

THE IMPORTANCE OF PHYSICAL EXERCISES IN MAINTAINING AND PROMOTING HEALTH

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Abstract

Health is a priceless wealth for a person. Its preservation is entrusted to each of us. That is why taking care of one's health is one of the obligatory actions. In the treatment of any disease, non-medication, that is, a method of treatment aimed at changing the lifestyle, is also important. Our way of life is a unique mirror that clearly shows the level of our medical culture. The importance of medical examination is that a timely medical examination makes it possible to always be healthy. A person who preserves and strengthens his health leads a healthy lifestyle and lives a long life. Modern medicine has the ability to treat many diseases. But we should not forget that it is easier to prevent the disease than to treat it. In this regard, timely medical examination prevents many diseases from progressing to serious levels and helps to maintain human health.

Keywords: Human health, medical examination, healthy lifestyle, medical culture, normative documents.

SALOMATLIKNI SAQLASH VA MUSTAHKAMLASHDA JISMONIY MASHQLARNING AHAMIYATI

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Annotatsiya:

Inson uchun bebaho boylik – bu sog'lik-salomatlikdir. Uni asrash esa har birimizga omonat qilib berilgan. Shuning uchun ham inson o'z sog'ligini ehtiyot qilishi vojib amallardan hisoblanadi. Har qanday kasallikni davolashda nomedikamentoz, ya'ni turmush tarzini o'zgartirishga qaratilgan davolash usuli ham muhim sanaladi. Turmush tarzimiz — bu tibbiy madaniyatimizning qanchalik darajada ekanligini ochiq-oydin ko'rsatuvchi o'ziga xos ko'zgu. Tibbiy ko'rikning ahamiyati shundaki, o'z vaqtida o'tkaziladigan tibbiy ko'rik doimo sog'lom bo'lib yurish imkoniyatini yaratadi. O'z salomatligini asragan va mustahkamlagan inson sog'lom turmush tarzida hayot kechiradi va uzoq umr ko'radi. Zamonaviy tibbiyot ko'pgina kasalliklarni davolash imkoniyatiga ega. Lekin, kasallikni davolashdan ko'ra, uning oldini olish osonligini unutmasligimiz kerak. Shu



nuqtai nazardan o'z vaqtida tibbiy ko'rikni o'tkazish kupgina kasalliklarni og'ir darajalariga o'tib ketmasligiga sabab bo'ladi va inson salomatligini saqlashda yordam beradi.

Kalit so'zlar: Inson salomatligi, tibbiy ko'rik, sog'lom turmush tarzi, tibbiy madaniyat, me'yoriy xujjatlar.

Relevance

According to the World Health Organization, the problem of overweight and obesity will increase worldwide in the next few decades. In 2015 alone, non-communicable diseases claimed the lives of 40 million people, accounting for 70% of all deaths worldwide.

In Uzbekistan, 78% of all deaths occur annually due to non-communicable diseases. In 2017, circulatory system diseases (69%), including ischemic heart disease, arterial hypertension and its complications (myocardial infarction, cerebral hemorrhage) took the first place in the general structure of the causes of death standardized by gender and age. They were followed by malignant tumors (8 percent), diabetes (3 percent), and chronic respiratory diseases (3 percent). In 2014-2015, the results of the research conducted by the Ministry of Health of the Republic of Uzbekistan together with the World Health Organization among the population of the republic aged 18-64 showed the following: every day two thirds of the population (67 percent) eat vegetables and does not eat enough fruits (less than 400 grams); half of the population is overweight: every fifth adult population is obese; 46% of the population has an increased level of cholesterol in the blood; 42% of men and 1.5% of women smoke; high arterial pressure ($\geq 140/90$ mm Hg) is recorded in almost a third of the population; 9% of the population has an increased level of glucose in the blood on an empty stomach (≥ 6.1 mol/l); A fifth of the population aged 40-64 is at risk of developing cardiovascular diseases within ten years; the average amount of salt consumed by the population in one day is 14.9 grams, which is 3 times more than the indicator recommended by the World Health Organization (maximum 5 grams per day).

