

FEATURES OF THE FOOD ALLOWANCE OF WOMEN WITH THE MASTOPATHY

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Abstract: results of a research showed that the food allowance of women with a mastopathy is characterized by qualitative inferiority at essential excess of energy value. These results don't contradict data of literature that the daily ration of modern women doesn't conform to hygienic requirements, and the organism of women is forced to work in the mode of deficiency of a calcium, vitamins both many others macro - and micronutrients. These circumstances testify to need of correction of food allowances of the women suffering from a mastopathy. Correction of a diet has to be referred on normalization of function of a liver, an intestine, elimination of a metabolic and hormonal imbalance.

Keywords: women, mastopathy, food allowance, healthy nutrition, daily ration, correction of a diet.

ОСОБЕННОСТИ РАЦИОНА ПИТАНИЯ ЖЕНЩИН С МАСТОПАТИЕЙ Тошматова Г.О. (РЕСПУБЛИКА УЗБЕКИСТАН)

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Аннотация: результаты исследования показали, что рацион питания женщин с мастопатией характеризуется качественной неполноценностью при существенном превышении энергетической ценности. Эти результаты не противоречат данным литературы о том, что суточный рацион современных женщин не соответствует гигиеническим требованиям и организм женщин вынужден работать в режиме дефицита кальция, витаминов и многих других макро- и микронутриентов. Эти обстоятельства свидетельствуют о необходимости коррекции рационов питания женщин, страдающих мастопатией. Коррекция диеты должна быть направлена на нормализацию функции печени, кишечника, устранение метаболического и гормонального дисбаланса.

Ключевые слова: женщины, мастопатия, рацион питания, правильное питание, суточный рацион, коррекция диеты.

The mastopathy is a benign disease. However in some cases this pathology can be an intermediate stage in development of malignant process. Character of a delivery of the person, being an integral part of life, has significant effect on the course of any disease, including a mastopathy; rationalization of a delivery at a mastopathy causes 30-50% of efficiency of the carried-out therapy [1, p. 49].

In a pathogenesis of a mastopathy and a breast cancer the great value is attached to dietary factors. The character of a delivery and a diet exert impact on a metabolism of steroid hormones. It is established that the diet containing a significant amount of fat and meat products leads to depression of contents in a blood plasma of androgens and to rising of level of estrogens, besides development of carcinogenic substances increases [2, p. 89]. The importance is attached to sufficient contents in a ration of vitamins and also a coarse-fibered fat as their anticarcinogen properties are proved [3, p. 61].

Results of studying of the actual delivery and vitamin security of women demonstrate imbalance and insufficiency of daily rations on a series of important feedstuffs in comparison with average daily rational norms of consumption of foodstuff on gender and age, professional groups of the population of the Republic of Uzbekistan (Health regulations and norms № 0105-01).

The range of the products entering a daily food allowance of women is rather narrow, a delivery is characterized by monotony, the deficiency of dairy products, eggs, vegetable oil, vegetables and fruit is noted. In structure of the consumed products the most appreciable specific gravity is occupied by bread and bakery products, sugar and confectionery and also animal fat. Calculations of food allowances of women showed that, excess of consumption of bread and bakery products in comparison with the recommended norms makes 52%. Excess of consumption of sugar and confectionery made 80% during the winter and spring period and 265% - in aestivo-autumnal. Excess of consumption of animal fat during the winter and spring period makes 83,6%, and the summer and spring period – 50%. The need for potatoes is satisfied for 112% during the winter and spring period and for 80,6% during the summer autumn period.

On the basis of the obtained data it was taped that the deficiency of proteins of animal origin (data are obtained in the settlement way) in a daily ration was 13-22%, fats of a plant origin – 12%, a calcium – 37-40%,

vitamin A – 25-50%, ascorbic acid – 17-32% of physiological norms of feedstuffs. Consumption by women of carbohydrates was superfluous for 53-56%.

Thus, results of a research showed that the food allowance of women with a mastopathy is characterized by qualitative inferiority at essential excess of energy value. These results don't contradict data of literature that the daily ration of modern women doesn't conform to hygienic requirements, and the organism of women is forced to work in the mode of deficiency of a calcium, vitamins both many others macro - and micronutrients. These circumstances testify to need of correction of food allowances of the women suffering from a mastopathy. Correction of a diet has to be referred on normalization of function of a liver, an intestine, elimination of a metabolic and hormonal imbalance [4, p. 229].

It is known that the diet containing a significant amount of fat and meat products leads to depression of contents in a blood plasma of androgens and to rising of level of estrogens, besides, development of carcinogenic substances increases. On the basis of indicatings of Committee on a diet, a delivery and fight against cancer of National Academy of Sciences of the USA the following references are offered: to reduce consumption of both saturated, and unsaturated fats; to include in a diet fruit, vegetables, products of cereals, especially fetuses of a citrus and vegetables of family of cabbage rich with carotinum; to reduce consumption of preserved, salty and smoked foods to a minimum [5, p. 32].

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