

MAIN CAUSES OF PREMATURE AGING AND PREVENTIVE MEASURES

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<https://doi.org/10.5281/zenodo.20964240>

Annotation. This article analyzes the essence of the process of premature aging in humans, its main causes and methods of prevention. Stress, malnutrition, sedentary lifestyle, lack of sleep, environmental issues, and the effects of mental state have been highlighted as contributing factors to premature aging.

There are also data on global aging indicators and the concept of biological age.

The article substantiates the importance of healthy eating, physical activity, regular knowledge, mental calm and a positive attitude to life in slowing down the aging process. The results of the study show that a healthy lifestyle is an important factor in preventing premature aging. Keywords: premature aging, biological age, Gerontology, aging factors, stress, oxidative stress, healthy eating, physical activity, mental well-being, Prevention, longevity, health maintenance, lifestyle, demographic aging, biological processes.

Introduction

Everyone dreams of a long life, to always remain a trigger and a whim.

However, in today's turbulent time, we are witnessing that the biological age of some people is much more advanced than the age in the passport. What for some seem to be young and energetic even at 40-50 years old-then others will get tired quickly, wrinkled in the face as early as 25-30 years old?

Aging is a natural biological process in a person's life. In some cases, however, signs of aging in the body can manifest before the norm. This condition is called premature aging. Premature aging has a negative effect not only on appearance, but also on human health. Therefore, it is important to know its causes and take preventive measures

In recent years, scientists have noted that the biological aging process is accelerating due to factors affecting human health, such as stress, environmental pollution, a sedentary lifestyle and poor nutrition. According to the World Health

Organization, in 2020, the number of people aged 60 and over in the world was 1 billion. This figure is expected to reach 1.4 billion by 2030 and 2.1 billion by 2050.

The share of people over 60 in the world's population is projected to increase from 12 percent to 22 percent between 2015 and 2050. In 2020, for the first time in history, the number of people over 60 exceeded the number of children under 5.

Main Causes of Premature Aging:

1. Constant stress and nervous tension- During stress, stress hormones increase in the body. This leads to narrowing of blood vessels, insufficient nutrition of cells and rapid aging of the skin.

1. Improper diet

Regular consumption of excess sugar, fast food and fatty foods disrupts the body's metabolism. As a result, the skin loses elasticity and wrinkles appear.

2. Sedentary lifestyle Inactivity slows down blood circulation. The body ages faster because the cells do not receive enough oxygen and nutrients.

3. Lack of sleep

The body's recovery processes occur mainly during sleep. Regular lack of sleep reduces the body's ability to regenerate.

4. Environmental factors and sunlight Environmental pollution and ultraviolet rays damage skin cells and accelerate the aging process.

5. Dissatisfaction with life

According to experts, the rate of biological aging is also related to a person's mental state. Constant dissatisfaction with life, depression, and negative thinking accelerate the aging process.

6. Lagging behind in mental development

People who stop learning and exploring new knowledge experience not only mental, but also biological aging faster. Signs of Premature Aging

Premature aging can be manifested by the following symptoms:

Rapid fatigue;

Decreased skin elasticity;

Early appearance of wrinkles;

Memory decline;

Frequent illness;

Nervousness and anxiety;

Emotional burnout;

Loss of interest in life.

Ways to get rid of premature aging

1. Healthy eating

It is recommended to include more fruits and vegetables, greens, nuts and seafood in the diet. It is necessary to reduce the amount of fast food and sugar.

2. Physical activity

Regular exercise improves blood circulation and helps keep the body young longer.

3. Sufficient sleep

At least 7-8 hours of quality sleep every day is important for the recovery of the body.

4. Constant study and research

"When a person stops searching, he has entered the stage of aging," wrote A.A. Zinoviev. Learning new knowledge keeps the brain functioning.

5. Enjoy life

Karl May observed the large number of long-lived people in the Caucasus region and noted that one of the reasons for this is warm relations between people. Close connections with family, friends, and community support mental health.

6. Living in an optimistic spirit

Professor Lyudmila Belozerova says that people who look slowly are usually active, hardworking, optimistic and friendly people

Conclusion

Premature aging is one of the most pressing problems today. Its main causes are stress, poor diet, lack of exercise, lack of sleep, and depression. However, the process of biological aging can be significantly slowed down by adhering to a healthy lifestyle, regular physical activity, proper nutrition, education, and an optimistic attitude to life. A person's youth is primarily reflected in his psyche, worldview, and lifestyle.

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