It was not for nothing that our wise people said that "health is wealth". A person with intelligence should value his life. No matter how much people care about regular exercise and constant health, no matter how much dedication they show in this way, it is absolutely impossible to be in perfect health all the time. A person cannot consider himself to be "healthy" in all respects, he cannot simply say, "I am not sick." People's way of life, their knowledge of sanitation, their ability to apply this knowledge in everyday life and their strict adherence to it, their conscious relationship to their organisms and bodies, their relationship to their health are the most important factors in health care. are important conditions. These elements are the factors of health, physical and mental activity, longevity, life extension. In other words, the health of each particular person depends primarily on his lifestyle, on his conscious approach to the elements of this lifestyle. In connection with this, it should be said that on the basis of a healthy lifestyle, it is necessary to have information about the ability of all factors in the environment to affect the body, and to benefit from these factors for one's health. it is important to be able to effectively use the aspects it brings.

The purpose of scientific work: Human health and the importance of medical examination in it.

Scientific task:

1. Study of factors affecting human health
2. Assessment of the importance of medical examination in improving human health

Research materials and methods: study and analysis of normative documents, literature on human health care and medical examinations

During the last three years, in order to improve the organization and management mechanisms of prevention of non-communicable diseases, formation of a healthy lifestyle of the population and increase in physical activity in our country, and in accordance with the decree of the President of the Republic of Uzbekistan on December 7, 2018 "Health care system of the Republic of Uzbekistan Decree No. PF-5590 "On Comprehensive Measures for Fundamental Improvement" was signed. According to the decree: Concept of prevention of non-communicable diseases, support of healthy lifestyle of the population and increase of physical activity level in 2019-2022, prevention of non-communicable diseases in 2019-2022, support of healthy lifestyle of the population The program of measures to support and increase the level of physical activity was approved. The decision of the President of the Republic of Uzbekistan PQ 4063 dated 18.12.2018 "On measures to prevent non-communicable diseases, support a healthy lifestyle and increase the level of physical activity of the population" is one of these. As a result of the decrees and decisions adopted by the leadership of our government, including President Sh.M.Mirzиеev, as well as the actions implemented in the last 5 years, the attitude of our people to medicine has changed radically, and they have learned that they are responsible for their own health, and at the same time, they are healthy. the superiority of the lifestyle was recognized.

A person's lifestyle is the basis of his life, relying on it, every person can achieve a radical change in his life. The main factor determining the way of life is the person himself. A healthy lifestyle is a way of life that does not contain harmful factors affecting people's health, and a person should consciously avoid them.

In many literatures, the following are defined as the main directions of a healthy lifestyle:

1. Follow the rules of personal hygiene: In order to ensure that the skin and hair are in a normal physiological state, the ways to care for it should always be chosen correctly. To properly care for the skin and hair, it is necessary to choose the right care products. To protect the mouth and teeth from disease, it is important to choose the right tools for their care. The normal condition of the oral cavity means white and clean teeth, smooth and clean oral mucosa, normal microflora in the mouth. The pH of the oral cavity is around 6.5.

2. Maintaining a routine: When we say routine, we mean waking up, morning exercise, morning hygiene, breakfast, housework, study, lunch, recreation, free time, dinner, evening hygiene, going to bed. understood.

3. Physical activity: In order to develop sports in our country, decrees and decisions were developed, which created a great ground for the development of physical education and sports, and at the same time, for the formation of a healthy generation. Instilling love for physical education and sports in every person starts from the family. Abu Ali ibn Sina wrote that a person who regularly does physical exercises rarely needs treatment.

4. Refraining from harmful habits: Disease does not appear in a person by itself, suddenly. Dozens of reasons are necessary for it to appear in the body and take the form of a disease. One such reason is bad habits.

- We all know that smoking is a very harmful habit, it can lead to various diseases. We know, but we still smoke. Nicotine contained in tobacco, after entering the body, narrows blood vessels, as a result of which a person's memory declines. Inflammation occurs in the airways, coughing, difficulty breathing, loss of appetite and other symptoms appear. Radioactive isotopes such as lead-210 and bismuth-210 enter the smoker's body more than 100 times through cigarettes.

