



Developing the Major Problems of Food Poisoning Today, their Treatment and Preventive Measures

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Abstract: Today, food poisoning diseases are on the rise. It has become common for various pathogens to be observed in the human body. What is the condition of patients after this poisoning and what are its complications? How long will the patient recover? How much does it cost to repair? This article will give us the answers to all the questions that have been bothering you.

Keywords: Complications, Dehydration, Hemolytic uremic syndrome.

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Introduction: Food poisoning occurs as a result of eating food contaminated by toxins or pathogens (such as bacteria). Common symptoms are stomach pain, diarrhea and vomiting. Food poisoning usually heals on its own within a few days. But in more severe cases, patients should be treated in a hospital.

Symptoms of food poisoning (including food poisoning) can vary slightly depending on the cause. Classic characters that almost always appear:

- nausea
- Vomiting
- diarrhea
- Stomach cramps

In food poisoning, symptoms are usually felt minutes to hours after eating spoiled or poisoned food. In rare cases - for example, infection with *Campylobacter* bacteria - this incubation period can be several days.

Symptoms of food poisoning are often mild and go away on their own after a few days. But sometimes there is severe poisoning with very obvious symptoms, such as violent vomiting, very bloody diarrhea, or more than ten diarrheas per day. Then you should definitely go to the doctor!

Causative agents: There are many other pathogens that can cause food contamination. Some examples and typical symptoms of infection include:

- **Escherichia coli:** E. coli bacteria are mainly found in raw cattle and raw milk. It can also be spread from person to person. E. coli infection causes diarrhea that is initially watery and then bloody.
- **Staphylococci:** These bacteria can get into food from hands when handled improperly in the kitchen and thus cause food poisoning (heating food does not kill germs). Symptoms are low temperature and poor blood circulation.
- **Yersinia:** Yersinia bacteria are usually transmitted by contact with infected animals or by eating contaminated animal feed. Common symptoms of the disease are headache, chills and fever.
- **Campylobacter:** Campylobacter bacterium is mainly found in undercooked poultry and raw egg products. It can be killed by cooking. Symptoms of Campylobacter food poisoning include high fever, headache, fatigue, and watery diarrhea.
- **Shigella:** These germs are common in warm places where hygiene is inadequate, where garbage or sewage contaminates food or drinking water. Food poisoning caused by Shigella causes abdominal pain, painful bowel movements, and diarrhea.
- **Complications:** In some cases, food poisoning can lead to dehydration, hemolytic uremic syndrome, or other complications. However, serious complications are rare. In most cases, food poisoning is short-lived and most people recover without developing complications.

In most cases, people with food poisoning recover on their own without medical attention. You can treat food poisoning by replacing lost fluids and electrolytes to prevent dehydration. In some cases, over-the-counter medications can help relieve symptoms.

Dehydration: Dehydration is the most common complication of food poisoning. When food poisoning causes you to vomit or have diarrhea, your body loses fluids and electrolytes. If you don't replace these fluids and electrolytes, you can become dehydrated. If you are dehydrated, your body does not have enough fluids and electrolytes to function properly. Dehydration is especially dangerous for children, adults and people with weakened immune systems. If you become dehydrated, seek medical attention immediately to prevent serious health problems. Without treatment, dehydration can lead to problems such as organ damage, coma, or even death.

Hemolytic uremic syndrome: Hemolytic uremic syndrome (GUS) is a kidney disease that occurs when red blood cells are destroyed and block the kidney's filtration system. If your kidneys stop working, you have acute kidney injury - a sudden and temporary loss of kidney function.

The most common cause of hemolytic uremic syndrome is infection with a strain of *Escherichia coli* (E. coli) bacteria called E. coli, but other bacteria and viruses can also cause this condition. (GUS) most often occurs in children under 5 years of age.

Treatment of food poisoning patients: In most cases, people with food poisoning recover on their own without medical attention. You can treat food poisoning by replacing lost fluids and electrolytes to prevent dehydration. In some cases, over-the-counter medications can help relieve symptoms. When you have food poisoning, you may vomit after eating or lose your appetite for a short time. When your appetite returns, you can return to your normal diet, even if the diarrhea persists. Find tips on what to eat when you have food poisoning. If your child has symptoms of food poisoning, such as vomiting or diarrhea, do not hesitate to call the doctor for advice. Do not use over-the-counter medications to treat diarrhea if you have bloody diarrhea or a fever—a sign of a bacterial or parasitic infection. Consult a doctor for treatment.

You can prevent some food poisoning by storing, cooking, cleaning, and handling food properly. For example,

- keep raw meat, poultry, seafood and eggs separate from other foods
- refrigerate or freeze perishable foods immediately wash hands with soap and water before and after eating wash fruits and vegetables before eating, cutting or cooking
- cook foods long enough and at high temperatures to kill harmful germs wash dishes and surfaces after each use



Summary: Prevention of food poisoning is one of the most urgent problems today, so always pay attention to the color, smell and taste of food to prevent it. An unpleasant rotten smell, a sour taste, a bitter tongue should be alert. A change in its consistency, the formation of mucus on its surface can also serve as a sign of the quality of the product. Moldy, spoiled fruits and vegetables, swollen cans and packages of milk and milk products should be discarded without regret. A jar "closed" with an iron lid should open with a peculiar sound, which indicates that it is hermetically sealed. If there is no sound, you should not eat canned food. When buying, it is necessary to check the production period and expiration date of the product, as well as the integrity of the packaging. It is also necessary to inspect the refrigerator regularly.

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