



SURVEY AND STUDY OF GASTROINTESTINAL DISEASES

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Article history:	Abstract:
Received: March 11 th 2025 Accepted: April 11 th 2025	According to the World Health Organization, gastrointestinal diseases cause more than 3 million deaths worldwide annually, accounting for 4-5% of all global deaths. Men die 38% more often from gastrointestinal diseases than women. Gastritis affects about half of the world's population. In 2013, approximately 90 million new cases were recorded. The likelihood of contracting the disease increases with age. In Uzbekistan, gastrointestinal diseases such as infections, gastritis, gastric ulcers, and pancreatitis are among the most common health issues.

Keywords: Gastritis, Pancreatitis, Peptic Ulcer Disease

OBJECTIVE:

To conduct a survey and study gastrointestinal diseases (gastritis, pancreatitis, peptic ulcer disease).

MATERIAL AND METHODS:

- Conducting the MCID (Minimal Clinically Important Difference) survey in patients with gastritis, pancreatitis, and peptic ulcer disease.
- Studying clinical signs in patients and evaluating them based on gender.
- Studying the mental state of patients due to illness.
- Familiarization with diagnosis and treatment methods.

BACKGROUND:

According to the World Health Organization, gastrointestinal diseases cause more than 3 million deaths worldwide annually, accounting for 4-5% of all global deaths. Men die 38% more often from gastrointestinal diseases than women. Gastritis affects about half of the world's population. In 2013, approximately 90 million new cases were recorded. The likelihood of contracting the disease increases with age. In Uzbekistan, gastrointestinal diseases such as infections, gastritis, gastric ulcers, and pancreatitis are among the most common health issues.

Gastritis is the most widespread disease as it can develop in individuals of any age due to various reasons. According to statistics, 80-90% of people experience at least one episode of gastritis during their lifetime (mymedic.uz). Although gastric ulcers are less common, they can be a major complication following gastritis. Pancreatitis is the least common and is typically linked to specific causes such as alcohol use, gallstones, and liver issues.

SURVEY SUMMARY:

A survey was conducted on 40 patients undergoing treatment at the 2nd floor of the 12th building, Gastroenterology Department, 2nd Clinic of TMA. All patients were diagnosed with either gastritis, peptic ulcer, or pancreatitis. 22 were female and 18 were male. Eight patients were in severe condition. Among the participants, 8 had peptic ulcers, 23 had gastritis, and 9 had pancreatitis.

Out of 18 male patients, 12 reported harmful habits such as alcohol consumption and smoking. These habits were not reported among females.

Table 1: Symptoms According to MCID

Disease Symptoms	Gastritis (23)	Pancreatitis (9)	Ulcer (8)
Abdominal Pain	11.4 points (19)	3.6 points (6)	4.8 points (8)
Reflux	12.8 points (16)	4 points (5)	4 points (5)
Diarrhea	2.8 points (7)	-	1.2 points (3)
Digestive Disorders	16.1 points (23)	6.3 points (9)	5.6 points (8)
Bloating	13.3 points (19)	5.6 points (8)	3.5 points (5)

Note: The survey is not intended for diagnosis but rather for condition assessment. Sensitivity and specific indicators are used only to evaluate therapy effectiveness. Max score: 3.2.



CLINICAL SYMPTOMS AND MENTAL STATE CHANGES:

The surveyed patients commonly showed signs such as sharp or cramping abdominal pain, digestive issues, and dyspeptic symptoms (a feeling of heaviness, stomach fullness, heartburn, sour belching, and in rare cases, nausea and vomiting).

Eight patients also exhibited signs of asthenoneurotic syndrome, such as high irritability, mood swings, and fatigue.

CONCLUSION:

1. The MCID survey enabled numerical representation of minimally significant clinical signs.
2. Clinical signs analysis showed:
 - Gastritis had frequent pain, reflux, and digestive disorders, but less diarrhea.
 - Pancreatitis was marked by severe abdominal pain, diarrhea, and bloating.
 - Ulcer was characterized by abdominal pain and digestive disorders, but no diarrhea.
3. Gender-based evaluation showed gastritis was evenly distributed among men and women of different ages. Ulcers were mostly seen in men over 40, while pancreatitis was mostly seen in women over 30.
4. Diagnosis helped distinguish these conditions more accurately, and treatment proved effective as all patients recovered within 10 days.

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