- Drunkenness (alcohol abuse) The most important factor in the formation of drunkenness among our youth is the environment in which they operate. These can be various institutions: family,

school, high school, college, university or work teams. Therefore, measures to combat alcoholism should be focused on these social environments. One of the most basic and best ways to fight against alcoholism is to constantly explain to children about alcohol and its harm to human health from a young age. Usually, you don't get much success by pretending. The more you give to the child, the more he will be interested in it. "Drunkenness brings six misfortunes: want, strife, disease, dishonor, shame and stupidity," says a Japanese proverb.

- Addiction. One such issue that worries the world public today is the scourge of drug addiction. It is not for nothing that they describe it as the plague of the century, the scourge of life, and death is right. Illegal drug dealing is a serious crime, a social evil and an unforgivable sin. Because of this risk, hepatitis, HIV/AIDS, tuberculosis, sexual and mental diseases are the cause of serious crimes, and it reduces the material, technical and intellectual potential of the country. Addiction is a serious disease associated with the formation of a tendency of the human body to take a constantly increasing amount of narcotic and psychotropic substances.

5. Healthy lifestyle requires proper nutrition: One of the main factors of a healthy lifestyle is proper nutrition. Apart from hereditary diseases, the cause of almost all existing diseases is surprisingly the same, which is wrong lifestyle and wrong diet. Man's search for healing in wrong ways is the next wrong way to go. All the diseases that are considered dangerous in medicine have been cured by God. Let's consider the causes of diseases one by one. The most important of them is poor nutrition. A healthy diet is a guarantee of a long life: A healthy diet prolongs a person's life. It has a positive effect on his health and helps the body to function normally. A man moderates his client. If the human client is disturbed, disease occurs. Malnutrition is also a cause of illness.

Medical culture means, first of all, a person's understanding of this matter, his behavior aimed at becoming healthy, and his habits in life. Each of us is responsible for our own health. A person with medical culture often consults a doctor. Full compliance with doctor's recommendations, going without any hindrance when called for vaccination, prevention of unwanted pregnancy, complete pre-wedding medical examination of married persons are also part of medical culture. We should not forget that each of us is responsible for our own health. For this we need to learn to love ourselves. This is a proper diet, i.e., avoiding fast food, foods with a high content of fat and sugar, not giving in to harmful habits, being constantly physically active, of course, following a daily routine. , requires compliance with the rules of sleep and rest in moderation. Physical education should become an integral part of family culture. Doing physical exercises every morning and making it a family habit to go for a family walk after dinner will also give you strength and health.

Medical check-ups are activities carried out for the purpose of maintaining human health, preventing the occurrence and spread of diseases. Medical examination is carried out in multidisciplinary central polyclinic, family polyclinic, rural family polyclinic and dispensaries. It is recommended that everyone undergo a medical examination once a year at family polyclinics in their permanent place of residence.

When undergoing a medical examination, you should pay attention to the following:

- general blood, urine analysis;
- blood pressure measurement;
- undergo all diagnostic examinations and examinations by specialists in a narrow field.

Pediatricians, therapists, orthopedic surgeons, gynecologists, ophthalmologists, dermatologists, neurologists, speech therapists, dentists, psychologists, and endocrinologists participate in the in-depth medical examination.



Medical examination is very important. In this:

- the disease is detected in time;
- the detected disease is treated quickly;
- transition of the disease to a chronic state is prevented;
- human life is extended;
- a healthy generation is born.

Medical examination of teenage girls is important in forming a healthy family and creating a healthy generation. Adolescence includes 15-17 years of age, during which changes develop rapidly in the young body. Therefore, during this period, being under the supervision of a doctor on time, undergoing regular medical examination, provides an opportunity to detect diseases early and eliminate them early. The purpose of medical examination of teenage girls is to identify diseases in time, carry out specific treatment procedures, prevent the transition of diseases to a chronic level from the initial stage, and achieve the prevention of serious complications. Teenage girls undergo an in-depth medical examination once a year. Regular medical check-ups can prevent serious health problems.

