

DIAGNOSIS OF NON-ALCOHOLIC FATTY LIVER DISEASE AND ITS PREVENTION

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ABSTRACT

In this article, opinions were expressed about the diagnosis of non-alcoholic fatty liver disease and its prevention.

Keywords: liver, fat, drug, protein, diabetes, cholesterol, glucose.

Non-alcoholic fatty dystrophic diseases of the liver are one of the urgent problems of modern medicine. In particular, the consumption of artificial oxygens, fats, carbohydrates, genetically engineered fruits and vegetables, fast food, fast food, overeating, which is a huge problem in modern nutrition, disrupts the normal functioning of the gastrointestinal tract and disrupts the vital processes in the liver, leading to obesity in more than half of the population. causing obesity and fatty dystrophy in the liver. Also, many liver diseases are hidden in the treatable stage. Symptoms begin to be felt when the liver is already significantly damaged and serious disorders occur. In severe cases, liver disease can lead to the death of the patient.

Alcohol, fatty food, chemical additives in food products, drugs - all these are enemies of our liver.

The most common cause of fatty liver is "eating too much". Overeating increases the amount of fat in the body, if the amount of fat exceeds the ability of the liver cells to clear it, it causes the accumulation of fat in the liver cells. What causes fatty liver?

There are several factors that can cause fat to accumulate in the liver cells. These are the following:

Excessive consumption of processed carbohydrates,

Using diets high in sugar and fat,

Low protein intake

Excessive consumption of vitamin A

Smoking and alcohol consumption,

insulin resistance,

Overweight and obesity,

Losing too much weight at once as a result of crash diets,

hypertension,

Physical inactivity.

Excessive consumption of high-calorie foods and a sedentary lifestyle can reduce insulin sensitivity and lead to fatty liver and, in turn, steatohepatitis. Before the clinical symptoms of metabolic syndrome, which often accompany non-alcoholic fatty liver disease, are evident, patients can be identified early in the following tests:

lifestyle and diet (taking into account physical load);

Body weight, hip and waist size;

Arterial blood pressure indicators, ECG condition;

assessment of lipid indicators: triglycerides, total cholesterol, high and low density of cholesterol lipoproteins;

The amount of glucose and insulin in the blood at a meal.

The doctor studies the above, makes a conclusion and gives the necessary recommendations.

In order to prevent or reduce the development of this disease, the following should be strictly followed: first of all, it is necessary to consider the diet. Refrain from consuming fatty and pastry foods typical of our region: butter, animal fat, solid margarine should be excluded from the daily menu;

consumption of products rich in semi-unsaturated fatty acids: vegetable oils (olive, sunflower, seed), seafood, fish, poultry, olive fruit, nuts according to the energy requirement of a person;

reducing cholesterol-rich products: animal liver and kidney, caviar, egg yolk, smoked sausage, fatty meat and dairy products;

not to eat fried foods, rich in oil;

food enrichment with vitamins and natural prebiotics (fruits, Jerusalem artichoke, artichoke, broccoli-green cauliflower, saffron-onion, cinnamon, garlic);

preparing and drinking tinctures from namatak, zirk, corn husks;

physical training reduces body weight, increases sensitivity to insulin, dissolves fat, and generally has a positive effect on the human body;

People with gallstone disease, liver cirrhosis and cancer, diabetes, heart disease should undergo voluntary preventive medical examinations, especially after 35-40 years of age;

Be careful not to take drugs without control.

J. Kaplan, a well-known scientist, called obesity, changes in glucose tolerance, high arterial blood pressure, and an increase in the amount of triglycerides in the blood as "four signs of death". It was noted that if the symptoms of metabolic disorders in the body are not controlled, they often lead to death. Timely identification and treatment of metabolic changes, healthy eating lifestyle, physical activity according to the person's age and condition are important factors in preventing non-alcoholic fatty liver disease.

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