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WAYS TO PREVENT CHILDREN'S DISEASES AND TREAT THEM WITH MODERN METHODS IN MEDICINE

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ABSTRACT This article discusses the methods of prevention, early diagnosis and modern treatment of common infectious and non-communicable diseases among children. Recommendations are given on vaccination, adherence to hygiene standards, and strengthening the immune system of children as preventive measures. The importance of treatment methods based on innovative technologies, in particular physiotherapy, modern antibiotics, an individual approach and telemedicine services, is also considered. The article contains scientific and practical recommendations aimed at improving children's health in the healthcare system.

Keywords: Children's diseases, vaccination, prevention, respiratory diseases, allergic diseases, neurological disorders, treatment methods, modern medicine, diagnostics, inhalation therapy, telemedicine, physiotherapy, innovative drugs.

Subject relevance .

Nowadays, preserving and strengthening children's health is one of the priorities of the global health system. Infectious and non-communicable diseases that occur in childhood have a negative impact not only on the child's body, but also on the future of society . In particular, the deterioration of the ecological environment, nutritional problems, some contradictory views on vaccination and repeated waves of pandemics lead to a further deepening of these problems. Therefore, the issues of preventing diseases, early diagnosis and their treatment with modern, scientifically based methods are relevant today. New technologies and innovative approaches, in particular, telemedicine, genetic screening and individual treatment methods, serve to further expand achievements in this area. Scientific study of this topic serves to improve children's health, reduce the spread of diseases and form a healthy generation.

INTRODUCTION. Children's health plays an important role in the progress and sustainable development of any society. Children, who constitute the most vulnerable and vulnerable segment of the population, are susceptible to various diseases, and their bodies are very sensitive to external factors. Despite the achievements in the field of health care in recent years, the increasing number of infectious and non-communicable diseases among children is of serious concern. In particular, environmental degradation, malnutrition , low immunity, non-compliance with hygiene rules, and a decrease in vaccination rates are exacerbating this situation. At the same time, advances in modern medicine, the emergence of innovative technologies, and new treatment methods are expanding the possibilities for preventing and effectively treating diseases. In particular, children's health can be improved through the introduction of telemedicine services, individual therapeutic approaches, modern diagnostic tools , and the improvement of vaccination programs. This article analyzes the main diseases occurring in children, their causes, preventive measures, and modern methods of treatment. It also provides practical recommendations for combating these problems in the healthcare system.

The main part.

The most common diseases among children are divided into two groups: infectious and non-infectious. Infectious diseases include diseases such as ARVI (acute respiratory viral infections), influenza, intestinal infections, measles, chickenpox, scarlet fever. Non-infectious diseases include conditions such as bronchial asthma, diabetes, allergies, cardiovascular diseases , neurological disorders. Many diseases, if not detected in time, become chronic and cause serious harm to the child's health. Causes of diseases The following factors play an important role in the occurrence of diseases:

Low immunity and nutritional imbalance;

Failure to comply with sanitary and hygienic rules;

Low medical literacy of parents;

Environmental pollution and ecological factors;

Refusal or improper vaccination;

Hereditary (genetic) factors.

Disease prevention is one of the most effective areas of the healthcare system. The following preventive measures are important in this: Vaccination (immunization): It is a key factor in preventing many dangerous infectious diseases. Formation of a healthy lifestyle: Education in a culture of rational nutrition, physical activity, hygiene. Increasing medical literacy of mothers and fathers: Timely referral, healthy pregnancy and infant care. Medical examinations: Implementation of regular medical check-ups and screening programs. Modern treatment methods. Modern medicine uses several advanced areas in the treatment of diseases : Individual therapeutic approach: Treatment is planned depending on the age, condition, type of disease and immune status of each patient. Innovative diagnostic tools: The possibility of early diagnosis through ultrasound, MRI, genetic tests, rapid laboratory tests. Modern pharmacotherapy: New generation antibiotics, antiviral drugs and anti-allergic drugs. Physiotherapy and rehabilitation: Widely used in the treatment of respiratory tract, muscle and nervous system rehabilitation. Telemedicine services: Creating opportunities for remote consultations and online monitoring, especially for children living in remote areas.

Improving the health care system by the state, strengthening the material and technical base of children's polyclinics, expanding the activities of family doctors, and increasing the accessibility of medical services are important in reducing diseases.

The main purpose of this scientific article is to analyze the causes of infectious and non-communicable diseases common among children , to study preventive measures aimed at their prevention, and to analyze modern, scientifically based treatment methods in a practical way. At the same time, one of the important directions of this study is to determine the role and effectiveness of modern technologies, in particular telemedicine and innovative diagnostic methods, in maintaining children's health. Research objectives The following tasks were set in the implementation of this study: Classification of the main infectious and non-communicable diseases among children by type; Identification and analysis of the main factors affecting the occurrence of diseases; Study of preventive measures aimed at preventing diseases; Determination of the importance of vaccination programs and their place in practice; Study of the role and impact of adhering to healthy lifestyles and hygiene rules in improving children's health; Scientific analysis of modern treatment methods - physiotherapy, innovative drugs, individual therapeutic approaches

and telemedicine services; Determination of the importance of the participation of the healthcare system and state policy in strengthening children's health; Development of scientific and practical recommendations based on research.