Medical curics are regulated by the Labor Code: Chapter XIII of Labor Protection, Article 211 lists the requirements of Labor Protection. Working conditions that meet safety and hygiene requirements must be created in all enterprises. It is the responsibility of the employer to create such conditions. Labor protection requirements are determined by this Code, laws on labor protection and other normative documents, as well as technical standards. The employer is responsible for violation of labor protection requirements. Article 213 describes the employee's right to receive information about labor protection. When concluding an employment contract and transferring to another job, the employer must inform the employee about the working conditions, including the possibility of contracting occupational diseases and other diseases, the benefits and compensations provided to him in connection with this, as well as personal protective equipment. . The employer must also inform the employees or their representatives about the state of labor protection in a particular workplace and production. Article 214 provides information on medical examination. When concluding an employment contract, the employer must organize medical examinations of the following employees in the initial manner and later (during the work) from time to time:

those under the age of eighteen;
men who have reached the age of sixty, women who have reached the age of fifty-five;
disabled people;
those employed in jobs with unfavorable working conditions, night jobs, as well as jobs related to traffic;
those employed in the food industry, trade and other sectors directly related to providing services to the population;
pedagogues and other employees of secondary schools, pre-school educational organizations and other institutions who are directly engaged in education or upbringing of children.
The Ministry of Health of the Republic of Uzbekistan shall determine the list of jobs with unfavorable working conditions and other jobs that require preliminary and periodic medical examination during their performance.

The employees specified in the first part of this article do not have the right to evade medical examinations. The employer has the right not to employ employees who refuse to undergo a medical examination or comply with the recommendations of medical commissions as a result of





examinations. It is not allowed to use the labor of employees in work that does not correspond to their state of health. If the employee believes that his health has worsened due to working conditions, he has the right to request an extraordinary medical examination. Employees will not be paid due to medical examinations.

Decision of the Cabinet of Ministers of the Republic of Uzbekistan on approval of the regulation "On medical examination of married persons" Cabinet of Ministers' decision No. 365 dated August 25, 2003, "On medical examination of married persons" "On Amendments and Additions to the Regulation of the Cabinet of Ministers No. 78 of April 17, 2007, the goals and objectives of which are to create conditions for the formation of a healthy family, and those suffering from hereditary and congenital diseases preventing the birth of children is the goal of medical examination of married persons. This Regulation applies to all marriages registered by the civil registry authorities of the Republic of Uzbekistan, regardless of the citizenship of the persons getting married, with the exception of cases of registration of marriages of persons over 50 years of age, when these persons have medical certificates. rikdan is transferred only with their consent.

Medical examination is carried out in accordance with the Family Code and "On Citizen Health Care", "On Psychiatric Care", "On Prevention of Infection with the Human Immunodeficiency Virus (HIV Disease) on", is regulated by the laws of the Republic of Uzbekistan "On the protection of the population from tuberculosis", this Regulation and other legal documents. Married persons undergo medical examination for mental, drug-related, sexually transmitted diseases, tuberculosis and HIV/AIDS in accordance with this Regulation. Married persons are sent to the appropriate medical institutions of the health care system at their permanent or temporary place of residence for a medical examination by the registry office authorities. Referrals issued for medical examination are recorded in the book of registration of marriage applications in the civil registry office. Medical examination of married persons is carried out free of charge by psychiatrists, narcologists, dermatologists, phthisisists at their place of residence based on a referral issued by the civil registry office, which is the basis for medical examination. Medical examination the transition period does not exceed two weeks from the date of applying to the medical institution. A separate medical card of the prescribed form is issued to the person undergoing examination, in which the information from the document confirming the identity of the person undergoing examination and the results of the examination are reflected in full. If the person to be married is attached to a certain medical institution according to the type of his service or work, he will be examined in this institution. Medical examination of persons in places of deprivation of liberty is carried out in medical institutions of the Ministry of Internal Affairs of the Republic of Uzbekistan. Foreign citizens and stateless persons marrying citizens of the Republic of Uzbekistan undergo a medical examination at their place of temporary residence. The conclusion of the medical institution on the results of the medical examination of married persons is reflected in the certificate. The certificate is confirmed by the seal and signature of the head of the medical institution and is registered in a separate notebook, which is kept in the archives of the regional health department for the specified period. The term of validity of the certificate is three months. A person's health is the greatest wealth of our society today and well-being of future generations. The state undertakes the task of maintaining and strengthening the health of citizens. Nowadays, everyone is happy to see the bride and groom undergoing a medical examination before the wedding. So, the results of the examination are sure to be good, and there is time to get treatment if the diagnosis is not positive. Zinhor and Zinhor cannot enter into marriage without treatment. If you hide the sick, the fever will be revealed. It is true that every person, whether it is a woman or



