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## PREVALENCE OF FUNCTIONAL DYSPESIA IN SCHOOL CHILDREN

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### RELEVANCE

The prevalence of functional dyspepsia in children and adults in different countries varies greatly, which is associated with different diagnostic criteria, and different interpretations of the severity of symptoms. Among Europeans, functional dyspepsia occurs in 20% of individuals, in the USA – in 29%, and in Korea – in 11%. Numerous studies conducted in Western Europe and North America have shown that dyspepsia is the most common manifestation of gastroenterological pathology in older children. The study shows that the trigger mechanism for the formation of functional disorders of the digestive system in these age groups is mainly biological factors: heredity burdened by diseases of the digestive system, past intestinal infections, helminthiases, frequent use of antibiotics, nutritional deficiencies, and others. There is evidence that shows peaks in the rise in incidence in children after school entry and during adolescence.

### PURPOSE OF THE RESEARCH

The study of risk factors for the development of functional dyspepsia in school-age children based on the results of a survey.

### MATERIAL AND METHODS

The survey covered 44 schoolchildren aged 10-15 years with a diagnosis of “functional dyspepsia”. The developed questionnaire for schoolchildren contained 21 questions, which made it possible to obtain information about past diseases, the nature of the subject, lifestyle, the level of food culture, and complaints.

### RESEARCH RESULTS

During the examination, the majority of children with functional dyspepsia were girls – 72.7%, and boys – 27.3%. The duration of the disease in the majority (42.9%) of children ranged from 6 months to 1 year. Clinical pain syndrome, dyspeptic symptoms, and asthenovegetative manifestations were noted in all children. The main symptom was pain. When evaluating the socio-economic and medical-biological conditions of children's lives according to questionnaires, it was revealed that in 59.1% of cases, the parents of children experience neuro-emotional stress at work, especially fathers, smoke, the age of the mother is from 30 to 45, the social status of the mother (working, student, housewife), next of kin have chronic diseases. Start attending preschool before 3 years of age. Diseases were also noted in the first year of life (77.2%) and artificial feeding (65.9%),



eating disorders (90.9%), dry food (97.5%), daily regimen disorders (75%), irregular walks and restorative gymnastics (95.4%), night sleep disorders (88.6%).

### **CONCLUSION**

The application of the developed questionnaire is a simple, effective, and low-cost method, which made it possible to identify risk factors in children with functional dyspepsia. Prevention of risk factors and their elimination is effective in functional dyspepsia and correction of identified disorders in the group of children at risk of developing this pathology. If dyspeptic symptoms persist during gastroenterological treatment, a thorough reassessment of the available data and a more in-depth examination are necessary. When confirming the initial diagnosis of functional dyspepsia, the question of additional consultation with a psychotherapist/psychiatrist