

# DIAGNOSTICS AND CORRECTION OF PHYSICAL DEVELOPMENT DISORDERS IN CHILDREN WITH CHRONIC PATHOLOGY OF THE DIGESTIVE SYSTEM

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## Abstract

Disorders of physical development in children with chronic pathology of the digestive system are one of the pressing and complex problems in the field of Medicine. Chronic digestive disorders disrupt the absorption of nutrients in the child's body and negatively affect general health. As a result, the child's physical growth rate slows down, less muscle mass development occurs, weight deficiency and many other negative conditions occur.

**Keywords:** Digestive system, gastric mucosa, tract, children, standards, weight, nutrients, medicine, assessment.

## Introduction

Chronic diseases of the digestive system are common among children, and are especially common in adolescence. Conditions such as inflammatory processes that occur periodically in the digestive organs of the child, impaired intestinal microflora, dysbiosis of the gastrointestinal tract reduce the body's ability to use food. This directly affects the development of the child. Early detection of chronic diseases is primarily important for quality medical examinations and accurate diagnosis. Pediatricians and gastroenterologists should systematically monitor the condition of the child. With the help of measurements, it is necessary to regularly measure the child's indicators, such as body weight, height, head circumference. By comparing these indicators with standards that correspond to the age of the child, it is possible to determine at what stage of development there is a problem. In addition, laboratory analyzes are also necessary in assessing the state of the child's body's use of food. Blood tests can detect protein levels, vitamins, minerals, sugar, and other important indicators. If there is a deficiency of these important elements in the child's body, physical developmental disorders are more pronounced. Therefore, an individual treatment plan is drawn up based on the result of the analyzes. [1] In chronic digestive disorders, the focus is on the reorganization of the child's diet. In nutrition, it is important to establish a reasonable diet, take sufficient amounts of the necessary vitamins and minerals, as well as stabilize the intestinal microflora with the help of probiotics and prebiotics. By correcting disorders that occur in the digestive system, the absorption of nutrients in children improves, which in turn accelerates physical development. Also, special treatments are used to reduce inflammatory processes associated with chronic diseases and strengthen the



body's immunity. An important role in this is played by anti-inflammatory drugs, preparations that support liver function and methods of detoxification of the body. To strengthen the immune system, children are given useful biological supplements. It is also necessary for the child to have sufficient physical activity in physical development. In children with chronic digestive disease, exercise can help maintain and increase muscle mass, improve blood circulation, and promote overall health. However, it is also recommended by doctors to improve the mental state of children and involve them in social activity. Psychologically healthy children feel better, which speeds up the healing process. [4]

The role of parents in treatment is incomparable. The family environment and parental affection increase motivation in the child's recovery process. The parent should also monitor the child's diet, treatment and general health. And the state health system needs to expand the network of specialized centers and polyclinics to provide quality medical care to children. Pediatricians, gastroenterologists, nutritionists and physiotherapists work together in these centers. Preventive measures are of great importance in the Prevention of physical developmental disorders caused by diseases of the chronic digestive system. It is necessary to teach children to eat properly, to choose the right diet for them, and also to promote a healthy lifestyle. It is important to carry out programs for the promotion of healthy living in schools and kindergartens, to form skills for compliance with the rules of hygiene in children. These measures reduce the risk of developing chronic diseases. In addition, regular analyzes are necessary in order to identify the factors that cause chronic digestive disorders and prevent them. This includes family history, environmental influences, children's lifestyles. Early diagnosis work in the diagnosis and Prevention orientation has a positive effect on the preservation of children's health and their physical development. Regular medical examination and monitoring also make it possible to detect small changes in the development of children at an early stage. It is very necessary for doctors to work cooperatively in assessing the condition of the child, to take into account the individual characteristics of the child. This helps to prepare proper treatment and rehabilitation programs. Treatment of physical development disorders in children with chronic gastrointestinal diseases helps not only to restore health, but also to improve the future quality of life of the child. Scientific research and modern medical methods are needed to combat this problem. At the same time, social cooperation and a collaborative approach with family members are important factors in children's growth and development. [6] Prevention of digestive disorders in children is an important issue that requires a long-term and systematic approach. Due to the fact that the children's organism is in the growth and development stages, their digestive system becomes more sensitive and vulnerable compared to other age groups. Therefore, in order to prevent diseases of the digestive system, serious attention should be paid to the appropriate diet, hygiene, lifestyle and psychological state of children. As a primary element, it is necessary to form healthy eating habits in children. The quality and variety of food products ensures the optimal functioning of the child's digestive system. The introduction of high-fiber foods – products made from vegetables, fruits, whole grains-stimulates intestinal activity, reduces the risk of inflammation of the gastrointestinal tract. At the same time, fatty, sugar-saturated, artificial additives and canned products should be avoided, since they irritate the gastrointestinal system and lead to impaired activity. In