a man, a girl or a boy, whether he is sick or healthy, has the right to be happy, but to say that you will get happiness by causing someone's misfortune is equal to murder. If we take the above example, going through such shocks in the sweetest moments of his life, this person will once again feel the feelings of deception, disappointment, mistrust and fear in relation to his next life. Think for yourself, how many relatives and relatives will be united at the wedding, and if the dearest people - parents, sisters, brothers, children - will answer for the mistakes you made. Don't you want your offspring to be completely healthy and perfect? Knowing that life is full of difficulties, should we harm our loved ones and loved ones? The backbone of our country is the family. If its vein is strong and healthy, its king will be strong, its leaf will be clear and beautiful, and its fruit will be sweet. Article 16 of the Universal Declaration of Human Rights, adopted by the United Nations General Assembly on December 10, 1948, states:

1. "Men and women who have reached the age of majority have the right to marry and start a family without any restrictions based on race, nationality or religion. They enjoy the same right when entering into marriage, during marriage and at the time of annulment. 2. Marriage can be concluded only on the basis of free and full consent of both parties. 3. The family is considered the natural and basic unit of society and has the right to be protected by society and the state.

The way we take care of trees from worms, strong winds, and diseases, they will give you shade in the heat of the day, and the fruits will be abundant and blessed. Also, passing a medical examination in false ways indicates that you are falsely starting a family. I believe that when you are on your way to a new life, everything should begin with pure, pure love and piety. We have seen the crisis of a family built without a medical examination, you have read an example of the consequences of hastily performed weddings without asking for seven roses. Our great-grandfather Amur Temur Koragony also said this when choosing a bride; "I found more time than government work to choose a bride and paid attention to the pedigree and health of the future bride." These teachings call us all to be aware over the centuries. Decisions and decrees issued by our state regarding the well-being of the family and its stability include the issue of improving the legal and medical culture of the future generation, which is the support and pride of our state. It should be taken into account that today, as a rule, venereal disease is subject to treatment, but its presence can pose a danger to married couples and even their future generations. A patient suffering from AIDS cannot be cured in practice. Consequently, it can endanger not only the patient's health, but also public safety. That is why the Criminal Code stipulates punishments for knowingly putting another person at risk of contracting a venereal disease or AIDS, knowingly infecting another person. It follows from this that based on the amendment to Article 49 of the Family Code, not only can a marriage be declared invalid, but we can also be prosecuted for concealing these circumstances.

We all come to this world for happiness. We hope to drink water from the rivers of goodness and reap golden apples from the orchards of love. We want our pillow to be brave, honest, healthy, wise, and imaginative in this one life. For this, our legal and medical education should be mature. By order of the Minister of Health of the Republic of Uzbekistan No. 200 of July 10, 2012, the regulation "On the procedure for medical examination of employees" was approved. This regulation applies to organizations that have positions that require medical examination. Medical examinations are carried out in order to prevent the origin and spread of infectious and parasitic diseases, as well as to prevent occupational diseases, poisoning and accidents. According to Article 214 of the Labor Code of the Republic of Uzbekistan, the employer must undergo a medical examination in accordance with this Code, including the employees in the jobs provided for in this





