

POSITIVE EFFECT OF PHYSICAL EXERCISES IN CANCER PREVENTION

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Oralova Bibikhol

Teacher of the Department of Physical Culture

Sanayev Ikram

Physical education teacher of the 24th school of Kitab district

SHAHRISABZ STATE PEDAGOGICAL INSTITUTE

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In this article, the correct use of exercise in the prevention of cancer. Through this, the widespread spread of this disease and the ways to prevent people from getting this disease have been highlighted, along with this, information has been provided about the primary symptoms of cancer.

Key words

Cancer, treatment, dangerous disease, exercise, Oncological diseases, World medicine, physiological function, levels of disease.

Cancer is a dangerous disease, the success of its treatment depends almost 100% on the time of detection of the disease. Most of the known tumors can be treated if detected in the early stages of the disease. But the problem is that many of them develop secretly without warning or as symptoms of safer diseases. You should pay attention to these symptoms: they can be a sign of a very dangerous disease, if they are observed for a long time, it is recommended to consult a doctor.

Physical inactivity increases the risk of cancer. Although excessive exercise and overtraining can have negative effects on treatment outcomes and quality of life, regular moderate exercise and physical activity can have systemic beneficial effects, such as improving physiological function and reducing the risk of disease. . Oncological diseases are currently the leading group of human pathologies. In the practice of world medicine, success has been achieved in the treatment of the disease. We all know that oncological diseases occur without any symptoms or signs. As a result, it becomes very difficult to identify them. The longer the disease is detected, the more likely it is to treat it, depending on the degree of the disease. The earlier oncological diseases are diagnosed, the easier it is to fight against them. Most office workers spend their days sitting. Not all offices are so modern that they offer their employees standing desks and other options. However, both office

workers and home workers should not forget that a sedentary lifestyle is a serious risk factor for cancer. Experts recommend devoting at least half an hour to physical activity during the working day, if possible.

A sedentary lifestyle has been shown to be particularly bad for the risk of developing lung, endometrial and colon cancer. The more sedentary the lifestyle, the higher the risk of developing these forms of cancer.

Fizzy Drinks Really fizzy drinks have never been healthy, and recently these cans are also considered to be very dangerous to health. However, many consider the harm of carbonated drinks to be in its sugar content, which means that it harms the teeth and body. But the downside doesn't end there. Such drinks are sweet and high in calories, have a high glycemic index, and have been shown to increase the risk of endometrial cancer.

The fact is that drinking such products in large quantities leads to an increase in the amount of sugar in the blood and an increase in the production of insulin. This, in turn, leads to the active division of the endometrial cells that cover the uterus. Additionally, excessive fizzy drinks have been shown to cause other forms of cancer, such as pancreatic, breast, and ovarian cancer. In short, there should be less sweets and carbonated drinks in the diet.

Of course, both tea and coffee are more beneficial for the body than carbonated or alcoholic beverages. Coffee generally exhibits excellent anti-cancer properties and reduces the risk of various cancers. However, very hot drinks can seriously harm the body. People who drink hot drinks are more likely to get cancer of the esophagus and throat than those who are willing to wait for the drink to cool down.

Sitting at the computer until 2 a.m. or working all night is not good for your health in the first place. According to a 2018 study, women who worked night shifts had a 19 percent higher risk of developing any type of cancer than those who worked regular jobs. The reason for this is that such work not only disrupts the production of melatonin, which is important for the normalization of sleep and biorhythms, but also causes the development of cancer.

Persistent cough or hoarseness. In most cases, a cough has nothing to do with cancer. But a persistent cough accompanied by a hoarse voice can indicate the beginning of lung or larynx cancer. To make sure that there is no risk, it is necessary to consult a doctor and undergo chest fluorography or MRI examination.

Changes in bowel function. If you feel discomfort in the intestines, this may be a sign of some disease that prevents the normal movement of the intestine. It is recommended to consult a doctor and, if necessary, a colonoscopy to make sure

that everything is fine with the intestines. And, of course, it is necessary to eat more fresh vegetables, fruits and red meat less. Studies show that the development of tumors in the rectum is often caused by poor nutrition.

Changes in the bladder. The first and most important symptom that is never ignored is the appearance of blood in the urine. It can be a symptom of a urinary tract infection, and it can also be a warning sign of kidney cancer.

Constant inexplicable pain. Severe or persistent pain does not necessarily indicate cancer by itself, but in any case, it is a reason to see a doctor as soon as possible. If there is constant pain in a certain area, even if it is not very strong and does not interfere with daily life, it is necessary not to forget to consult a doctor.

Bleeding. Unexplained bleeding is enough to immediately see a doctor. Cervical or ovarian cancer often manifests itself in this way. Bleeding from the rectum can be a sign of a tumor in the intestine.

Unexplained weight loss. If you are losing weight without any effort, don't be in a hurry to be happy - often this is a symptom of some disorder in the body. Unfortunately, this can often indicate a developing tumor. Of course, you should consult a doctor.

Difficulty with swallowing. This symptom can warn of a tumor in the larynx, esophagus or thyroid gland. In any case, if there is a swelling in the throat, it is necessary to consult a doctor immediately.

Exercise reduces the risk of cancer and increases the effectiveness of its treatment. Finnish scientists from the University of Turku and colleagues from the Karolinska Institute in Switzerland found that physical activity can reduce the risk of cancer and improve the effectiveness of its treatment, as well as improve the quality of life of patients. In the study, the data of 28 patients who were recently diagnosed with lymphoma and neoplasm in the mammary glands were studied. The age of the first group was from 20 to 69 years old, and the second group was from 37 to 73 years old. All subjects were asked to ride a bicycle for 10 minutes. blood samples were taken from them once before and twice after that. It is known that the number of cytotoxic T-cells and NK-cells increased during exercise in the bloodstream of patients with lymphoma. Exercise increased the total number of leukocytes and intermediate monocytes in patients with breast cancer. At the same time, changes in the indicator quickly passed.

In addition, it was possible to determine the relationship between the intensity of physical activity and the number of immune cells in both groups. Thus, the higher the heart rate and blood pressure, the more immune cells enter the bloodstream. According to the scientists' conclusion However, light to moderate

intensity exercise lasting about ten minutes increased the number of immune cells needed to fight cancer.

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