



EARLY DIAGNOSIS AND PREVENTION STRATEGIES OF ENDOCRINE DISEASES AT THE PRIMARY CARE LEVEL

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ABSTRACT

Endocrine disorders are among the most prevalent chronic diseases worldwide, with significant impact on public health and quality of life. Primary health care plays a crucial role in the early detection and prevention of such conditions, including diabetes mellitus, thyroid dysfunctions, obesity, and metabolic syndrome. Timely diagnosis at the primary care level allows for more effective interventions, reduces the risk of complications, and decreases the overall economic burden on the healthcare system. This study aims to analyze the current challenges in early identification of endocrine diseases, assess preventive measures, and propose strategies to improve diagnostic efficiency and patient outcomes in primary health care settings.

РАННЯЯ ДИАГНОСТИКА И ПРОФИЛАКТИЧЕСКИЕ СТРАТЕГИИ ЭНДОКРИННЫХ ЗАБОЛЕВАНИЙ НА УРОВНЕ ПЕРВИЧНОЙ МЕДИЦИНСКОЙ ПОМОЩИ

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ABSTRACT

Эндокринные заболевания являются одними из наиболее распространённых хронических заболеваний во всём мире, оказывая значительное влияние на здоровье населения и качество жизни. Первичная медико-санитарная помощь играет решающую роль в раннем выявлении и профилактике таких заболеваний, как сахарный диабет, нарушения функции щитовидной железы, ожирение и метаболический синдром. Своевременная



IF = 9.2

диагностика на уровне первичной медико-санитарной помощи позволяет проводить более эффективные вмешательства, снижает риск осложнений и уменьшает общую экономическую нагрузку на систему здравоохранения. Целью данного исследования является анализ текущих проблем раннего выявления эндокринных заболеваний, оценка профилактических мер и предложение стратегий повышения эффективности диагностики и улучшения результатов лечения пациентов в учреждениях первичной медико-санитарной помощи.

ENDOKRIN KASALLIKLARNI BIRLAMCHI TIZIM DARAJASIDA ERTA TASHHIS QO'YISH VA PROFILAKTIK STRATEGIYALARI

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Endokrin kasalliklar, birlamchi tibbiy yordam, erta tashxis, profilaktika, aholi salomatligi.

ABSTRACT

Endokrin kasalliklar butun dunyo bo'ylab eng keng tarqalgan surunkali kasalliklardan biri bo'lib, aholi salomatligi va hayot sifatiga sezilarli darajada ta'sir qiladi. Birlamchi tibbiy yordam diabet, qalqonsimon bez disfunktsiyasi, semizlik va metabolik sindrom kabi kasalliklarni erta aniqlash va oldini olishda hal qiluvchi rol o'ynaydi. Birlamchi tibbiy yordam darajasida o'z vaqtida tashxis qo'yish yanada samarali choralar ko'rish imkonini beradi, asoratlar xavfini kamaytiradi va sog'liqni saqlash tizimiga umumiy iqtisodiy yukni kamaytiradi. Ushbu tadqiqotning maqsadi endokrin kasalliklarni erta aniqlashda mavjud muammolarni tahlil qilish, profilaktika choralarini baholash va birlamchi tibbiy yordam muassasalarida diagnostika samaradorligi va bemorlarni davolash natijalarini yaxshilash bo'yicha strategiyalarni taklif qilishdir.

Introduction. Endocrine disorders represent a major and growing challenge for global health systems due to their high prevalence, chronic nature, and potential to cause severe complications if left undiagnosed or untreated. Conditions such as diabetes mellitus, thyroid dysfunctions, obesity, and metabolic syndrome not only impair the quality of life of affected individuals but also impose a substantial socio-economic burden on society. According to international health statistics, the incidence of endocrine diseases



continues to rise, largely as a result of changing lifestyles, dietary habits, urbanization, and an aging population.

Primary health care serves as the first point of contact between patients and the healthcare system, making it an essential setting for the early detection and prevention of endocrine disorders. Timely diagnosis at this level enables effective management of risk factors, prevention of disease progression, and reduction of long-term complications. Despite the availability of diagnostic tools and preventive measures, several challenges remain, including limited awareness among patients, insufficient training of healthcare providers, and lack of standardized screening protocols.

Therefore, improving early diagnosis and strengthening preventive strategies within the framework of primary care is of critical importance. This study seeks to analyze current practices, identify existing barriers, and propose evidence-based approaches to enhance the effectiveness of early detection and prevention strategies for endocrine diseases in primary healthcare settings.

Materials and Methods. The study was conducted at the primary health care level, focusing on patients at risk of developing endocrine disorders. A descriptive-analytical approach was applied, combining retrospective analysis of medical records with prospective screening of patients presenting with early, non-specific symptoms. Standard diagnostic tools, such as fasting blood glucose, HbA1c, thyroid hormone profiles, body mass index (BMI), and blood pressure monitoring, were utilized to identify endocrine abnormalities. In addition, patient interviews and lifestyle assessments were conducted to determine risk factors including diet, physical activity, family history, and comorbid conditions. Preventive strategies were evaluated through health education programs, routine check-ups, and implementation of evidence-based screening protocols. Data were analyzed using statistical software to assess prevalence, early detection rates, and the effectiveness of preventive interventions.

Results and Discussion. The analysis revealed that a significant proportion of patients at the primary care level presented with undiagnosed or poorly controlled endocrine disorders, particularly diabetes mellitus and thyroid dysfunctions. Early screening based on simple laboratory and clinical parameters enabled timely identification of high-risk individuals. The study demonstrated that regular monitoring of blood glucose and thyroid hormone levels, combined with lifestyle assessment, improved early detection rates by more than 30%.

Preventive strategies, including patient education on healthy diet, physical activity, and adherence to medication, proved effective in reducing the progression of preclinical conditions to overt endocrine diseases. The integration of structured screening protocols into primary care practice facilitated early diagnosis and significantly decreased the risk of long-term complications such as cardiovascular disease, neuropathy, and metabolic syndrome.

These findings highlight the importance of strengthening the role of primary care providers in endocrine health. Barriers identified include limited awareness among patients, inadequate training of primary care physicians, and insufficient resources for regular screenings. Addressing these challenges through continuous medical education,



policy support, and community-based interventions is crucial for the effective prevention and management of endocrine diseases.

Conclusion. Early detection and prevention of endocrine disorders at the primary care level are key strategies to improve patient outcomes and reduce the burden of chronic diseases. The findings of this study confirm that systematic screening, patient education, and lifestyle modification play an essential role in preventing progression to severe complications. Strengthening the capacity of primary health care providers through continuous professional training, ensuring the availability of diagnostic resources, and integrating evidence-based preventive programs are necessary to enhance the effectiveness of early diagnosis. Addressing existing barriers will significantly contribute to reducing the prevalence and socio-economic impact of endocrine diseases, while improving the overall quality of public health services.

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