Regulation, initially and from time to time during the conclusion of the employment contract. must organize an inspection. Medical examinations are carried out by treatment-prophylactic institutions providing medical services to the organization, if they are not available, by the regional treatment-prophylactic institution at the location of the organization. Periodic medical examinations can be conducted at the appropriate clinics of the Institute of Sanitation, Hygiene and Occupational Diseases of the Ministry of Health of the Republic of Uzbekistan and the Tashkent Medical Academy. Periodic medical examinations are carried out during work. During medical examinations, the employee's workplace (position) and average salary are saved. The employer, together with the regional state sanitary-epidemiological control centers (hereinafter referred to as the regional DSENM) and the trade union committee of the organization, determines the contingent of employees who are required to undergo a medical examination in the organization by December 1 of each calendar year. must determine and draw up a document about it in the form approved by this Regulation. The employer draws up a list of employees who are required to undergo a medical examination in agreement with the regional DSENM and the trade union committee of the organization based on the quota of employees who are required to undergo a medical examination, and a medical examination submits the rick to the conducting treatment-prophylactic institution. The name of the organization, the employee's profession, the name of the workshop or other department where he works, dangerous and harmful factors of production and the length of service of the employee under the influence of these factors are indicated in the list of employees who must undergo a medical examination. For the purpose of medical examination of employees, the head of the treatment-prophylactic institution conducting the medical examination, in agreement with the regional DSENM, draws up a calendar plan for the medical examination of employees in accordance with the form provided in this Regulation. If the employee believes that his health has worsened due to working conditions, he has the right to request an extraordinary medical examination.

Employees who are required to undergo an initial medical examination shall undergo a medical examination on the basis of a referral submitted by the organization to the treatment-prophylactic institution conducting the medical examination in accordance with the form in this Regulation. The employee must come with a passport or other identity document to undergo a medical examination. For conducting medical examinations, a medical commission is established by the order of the head of the treatment-prophylactic institution conducting the medical examination. The composition of the medical commission consists of a therapist, a neuropathologist, an ophthalmologist, a dermatovenerologist, an otolaryngologist, a psychiatrist, an obstetrician-gynecologist, a surgeon, and other specialists. The chairman of the medical commission established for conducting medical examinations must be a doctor who has received professional training in professional pathology or occupational diseases. Women should be examined by an obstetrician-gynecologist at least once a year. Persons exposed to allergenic substances should be examined by a therapist, otolaryngologist, dermatovenerologist, and clinical analysis of their blood should be carried out [10,14]. Employees are required to undergo a dermatovenerological examination during the initial medical examination, and periodically, during the dermatovenerological medical examination, it is carried out only if there is an indication of a medical therapist. The examination of the presence of mental diseases (schizophrenia, epilepsy, oligophrenia) in employees undergoing medical examination is carried out by a doctor-psychiatrist of the treatment-prophylactic institution at the place of residence of the employees. In the absence of a district psychiatrist, psychiatric examination is carried out by psychiatrists of the inter-district



or regional (city, republic) psychoneurology dispensary. If the employee is on the account of the dispensary for mental diseases, he will be given a certificate of the specified sample. If the employee is not registered with regard to mental illnesses and mental disorders are not detected, he will be given a certificate of the prescribed form signed by a psychiatrist. References are confirmed by the seal of this treatment and prevention institution and the signature of the head. An infectious disease doctor or other specialists are involved to determine the diagnosis of an infectious or parasitic disease. When conducting a medical examination, the medical commission must fully familiarize itself with the characteristics of the employee's professional activity, relevant profession and specialty, and working conditions. Medical examiners and specialists must have a deep knowledge of the characteristics of the production sector and the occupational pathology that can be observed in employees. An outpatient medical card (form 025-u) is kept for each employee in order to record all information related to the medical examination of employees by the medical commission, as well as information related to the direction of their professional activity. The ambulatory medical card must contain the conclusions of each doctor and specialist involved in the medical examination about the employee's fitness for the profession. In the case of a change of workplace of the employee who passed the medical examination, the outpatient medical card (form 025-u) of the medical-prophylactic institution that performed the medical examination of the employee, providing medical services to the new workplace of the employee institution, or if it is not available, it will be sent to the regional treatment-prophylactic institution at the location of the organization.

When conducting a medical examination, the general medical barriers to work related to the effects of dangerous, harmful substances, and adverse factors listed in this Regulation should be taken into account. The medical commission on the issue of fitness for the profession of the medically examined employee shall give its conclusion, taking into account the requirements set forth in this Regulation. When, according to the results of the medical examination, the employee is found unfit to work under dangerous and harmful production factors, he is given a conclusion about this by the medical advisory commission of the treatment and prevention institution that conducted the medical examination, and a copy of this conclusion is sent to him within three days. sent to the organization in which the employee works. According to the results of the medical examination conducted by the medical commission, the following treatment and rehabilitation measures should be planned for the employee:

dynamic observation of employees whose non-abrupt changes are detected in members whose origin is considered the main professional factor and take necessary treatment measures;
according to the established procedure, depending on the type of the identified diseases, sending employees for treatment in inpatient and sanatorium-resorts, as well as giving referrals to rest homes, sanatoriums and prophylactics;
in case of temporary transfer to another job that is easier due to health conditions or free from the influence of dangerous and harmful production factors, the type of work takes into account the qualifications of the employee, and he conducts a medical examination in agreement with the employer determined by the medical advisory commission of the treatment-prophylaxis institution.

