroid gland is located). The swelling may be small or large; sometimes it is not visible but can be felt by touch. It is usually painless but may cause discomfort when pressed. If the gland becomes very large, it can compress the trachea (airway) or esophagus.

Other symptoms may include:

Sudden weight loss

Rapid heartbeat (tachycardia)

Excessive sweating

Heat intolerance

Nervousness and irritability

Bulging eyes or “staring” look

Sleep disturbances

Prevention of Goiter

Visit an endocrinologist regularly and have an ultrasound (UZI) examination of the thyroid gland.

If someone in your family has a goiter, you may have a hereditary predisposition—early screening is advisable.

Avoid harmful habits such as smoking—it negatively affects the thyroid gland.

Do not take medications without a doctor’s prescription.

People living in mountainous or iodine-deficient regions (such as some parts of Uzbekistan) should be especially cautious, as natural water and food there may contain low iodine levels.

Maintain a healthy lifestyle:

Eat a balanced diet rich in fruits and vegetables.

Manage stress, as it can affect thyroid function.

Stay physically active.

Preventing Iodine Deficiency:

Iodine is the key trace element required for the synthesis of thyroid hormones (T3 and T4).

If the body lacks iodine, the gland enlarges to compensate — resulting in goiter.

Sources of Iodine:

Seafood (fish, crab, seaweed/laminaria), milk and dairy products, eggs, meat, fruits and vegetables (feijoa, apples, carrots, spinach, potatoes).

Using iodized salt daily is the most effective way to prevent thyroid diseases.

A healthy society consists of healthy individuals.

If every person takes care of their health, the entire nation becomes stronger.

Preventing goiter means caring for your life and the future of your children.

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