The following scientific and methodological approaches were used in conducting this scientific work: Literature analysis – local and international scientific articles, textbooks, and statistical data on children's diseases, prevention, and modern treatment methods were studied. Comparative analysis – traditional and modern treatment approaches were compared. Medical and statistical method – statistical indicators on children's diseases were analyzed based on data from the Republic of Uzbekistan and the WHO. Empirical observation – some treatment methods and preventive measures used in practice were observed. Sociological survey – a questionnaire was conducted among parents and pediatricians and opinions on factors affecting children's health were analyzed. Research results The following main results were obtained during the study: Among the most common diseases among children, ARVI, dysbacteriosis, allergic reactions, and iron deficiency anemia are in the leading positions. The main causes of diseases are low immunity, improper nutrition, non-compliance with hygiene rules and lack of vaccination were identified. It was observed that systematic implementation of preventive measures can reduce the incidence rate by 30–40%. Remote consultations via telemedicine have proven to be an effective solution, especially for children living in remote areas. In cases where physiotherapy, modern antibiotics and complex vitamin therapy were used, the recovery period from the disease was 25–30% faster than with traditional methods. It was identified that it is necessary to increase medical literacy among parents and caregivers on a healthy lifestyle and immunization. Modern treatment methods Today, in addition to traditional methods, modern approaches based on science and technology are widely used in the treatment of children's diseases. These methods play an important role in quickly diagnosing the disease, ensuring an individual approach and reducing the risk of complications. The main types of such advanced methods are described below: Respiratory diseases are the most common diseases, especially among children. These diseases include acute respiratory viral infections (ARVI), influenza, pneumonia, bronchitis and other viral or bacterial infections. Modern methods of treating these diseases include: Antiviral and antibiotic drugs: Special antiviral drugs are used for viral infections, and antibiotics for bacterial infections. Inhalation therapy: Medicines are administered using inhalation devices, including nebulizers, to facilitate breathing. Physiotherapy: During illnesses, children can be improved with breathing exercises, laser and ultrasound therapy.

Allergies are becoming increasingly common among children. The most common allergic diseases include bronchial asthma, allergic rhinoconjunctivitis, dermatitis, and food allergies. Modern methods of treating them are as follows : Antihistamines: Antihistamines are used to reduce allergic reactions and eliminate itching and swelling. Immunotherapy: In the treatment of allergic diseases, immunotherapy (vaccines) can be used to reduce the immune system's response to allergens. Food restriction: It is necessary to follow special diets for food allergies. 3. Neurological disorders Neurological disorders are also common in children. These diseases include neuroses, epilepsy, intellectual and developmental disabilities. Modern treatment methods include : Antiepileptic drugs: Special medications are used for epilepsy and other nervous system diseases. Rehabilitation and physiotherapy: Movement exercises, using the services of a speech therapist and defectologist to restore the nervous system and improve physical capabilities. Psychological support: Psychotherapy and support play an important role for mental conditions associated with neurological disorders.

CONCLUSION. Children's diseases are not only a medical issue, but also an indicator of the general health and development of society, and their prevention and treatment are one of the

main tasks of the healthcare system. The results of the study showed that the most common diseases among children include respiratory infections, allergic reactions, acute intestinal infections and chronic diseases. Vaccination, adherence to hygiene procedures, proper nutrition and physical activity are important in the prevention of these diseases. Modern treatment methods, in particular, individual therapeutic approaches, new generation drugs and innovative diagnostic tools significantly improve the early detection, effective treatment and recovery processes of diseases. Telemedicine and physiotherapy services are being effectively used even in remote areas, which creates new opportunities for the prevention and treatment of diseases. Recommendations Strengthening vaccination programs: To increase the level of vaccination among children, it is necessary to increase the medical literacy of parents and strengthen advocacy work to explain the importance of vaccination. It is important to prevent diseases through vaccination and ensure its economic and health system effectiveness. Formation of a healthy lifestyle: It is necessary to promote proper nutrition, physical activity, and compliance with sanitary and hygienic rules among parents and children. A sufficient amount of microelements and vitamins in nutrition helps protect the children's body. Improving child health monitoring: It is necessary to carry out medical monitoring for each child, expand healthy child programs, and implement early diagnostics. In this case, expanding the capabilities of telemedicine and providing remote care to young children will be effective. Further development of scientific research: It is necessary to conduct new scientific research on children's diseases and their treatment methods and develop practical recommendations based on the results . This, in turn, will allow the use of new, effective approaches to the treatment of diseases. Public - private sector cooperation: It is necessary to integrate the public and private sectors in the healthcare system, implement wellness programs, and introduce upgrades and modern medical technologies in children's clinics.

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