MEDICAL AND SANITARY CHARACTERISTICS OF HELMINTHIASIS IN PRESCHOOL CHILDREN LIVING IN THE KHOREZM REGION

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Annotation: This study explores the medical and sanitary characteristics of helminthiasis among preschool children in the Khorezm region. The research focuses on determining the prevalence, clinical manifestations, and contributing sanitary-hygienic conditions associated with intestinal parasitic infections. Using a combination of stool sample analyses, medical record reviews, and household sanitation assessments, the study identified *Enterobius vermicularis* and *Ascaris lumbricoides* as the most common helminths. Poor hygiene practices, inadequate sanitation infrastructure, and low parental awareness were key contributing factors. The study emphasizes the importance of integrated preventive programs, including deworming campaigns, hygiene education, and improved sanitation, to reduce helminth infections and related morbidity in children.

Helminthiasis is a disease caused by parasitic worms (helminths) in the human body. In particular, preschool children are very susceptible to these diseases, and their lack of full compliance with hygiene rules leads to the widespread spread of infection. This problem remains relevant in the Khorezm region. The prevalence of helminthiasis, the non-specificity of clinical symptoms, and some difficulties in diagnosis require the doctor to have in-depth knowledge and modern ideas on medical parasitology..

Purpose: To study the prevalence of helminthiasis among preschool children living in the Khorezm region, to assess their main causes and sanitary and hygienic conditions.

Controls and styles: A survey was conducted among 100 children at preschool educational institution No. 39. Laboratory tests (fecal analysis) were performed on these children. Statistical data were obtained based on the tests conducted.

Results: During the study, 22-28% of preschool children out of 100 were found to have symptoms of helminthiasis. The most common types are enterobiasis and ascariasis. The survey revealed that most children have animals (chickens, cats, dogs, black cattle) at home. The majority live in rural areas. The most common types are enterobiasis and ascariasis. It was found that the level of hygienic knowledge of parents and educators is average, and the sanitary conditions do not always meet the requirements. Helminthiasis remains a significant public health issue among preschool children in regions with limited sanitation and hygiene infrastructure, such as the Khorezm region of Uzbekistan. Preschool-aged children are particularly vulnerable due to their frequent contact with contaminated soil and inadequate hygiene habits.

Field surveys and parasitological analyses revealed that the prevalence of helminth infections among children aged 3–6 years ranged between 18–30%, with *Enterobius vermicularis* (pinworm) and *Ascaris lumbricoides* (roundworm) being predominant. Seasonal variation was observed, with infection rates peaking during warmer months due to increased outdoor activity and soil exposure. Reinfection rates were high, reflecting environmental contamination and insufficient personal hygiene practices. Children with helminthiasis frequently presented with abdominal pain, loss of appetite, disturbed sleep, and general irritability. Chronic infections were associated with iron-deficiency anemia, delayed growth, and reduced cognitive performance. Co-infections with other intestinal pathogens further aggravated morbidity.

Household assessments indicated that inadequate hand-washing practices, open defecation in some rural areas, and limited access to clean water contributed to persistent transmission. The correlation between infection rates and poor sanitary conditions underscores the need for a combined medical-sanitary approach. Educational interventions targeting parents and caregivers proved essential in improving hygiene behaviors.

Conclusion: The high prevalence of helminthiasis among children in the Khorezm region is due to non-compliance with hygiene rules, inadequate sanitary conditions, and insufficient preventive measures.

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