

# Onco-Epidemiological Characteristics of Oncological Diseases

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**Abstract** According to statistical data, the number of new cases of oncological diseases among the population is increasing every year. Currently, identifying and eliminating risk factors for dangerous and benign tumors among the population is one of the most important problems of modern medicine. Among the diseases of the population, oncological diseases occupy a high place in terms of mortality at all ages and lead to a decrease in the average life expectancy of the population and significant economic losses. One of the most urgent problems in medicine is the early detection and early diagnosis of precancerous diseases that lead to the development of dangerous and benign tumors. Therefore, precancerous diseases of the female genital organs remain one of the most urgent problems among general gynecological diseases.

**Keywords** Abortion, Intrauterine device, Genital inflammatory diseases, Menstrual cycle, Childbirth, Risk factors, Tumor, Breast cancer

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## 1. Introduction

Currently, one of the risk factors for oncological diseases among the population is the early detection and early treatment of precancerous diseases, which plays a key role in preventing the development of malignant tumors. Despite many achievements in the diagnosis and treatment of tumors and precancerous diseases in modern medicine, tumors and precancerous diseases remain one of the urgent problems [5]. According to the World Health Organization, “10 million people die from oncological diseases per year, which is 1/3 of the world's mortality rate. Scientists estimate that by 2040, new cases of oncological diseases will increase by 47% annually, reaching 28.4 million ...”. Among diseases in the world, oncological diseases occupy a high place in terms of mortality among women of all ages [10].

In order to raise the level of medical services to the population to a new level in accordance with the seven priority areas of the Development Strategy of New Uzbekistan for 2022-2026, the Presidential Decrees No. PF60 dated January 28, 2022 “...improving the quality of qualified services to the population in primary medical and sanitary services....,” and No. PF-87 dated March 7, 2022 “On measures to further intensify work on systematic support for families and women” were developed. The resolutions of the President of the Republic of Uzbekistan are aimed at improving the quality of qualified medical

services in remote and remote areas, as one of the main problems of medicine is the timely detection, early diagnosis and prevention of oncological diseases [1,2].

Tumors and precancerous diseases of the female genital organs are also among the most common gynecological diseases [3,4]. Precancerous diseases of the female genital organs are characterized by a negative impact on reproductive and sexual function. Due to the rather mild course, patients do not always seek medical attention [6,7].

Therefore, precancerous diseases of the female genital organs remain one of the most urgent problems among general gynecological diseases.

According to numerous statistical studies conducted in recent years, the number of breast diseases is characterized by a rapid increase [5]. Fibrocystic disease, first of all, is associated with the most common pathology among breast diseases, the incidence of which is recorded at the age of 40-44. Risk factors for breast diseases are diverse. Scientists believe that genetic, reproductive, adaptive and energy homeostasis disorders are important risk factors [4,9].

In this area, we can safely say that, given the current increase in cancer incidence and high mortality rates among cancer patients, the study of precancerous diseases and their relationship to the risk of cancer is of great interest in modern medicine. At the same time, the main problem of medicine remains the timely detection of the disease.

Thus, the onset of the disease and mortality rate depend on the geographical characteristics of the population's permanent residence, and this indicator varies in the west and east of Eurasia.

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## 2. Purpose of the Research

The purpose of the work is to study the most important onco-epidemiological risk factors for oncological diseases.

## 3. Materials and Methods

In-depth medical examinations conducted by the Central Military Clinical Hospital among the population of Tashkent region from August to November 2024, patients who were being treated for tumors and precancerous diseases and were first detected among the population, and patients were examined using ultrasound examination, mammography and radiography, and vaginal smear examination methods, based on the information in the outpatient card. Complete anamnesis data and instrumental examinations of the population who underwent a medical examination allowed us to identify the population at risk of developing tumors and precancerous diseases.

## 4. Results and Discussion

A description of precancerous diseases and benign tumors detected among those in the study group is presented in Table 1.

According to the results of the examination, 106 (32.3%) of the subjects had precancerous diseases and benign tumors of the genital organs, of which 39 women (11.8%) had fibroids of various sizes, and 38 women (11.6%) had cervical erosion and polyps. 127 of the subjects in the observation group had benign tumors of the mammary glands (38.7%). Of these, benign dysplasia of the mammary gland (fibrous-cystic mastopathy) was found in 98 women (29.9%), and fibroadenoma of the mammary gland was found in 22 women (6.7%). 21 of the subjects in the observation group had diseases of the stomach and intestines. Among the identified diseases, the most common were colon and rectal polyps in 12 patients (3.7%). Benign tumors of endocrine and other organs were in