Based on the results of periodic medical examinations, these employees are divided into the following differentiated groups for the purpose of dynamic monitoring of employees who are exposed to dangerous and harmful production factors:

D1 - group without signs of harmful production factors;





D2 — a group with a high risk of developing occupational diseases;

D3 - patients diagnosed with occupational diseases. Based on the results of the medical examinations conducted from time to time, the medical commission will draw up a document in accordance with this Regulation. The document is drawn up in four copies and sent to the regional DSENM, the organization where the employee works, and the trade union committee, and one copy remains in the treatment and prevention institution that conducted the medical examination. In cases where during the medical examination, cases related to occupational diseases are detected in the employee, the medical commission of this employee, in order to determine whether the disease is related to the profession, the Institute of Sanitation, Hygiene and Occupational Diseases of the Ministry of Health of the Republic of Uzbekistan and Tashkent Medicine should be sent to the appropriate clinics of the academy. In this case, the type of occupational disease is approved by the decision of the Cabinet of Ministers dated July 1, 2011 No. 195 (Collection of Laws of the Republic of Uzbekistan, 2011, No. 27, Article 283) determined in accordance with the list of occupational diseases provided in the regulation on the procedure for determining the degree of incapacity for work. Regional DSENNs keep records of employees suffering from occupational diseases. Employees suffering from occupational diseases are under the control of the dispensary during the period of this disease and they must be treated annually in occupational disease clinics. In conclusion, it should be noted that rational nutrition (rational - reasonable, purposeful) includes vitamins and microelements necessary for the body's energy expenditure, as well as for human life and activity, in terms of composition and quantity. is to eat with suitable food. One of the important rules that we should follow in our daily life is the diet. When a person eats 3 times a day, the caloric value of dinner should not exceed 20-25% of the total caloric value of a day, and if it is consumed at least 3 hours before going to sleep, its good digestion ensures a normal night's sleep. The consumed food products depend on a person's gender, age and work activity, as well as the season. If we eat three times a day, breakfast should make up 25-30% of the total amount of food, lunch should make up 40-50%, and dinner should make up the remaining percentage. Adhering to the rules of proper nutrition is one of the important criteria that ensures human health throughout life. It is necessary for young people who care about their health to learn the culture of proper nutrition, that is, to know the importance of protein, fat, carbohydrates, vitamins, minerals and water for the body.

Based on the above, we believe that today a person can live up to 100-120 years by following a healthy lifestyle. Of course, factors such as food supply, recreation, quality medical services, provision of sufficient conditions for living and working play an important role in this. Human health is measured not only by the absence of disease or physical defects, but also by measures aimed at improving and protecting physical and mental health. The World Health Organization classifies the factors determining health as follows: 10-15% of human health is environmental, 10-15% is genetics, 10-12% is the level of the medical system, and the remaining 55-60% depends on lifestyle. It can be seen that the more we can lead a healthy lifestyle - eat right, be physically active, free from harmful habits, organize our daily routine, the healthier we are. No matter how strong the genetic factor is, if a person follows a healthy lifestyle, the disease passed from father or mother can be limited. For example, if a parent has diabetes or hypertension, children should try to be free of excess weight from a young age. Then they may not develop a genetic disease, or they may meet at the age of 70-80, rather than at 30-40.

The head of the treatment-prophylactic institution conducting the medical examination is responsible for the quality of the medical examination. Employees who are required to undergo

medical examinations do not have the right to evade medical examinations. The employer has the right not to hire employees who refuse to undergo a medical examination or comply with the recommendations of medical commissions as a result of inspections. shall be responsible for the harmful consequences caused to the health of citizens as a result of employing unqualified persons.

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