children's nutrition, it is important that the diet is balanced. The diet should contain enough protein, fats, carbohydrates, vitamins and minerals necessary for each element of the organ. This serves to properly organize the digestive process.[2]

Compliance with hygiene rules plays an important role in prevention. In the process of cooking, it is necessary to observe the cleanliness of food, hygiene rules. Parents should teach children to wash hands regularly and carefully, especially before and after meals. Children should avoid bringing microorganisms into internal organs with their gaze. Strict adherence to hygiene rules, especially in school and kindergarten settings, can prevent the spread of infections. Water is vital for the digestive system. The child should drink enough of clean and safe drinking water throughout the day. Dehydration has a negative effect on a person of any age, especially for children, this condition hinders the normal functioning of the stomach and intestines. Strict attention should be paid to the eating routine. It is possible to regulate the digestive process by developing the habit of children eating at the same time. Eating several times a day, at regular intervals, in a timely and moderate manner, helps the gastrointestinal system function effectively. Eating excessively spicy, too hard, hot or cold foods should be avoided, as they cause damage to the gastric mucosa, the celebration of the inflammatory process on others. At the same time, it is necessary to avoid oversaturation of the child with too much food, as this leads to an overload of the stomach. Reducing stress and mental overload in children is also important to take home. Mental state directly affects the functioning of the digestive system. Stress, restlessness, fear and other psychological problems can disrupt the functioning of the pancreas, reduce or increase the secretion of gastric juice. As a result, various diseases develop in the stomach and intestines. Therefore, it is necessary to create a healthy and comfortable home environment for the child, support them, protect against psychological stress. Allowing a child to express free thoughts and their own feelings can help stabilize the mental state. Physical activity also helps the digestive system function normally. [5]

Through regular exercise, the tone of the muscles of the intestines and stomach is maintained, blood circulation is improved, and metabolic processes are on balance. In addition, sports and movement strengthen the child's immune system, which improves overall health and prevents diseases. Playing outside, walking every day serves as a condition for healthy growth and development for children. Preventive medical examinations are very important in the early detection and Prevention of diseases of the digestive system. Regular examinations by specialists make it possible to assess the growth and development indicators of the child. With the help of diagnostic tools, it is possible to timely identify the symptoms of disorders, inflammatory processes, microflora conditions and other diseases that occur in the stomach and intestines. Depending on the age of the child, individual characteristics, doctors give recommendations on nutrition, prescribe treatments if necessary. This serves to prevent chronic diseases. In addition to proper nutrition and a healthy lifestyle, it is also important to obtain the necessary vitamins and minerals in order to support and strengthen the immunity of the child's body. In particular, a complex of vitamin D, iron, zinc and vitamins helps to ensure the healthy functioning of the gastrointestinal system. Parents need to provide children with vitamins in a regular way, and also adhere to a balanced diet. Often, a lack of vitamins and microelements



can occur when the diet and lifestyle change, which leads to a weakening of the digestive system.[7]

### Conclusion:

In conclusion, the pathology of the chronic digestive system leads to disorders of physical development in children. A systematic and individual approach is necessary to prevent and treat this condition. In the process of diagnosis and treatment, it is important to pay attention to the child's diet, health, physical activity and mental state. Effective implementation of preventive measures and methods of treatment will serve to improve the health of children and increase their quality of life. This is instrumental in ensuring the healthy development of not only the family but the entire community.

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