



THE IMPORTANCE OF CHOLESTEROL FOR WOMEN'S HEALTH.

Sayfutdinova.Z.A., Yodgorova.K.P.

Tashkent Medical Academy

Cholesterol, cholesterol is a substance belonging to the Sterin group. It was first isolated from gallstone. Insoluble in water, well soluble in organic solvents, colorless Crystal. Cholesterol is found in all living organisms. Most cholesterol is found in nerve and fat tissue, egg and sperm cells, liver (cholesterol is biosynthesized), adrenal glands, etc. In the blood plasma, cholesterol is found in a complex essential state along with high fatty acids (oleic acid). Cholesterol in the body participates in the metabolism of adrenal hormones, bile acids, vitamin D, etc.

The average level of cholesterol in human blood is 150-200 mg%. People who eat more fatty foods have an increased cholesterol level, which leads to the formation of gallstones, the accumulation of cholesterol in the wall of blood vessels, and impaired metabolism, among others. In the human body, 1 mg of cholesterol is converted into bile fluid in one day.

An increase in cholesterol levels relative to the norm is called hypercholesterolemia.

In addition to a fatty diet, the rise in cholesterol levels can also be influenced by the following factors:

- weight gain;
- low mobility;
- type 2 diabetes;
- hypothyroidism;
- - postmenopausal period in women;

- chronic kidney failure;

- hypercholesterolemia is the slow loss of low-density lipoprotein from the blood (which may be a progeny) from a constant.

* Hypercholesterolemia directly affects the proper functioning of the body and negatively affects organs such as the heart, brain.

That is, it is caused by poor nutrition and lack of exercise, which leads to excessive obesity. In addition, high levels of cholesterol cause cardiovascular disease.

Methods. The clinical material for the study was carried out in January 2023 at the Tashkent City Center for Hemostasiology. In this, 70 women were taken from biochemical analyzes in the history of the disease. The age of patients is 88.6% of patients aged 19-39 ; 2.85% of patients aged 40-49; 7.14% of patients aged 50-69; and 1.42% of patients aged over 70. In this case, the amount of cholesterol substance in biochemical analyzes was studied.

Results. The cholesterol norm is <5.2 mmol/L.

Cholesterol levels are normal in 54 (77.14%) patients, and hypercholesterolemia is observed in 16 (22.85%) patients.

Conclusion. In conclusion, women with cholesterol content in the norm make up the bulk of patients.

Bibliography.