ISSN: 2053-3578 I.F. 12.34

FEEDING CHARACTERISTICS AND PREVENTION OF CHILDREN WITH ENTEROBIOSIS

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Abstract

In this article, the relevance of enterobiasis and the peculiarities of the nutrition of children with enterobiasis and recommendations for their proper nutrition are given. Furthermore, extensive information is provided on nutritional errors and profitability in children with enterobiasis.

Keywords: Enterobius vermicularis, UN Global Children's Population, American Academy of Pediatrics (AAP), Global Health Action, vitamin B (specifically B12 and folate), diarrhea, Clinical Nutrition Journal, Nutrition, diets, fast food.

Enterobiosis is a parasitic disease caused by the parasite Enterobius vermicularis and more common in children. It is widespread throughout the world and is mainly transmitted as a result of non-compliance with sanitary and hygienic rules. This disease harms the child's overall health, disrupting their digestive system and the assimilation of nutrients in the body.

According to a 2020 UN report, enterobiasis is one of the most common parasitic infections among children worldwide, with approximately 10% of the global child population suffering from this disease. According to the American Academy of Pediatrics (AAP), the impact of enterobiasis on children leads to a greater slowdown in intellectual and physical development.

Based on the pathogenesis of enterobiasis, the parasites multiply in the intestines, disrupting the digestive process in children. According to the Global Health Action (2019) study, enterobiasis parasites, by absorbing nutrients, slow down the assimilation of vitamins and minerals by children. For example, a decrease in the levels of vitamin B (in particular, B12 and folate), iron, and vitamin A is observed, which hinders development and growth in the child's body. Children's digestive system is damaged by enterobiasis parasites, and this disease also affects children's internal systems, leading to a decrease in immunity. Studies show that the remnants of enterobiasis cause disruption of many microflora in the body, which leads to

problems such as diarrhea or constipation. These problems negatively affect the overall nutrition and health of children.

Nutrients are necessary in children with enterobiasis to combat the harm caused by parasites to the body and for complete recovery. Thus, the following recommendations should be considered:

- Vitamins and minerals: According to a study by Clinical Nutrition Journal (2018), vitamins A, D, E, and C are essential for children with enterobiasis. These vitamins help strengthen the immune system, restore the intestines, and protect the body from parasites.

- Nutrition normalization: As noted in the Journal of Parasitic Diseases (2020), children are advised to avoid high-calorie and fatty foods. Also, nutrition with protein-rich foods (for example, meat, fish) and fiber substances (vegetables, fruits) helps to effectively fight parasites.

- Drinking water: In recovery from enterobiasis, it is necessary to prevent dehydration. According to the World Health Organization (WHO), dehydration reduces severe physical and cognitive impairments in children. Therefore, regular fluid intake improves the body's rehydration process.

Improper nutrition can complicate the treatment of enterobiasis. In a study by the Journal of Pediatric Gastroenterology and Nutrition (2020), it has been proven that excessive sugar and fatty foods, especially sugary products, negatively affect the fight against parasites in children suffering from enterobiasis.

- *Incorrect diets:* Sugar and processed foods (such as fast food) reduce children's immune system during the enterobiasis period and enhance parasite activity. This also disrupts the balance of intestinal microflora.

Impaired proper digestion: Improper digestion of food and disruption of the intestinal system leads to an increase in food substances that are not fully assimilated in children's digestive system.

The main transmission routes of enterobiasis are the entry of parasites into the body through contaminated hands. The eggs of the parasites fall on a person's hands and then enter the intestines through the mouth. Therefore:

-*Handwashing:* Epidemiological studies show that among children with enterobiasis, the number of non-adherents to handwashing habits is high. According to medical data, washing hands with water and soap significantly reduces the spread of enterobiasis.

-*Tooth brushing and handwashing after the toilet*: Eggs of the parasite enter the body only through dirty hands, therefore it is necessary to strictly observe hygiene rules.

ISSN: 2053-3578 I.F. 12.34

-To prevent enterobiasis, it is important to keep food and water clean. Eggs of the parasite can enter through contaminated water and food.

- *Clean food storage and preparation*: Enterobius vermicularis eggs can survive in water for several days. Drinking water from clean sources is especially important in parasitic areas. Studies show that unwashed vegetables and fruits cause the spread of enterobiosis. To prevent this, it is necessary to wash hands before washing food, wash vegetables and fruits with clean water.

Sanitary and hygienic conditions directly affect the spread of enterobiasis. Parasites are capable of living in the environment for a long time, therefore:

- *Maintaining clean toilets and homes*: When children get enterobiasis, their eggs fall on their clothes and the environment, which in turn leads to the spread of the disease. In places with improved sanitary conditions, the prevalence of enterobiasis significantly decreases.

- *Clean areas:* Not only children, but also places where children play should be clean. Epidemics spread rapidly in polluted areas where children play.

Medical prevention plays an important role in the prevention of enterobiasis:

-*Preventive treatment:* Medications can be regularly prescribed by doctors to population groups at high risk of enterobiasis, especially children. According to research, it is necessary to conduct regular medical examinations and preventive treatment of family members and teachers working in children's schools.

- Medical examinations: Medical examinations help to detect the disease in a timely manner and prevent the spread of parasites.

It is necessary to inform the population about the prevention of enterobiasis, to teach the rules of personal hygiene and sanitation. This can prevent the spread of the disease.

-*Hygiene education*: Teaching hygiene rules to teachers, parents, and children helps prevent illness by making changes to their daily lives.

In conclusion, it should be noted that the peculiarities of the nutrition of children with enterobiasis directly affect the process of treatment of the disease. By increasing vitamins and minerals in nutrition, it is possible to improve the general condition of children. Also, the prevention of enterobiasis depends on many factors and is carried out mainly through hygiene, food safety, improvement of sanitary conditions, medical prevention and propaganda work. These measures, developed on the basis of scientific research in the field of medicine and epidemiological experience, play an important role in the prevention of enterobiasis.

ISSN: 2053-3578 I.F. 12.34

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