

## THE IMPACT OF LIVING WITH REGULAR ILLNESSES ON HEALTH

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### ANNOTATION

This article on the health impact of living with regular illnesses talks about how living with a person's diseases affects health. This article explains how strong a person's internal organs and immune system must be to compensate for the disturbing effects of disease.

**Keywords:** Regular illnesses, health, immunity, alarming consequences, proteins, fruits, vegetables.

Irregular diseases are diseases that often occur over a long period of time. They can usually be associated with problematic exposure and life form and can lead to poor health. Such diseases may be the reason why they usually multiply without going away on their own, leading to other diseases.

The form of life, regardless of the state of human health, must also have several important causes for the occurrence of diseases. Interventions aimed at reducing morbidity, such as improving water intake, exercising, eating egg products, as well as other such activities, include lifestyle.

Groups that affect health include treatment according to genetic indicators, reduction of problematic effects, and attention to lifestyle-enhancing changes. In addition, some resistances may have disease-like symptoms, making it important to identify and treat these diseases in adulthood.

Thus, many measures are needed to ensure and protect health, such as reducing access to problematic exposures, lifestyle changes, and treatment according to genetic indicators. By paying attention to these indicators, each person will protect their health. Having become acquainted with the most common regular diseases today:

**Diabetes mellitus:** a group of endocrine diseases associated with impaired glucose uptake due to absolute or relative insufficiency of the hormone insulin. As a result, hyperglycemia develops - a persistent increase in blood glucose. The disease is characterized by a chronic course, as well as a violation of all types of metabolism: carbohydrate, fat, protein, mineral and water-salt. In addition to humans, some animals, such as cats and dogs, are also susceptible to this disease.

**Heart failure:** syndrome caused by decompensated myocardial dysfunction. It is manifested by an increase in the volume of intercellular fluid and a decrease in perfusion of organs and tissues. The pathophysiological basis of this syndrome is that the heart cannot provide the metabolic needs of the body due to a violation of the pumping function or does so by increasing the end-diastolic pressure in the ventricles. In some patients with heart failure, there is no violation of the pumping function, and clinical manifestations arise due to impaired filling or emptying of the heart chambers. Myocardial dysfunction is initially asymptomatic and only then can it manifest itself as heart failure.

Bronchial asthma: chronic non-infectious inflammatory disease of the respiratory tract. The key link in asthma is non-infectious inflammation of the bronchial tissues, and the body's response - hypersecretion of protective bronchial secretions (mucus) and bronchospasm - (narrowing of the lumen of the bronchi, reducing the flow of allergens or nonspecific irritants into the bronchial tissues). Inflammation itself is caused by specific immunological (sensitization and allergy) or non-specific mechanisms (chemical and physical irritants), and bronchospasm is the most clinically significant symptom of the disease, manifested by recurrent episodes of wheezing, shortness of breath, asthma attacks, chest tightness/tightness, and choking cough. Bronchial obstruction is reversible partially or completely, spontaneously or under the influence of treatment.

Dementia: acquired dementia, a persistent decline in cognitive activity with the loss, to one degree or another, of previously acquired knowledge and practical skills and the difficulty or impossibility of acquiring new ones. Unlike mental retardation, which is an underdevelopment of the psyche, dementia is the breakdown of mental functions that occurs as a result of disease or damage to the brain after the completion of its maturation. Most often, dementia is observed in old age. In the people, senile dementia is called senile insanity. Osteoporosis: a chronically progressive systemic metabolic disease of the skeleton or a clinical syndrome that manifests itself in other diseases and is characterized by a decrease in bone density, a violation of their microarchitectonics and increased fragility due to impaired bone metabolism with a predominance of catabolism over bone formation processes, a decrease in bone strength and an increased risk of fractures.

Summing up, we can say that it is very difficult to live with the above-mentioned regular diseases. But if we ignore these problems today, they could harm most of the world's population in the future. Therefore, the issue of proper nutrition, focusing on sports and creating a lifestyle rich in vitamins to strengthen our immune system remains an urgent topic now.

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