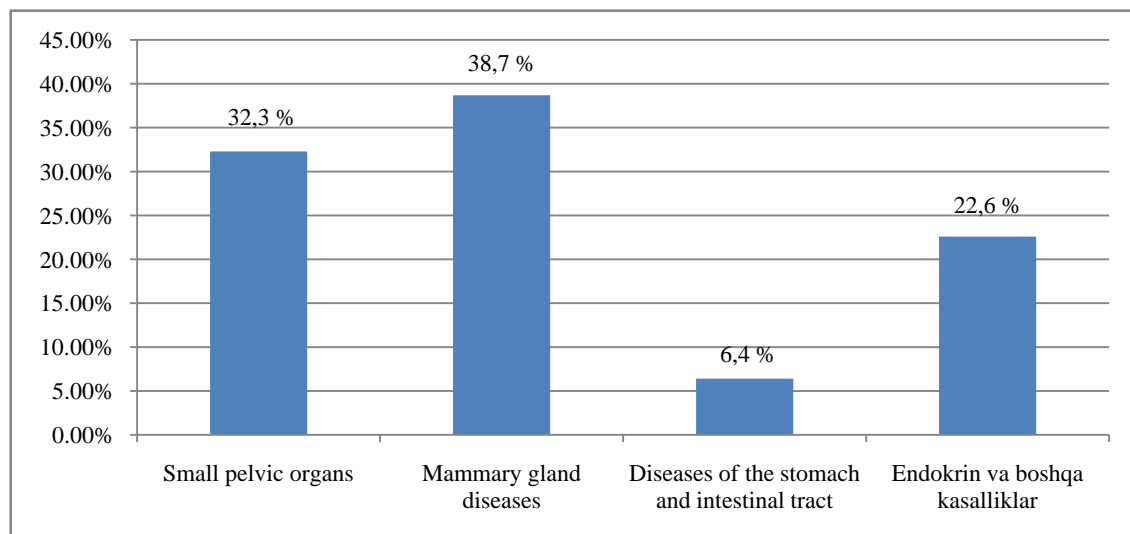
74 patients (22.6%), the highest rate was thyroid cysts and nodules in 51 patients (15.6%). The highest rates were benign dysplasia of the mammary gland, fibrocystic mastopathy, in 98 patients (29.9%), thyroid cysts and nodules in 51 patients (15.6%), and uterine fibroids in 39 patients (11.8%).

The classification of diseases identified based on the results of the examination is presented in Figure 1.

Mammological 38.7%, gynecological 32.3%, endocrinological 22.6%, and gastrointestinal tract 6.4% cases were observed.

**Table 1.** Classification of precancerous diseases and benign tumors detected among the examined population

№	Classification of diseases	Number of patients	Share, %
	<b>Small pelvic organs</b>	<b>106</b>	<b>32,3</b>
1	Uterine fibroids	39	11,8
2	Endometrial polyp and endometriosis	11	3,4
3	Ovarian cysts	18	5,5
4	Cervical erosion and polyps	38	11,6
	<b>Mammary gland diseases</b>	<b>127</b>	<b>38,7</b>
1	Breast fibroadenoma	22	6,7
2	Benign dysplasia of the mammary gland (fibrosis-cystic mastopathy)	98	29,9
3	Mammary duct ectasia	7	2,1
	<b>Diseases of the stomach and intestinal tract</b>	<b>21</b>	<b>6,4</b>
1	Stomach ulcer and polyp	2	0,6
2	Twelve finger ulcers	7	2,1
3	Colon and rectum ulcers, polyps	12	3,7
	<b>Endocrine and other diseases</b>	<b>74</b>	<b>22,6</b>
1	Thyroid cyst and nodule	51	15,6
2	Benign tumors of the conjunctiva (nevus, dermoid tumor)	2	0,6
3	Lipomas	21	6,4
	<b>Total</b>	<b>328</b>	<b>100</b>



**Figure 1.** Analysis of the classification of diseases identified among the population, (%)

The age distribution of the observation group is presented in Table 2.

**Table 2.** Age data of the observation group

Age	Number of patients	Share, %
25-29	13	4,0
30-34	28	8,5
35-39	102	31,1
40-44	98	29,9
45 and above	87	26,5
<b>Total</b>	<b>328</b>	<b>100</b>

The observation group consisted of 328 people. In terms of age, 13 (4.0%) were between 25 and 29 years old, 28 (8.5%) were between 30 and 34 years old, 102 (31.1%) were between 35 and 39 years old, 98 (29.9%) were between 40 and 44 years old, and 87 (26.5%) were over 45 years old. The highest rate was recorded among the population aged 35-39 years old.

During our study, we analyzed the living conditions of the population in terms of their geographical location (Table 3).

**Table 3.** The living conditions of the population in the observation group were analyzed in terms of their geographical location

According to living conditions	Number of patients	Share, %
In rural conditions	258	78,7
In urban conditions	70	21,3
<b>Total</b>	<b>328</b>	<b>100</b>

The results of the analysis show that the majority of these women correspond to the population living in rural areas (see Table 3).

Regardless of the group of the population to which they belong, many risk factors affect the pathology of oncological diseases.

1. Among women, the risk factors for the development of oncological diseases are largely reproductive factors: childbearing age, duration of breastfeeding, and the presence of abortions.
2. Prevention of oncological diseases should include primary and secondary prevention measures with the introduction of state social support programs that help maintain the health of the population in society.

## 5. Conclusions

Our analysis revealed that the following factors play a

major role in the development of oncological diseases among the population: harmful habits, poor sexual life, colds, stress, and, most importantly, a decrease in the activity of the immune system. Regular medical examinations among the population are important in the prevention and early detection of oncological diseases. Therefore, when organizing medical examinations, it is necessary to ensure that they are composed of all specialists and undergo a complete medical examination.

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