

Studying the Etiology of Gastric Cancer in Namangan of the Republic Uzbekistan

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Abstract. *This article is devoted to the study of the etiology of gastric cancer in Namangan region of the Republic of Uzbekistan. According to the results of the study, it can be concluded that patients with stomach cancer alcohol abusers occupy the majority of all patients. And the majority of stomach cancer patients who abuse alcohol smoke and consume fatty, fried, spicy and smoked, as well as various types of salted and canned products.*

Keywords: Stomach cancer, certain foods, alcohol, smoking, hereditary predisposition

Introduction. Stomach cancer is an extremely dangerous disease, the detection of which at an early stage is problematic. Abdominal pain and nausea can be signs of gastritis or stomach ulcers, and not always people with these diagnoses may suspect something more serious. And in many cases, stomach cancer begins without any symptoms. To protect a serious illness, you must regularly undergo fibrogastroscopy and give up bad habits and heavy food [1]. The stomach cancer begins with damage to the mucous membrane of the organ, and then metastases develop quite quickly, affecting the nearest organs, up to the lungs. As a result, stomach cancer is in second place in mortality from cancer: 12% of men and 10% of women with malignant tumors die from it. In terms of incidence, stomach cancer in our country occupies the fifth line in the list of common forms of oncology. The overall incidence of stomach cancer in 2012 was 26%. Most often, this ailment develops in men - 31.9% versus 21% of women. Age also plays an important role: the bulk of the sick are over 50 years old. The only consolation is that the incidence of stomach cancer is declining every year. Over the past 10 years, the incidence has dropped by 24% [1,3,13,15].

The exact list of causes of stomach cancer has not yet been fully identified; research in this direction is still ongoing. In the development of gastric cancer, the interaction of three factors is distinguished: genetic, the presence of *H. pylori*, and damaging environmental factors [4,5,6,7,16]. It is possible to list only a number of assumptions about the most probable stimuli of the disease, but none of them can act "alone", in each case it is necessary to speak about a complex of possible factors.

- Eating certain foods. An excess in the diet of fatty (containing animal fats), fried, spicy and smoked, as well as various types of pickles and canned foods increases the risk of stomach cancer. According to some studies, in countries where stomach cancer is most common (primarily in Japan), residents eat a lot of starchy foods (potatoes, rice, bread). Failure to comply with the diet - overeating, especially at night, rare and early snacks - overloads and weakens the stomach, exacerbating the incidence.

- Penetration of nitrates and nitrites into the body. It is believed that these substances, possessing chemical activity, are capable of disrupting the integrity of the cells of the gastric mucosa, penetrating into their structure and causing their degeneration. The overwhelming majority of the sources of nitrites and nitrates in the human body are vegetables. The excess of the content of harmful chemicals in vegetables is a consequence of the "overdose" of nitrogen fertilizers and other manifestations of low farming culture. Salts of nitric and nitrous acids in high doses are also found in smoked and dried foods, beer, cheeses, tobacco, and cosmetics.

- Drinking alcohol, smoking. In addition to the fact that alcoholic beverages contain nitrates and nitrites, ethyl alcohol, which causes acute erosive processes in the stomach, is a powerful provocateur of malignant neoplasm. The destructive effect of smoking on the stomach has been proven by studies: the longer a person adheres to this bad habit and the more cigarettes he smokes a day, the higher the likelihood of developing stomach cancer.

- Long-term therapy with certain medications. Anti-inflammatory drugs (NSAIDs), antibiotics, corticosteroids are among the drugs dangerous for the stomach. Among the side effects of their use is a stomach ulcer, which, in turn, can develop into cancer.

- Exposure to radiation. Cell degeneration is one of the consequences of high doses of radioactive exposure (living in areas with high radiation, contact with contaminated objects).

Material and methods At risk are people who are obese, have undergone surgery on the stomach, have malignant tumors of other organs, a hereditary predisposition to stomach cancer [2]. Studies to study the etiology of stomach cancer in the Namangan region were carried out in the Namangan Central Polyclinic. We studied examinations of 140 patients who applied for medical help over a period of three months.

Results and discussion. Studies have been conducted on the following factors for gastric cancer:

- Hereditary predisposition;
- Eating certain foods. An excess in the diet of fatty, fried, spicy and smoked, as well as various types of pickles and canned foods;

- Smoking;
- Alcohol abuse;
- Precancerous effects - duodenogastric reflux leading to chronic reflux gastritis, resection.

Three-month studies have shown that out of 140 patients who presented with various complaints of the stomach, 58 patients with stomach cancer were noted. Of these, 16 patients had ancestors with stomach cancer, which means a hereditary predisposition. 26 of them smoked frequently and 47 drank alcoholic substances. It became known that out of 58 patients with stomach cancer, 18 patients had precancerous effects. Revealed It was found that out of 58 patients, 6 people led a healthy lifestyle, but had a hereditary predisposition to stomach cancer. Of the patients with a hereditary predisposition to stomach cancer, 4 people both smoked and abused alcohol, 2 patients had precancerous effects, and 4 had an overabundance of fatty, fried, spicy and smoked foods, as well as an overabundance of various kinds of pickles and canned foods. Of the 47 patients with alcohol abuse, 15 were smokers, 9 had precancerous effects, and 6 had a healthy lifestyle. Overview data at the end of the study are shown in table 1.

table-1: Data of the studied factors of gastric cancer in Namangan region

Factors	number of patients	percent
Hereditary predisposition	6	10%
Alcohol abuse	6	10%
Hereditary predisposition, an excess of certain foods in the diet	4	7%
Hereditary predisposition, precancerous effects	2	3%
Hereditary predisposition, excess in the diet of certain foods, smoking, alcohol abuse	4	7%
An excess of certain foods in the diet, smoking, alcohol abuse	5	9%
An overabundance of certain foods, alcohol abuse, precancerous effects	5	9%
Smoking, alcohol abuse	15	26%
Smoking, precancerous effects	2	3%
Alcohol abuse, precancerous effects	9	15%
Total	58	100%

Conclusions. According to the results of the study, it can be concluded that alcohol abusers occupy the majority of all patients with stomach cancer. And also the majority of patients with stomach cancer, alcohol abusers, smoke and consume fatty, fried, spicy and smoked foods, as well as various types of pickles and canned foods. We can say that people with a hereditary predisposition to stomach cancer, leading a healthy lifestyle, can develop stomach cancer.

Stomach cancer is currently in fourth place in the structure of oncological morbidity worldwide and is one of the leading causes of death from cancer [8,14]. It is believed that the identification of patients with precancerous changes in the stomach and monitoring of them contributes to the early diagnosis of adenocarcinoma and more effective treatment [9, 10]. Recently, this problem has become extremely relevant in connection with information on the trend towards an increase in the incidence of gastric cancer in the United States [11]. In 2019, the second guidelines for the management of patients with precancerous conditions and lesions in the stomach (MAPS II) were published [12]. It should be noted that these recommendations were created by three groups of specialists: the European Society for Gastrointestinal Endoscopy (ESGE), the European Group for the Study of Helicobacter and Microbiota (ESMHG) and the European Society of Pathologists (ESP), which is especially important for the comprehensive diagnosis of gastric pathology.

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