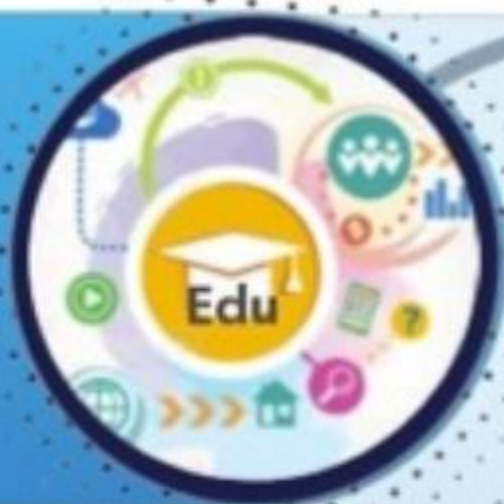




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ON THE ROLE OF A HEALTHY LIFESTYLE IN WOMEN'S HEALTH

T.B. Irmukhamedov

Tashkent Pediatric Medical Institute, Tashkent, Uzbekistan

mr.adibay@mail.ru

Annotation. Healthy lifestyle (HLS) is a human activity that is aimed at maintaining and improving the functioning of one's body in accordance with the doctor's recommendations, as well as adapting it to constantly changing environmental conditions. It is also important to achieve the maximum level of health, prevent the occurrence and development of health disorders.

AYOLLAR SALOMATLIGIDA SOG'lom turmush tarzining o'rni to'g'risida

T.B. Irmukhamedov

Toshkent pediatriya tibbiyot instituti, Toshkent, O'zbekiston

Izoh. Sog'lom turmush tarzi (STT) - shifokor tavsiyalariga muvofiq o'z organizmining faoliyatini saqlab qolish va yaxshilashga, shuningdek uni doimiy o'zgarib turadigan atrof-muhit sharoitlariga moslashtirishga qaratilgan inson faoliyati. Salomatlikning maksimal darajasiga erishish va salomatlik buzilishlarining paydo bo'lishi va rivojlanishining oldini olish ham muhim ahamiyatga ega.

О РОЛИ ЗДОРОВОГО ОБРАЗА ЖИЗНИ В ЗДОРОВЬЕ ЖЕНЩИН

Т.Б. Ирмахамедов

Ташкентский педиатрический медицинский институт, Ташкент, Узбекистан

Аннотация. Здоровый образ жизни (ЗОЖ) - это жизнедеятельность человека, которая направлена на направленная на сохранение, совершенствование функционирования своего организма в соответствии с рекомендациями врача, также приспособление его к постоянно меняющимся условиям окружающей среды. Также не мало важным является достижение максимального уровня здоровья, превенция возникновения и развития нарушения здоровья.

There is currently a trend towards a healthy lifestyle (HLS). Let us first define what a healthy lifestyle formation system is. Healthy lifestyle (HLS) is a human activity that is aimed at maintaining and improving the functioning of one's body in accordance with the doctor's recommendations, as well as adapting it to constantly changing environmental conditions. [1]. It is also important to achieve the maximum level of health, prevent the occurrence and development of health disorders.

Thus, it is important to note that through regular effective training, i.e. physical activity, an individual achieves the ability to effectively perform not only daily, i.e. household things, but also socially useful professional, public ones. All this contributes to effective functioning in society.

The level of health of each person, considered in a group of people, determines the level of health of this group as a whole. It is also necessary to note that the health of an individual depends on various factors. [3]. Moreover, these can be both endogenous factors, which are associated with heredity, and a number of external factors, that is, exogenous factors.

These include factors such as the external environment, lifestyle, how regularly an individual participates in medical examinations, and in general, how promptly he seeks medical help, including preventive examinations. [2].

Of course, it should be noted that the greatest impact on the quality of health of society and each person, in particular, is exerted by the lifestyle of a person. Let's consider what important indicators form a healthy lifestyle.

These are such components as adherence to the daily routine, which includes hygienic measures, as well as hardening, motor activity, physical exercises. No less important is the alternation of mental and mechanical labor.

Basic recommendations for maintaining a balanced diet

1. Do not prescribe "diets" to yourself. Here it is necessary to remember that a diet is, first of all, a therapeutic diet. In some cases, there are cases when a person refuses to eat at all. This can cause irreparable harm to the health of the female body.

2. It should be noted that reducing the consumption of fast-digesting carbohydrates, as well as increasing the consumption of vegetables and fruits, fiber has a positive effect on health.

3. Leaving the table with a feeling of slight hunger allows you to maintain sugar levels at a normal level.

4. It is necessary to remember that late meals, especially shortly before bedtime, can contribute to the formation of excess weight.

5. Eating "in front of the TV" can seriously negatively affect health. This habit contributes to the fact that while watching TV or working on the computer, a person eats a larger volume of food, and this can also cause disturbances in the motility of the digestive tract.

If possible, avoid or limit stress overloads. If we are talking about physical activity, then it is always necessary to remember that before you begin to load your body with any physical activity, you must undergo medical consultation.

An important aspect is the implementation of medical recommendations, timely requests for medical care, timeliness and frequency of visits to the antenatal clinic by pregnant women, visits to medical and preventive institutions, and undergoing medical examinations. In general, it is important to say here that every medical worker can, and probably should, demonstrate by personal example how to maintain a healthy lifestyle. [4].

An undoubtedly important aspect is that strengthening women's health is facilitated not only by treatment and diagnostic measures, but also by a wide range of preventive measures.

Distress and its impact. Stress - translated from English means "pressure, pressure, tension". A tense emotional state has a negative impact on the psychological and physical condition of a person. Stress leads to psychoemotional disorders (anxiety, depression, neuroses, low mood, or, conversely, overexcitement, anger, memory impairment, insomnia). [2]. Stress is the main risk factor in the manifestation and exacerbation of many diseases: cardiovascular (hypertension, angina, stroke), gastrointestinal tract (ulcer, gastritis), colds and infections, which is explained by weakened immunity.

The importance of hardening the body. It must be said that for a healthy lifestyle, hardening the body is an important component. The simplest method of hardening is air baths. Water procedures also play a huge role in the hardening process - strengthening the nervous system, having a beneficial effect on the heart and blood vessels, normalizing blood pressure and metabolism.

A good night's sleep. It is very important to note that a good night's sleep contributes to the general strengthening effect of the whole organism. During sleep, the "sleep hormone" or melatonin is produced. But it is important to know about the conditions under which it can be produced. This is complete darkness and the absence of any artificial light sources. Thus, we can say that sleep is one of the effective ways for a woman to restore strength. Maintaining sleep hygiene in turn helps maintain the immune system at the proper level of functioning. This in turn ensures the immunity of the woman's body to various infectious agents. [3].

Thus, based on the above, we can conclude that commitment to a healthy lifestyle is one of the primary tasks for the full and effective functioning of the female body.

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