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PREVALENCE OF DIATHESIS AND RISK FACTORS

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Abstract:

Diathesis is a state of increased predisposition of a child's body to develop certain pathological reactions. Its manifestations are most often observed in early childhood and are associated with the ongoing formation of the immune system, the digestive tract, and the skin barrier. This article examines the main risk factors for the development of diathesis, including hereditary predisposition, dietary characteristics, early introduction of complementary foods, gastrointestinal diseases, infections, and adverse environmental factors. The importance of proper nutrition, skin care, and timely medical observation in preventing pronounced manifestations is demonstrated.

Keywords: Diathesis, children, prevalence, risk factors, allergy, nutrition, heredity, immunity, skin barrier, prevention.

Introduction

Diathesis is a common condition in childhood, especially in children during their first years of life. During this period, the immune system, gastrointestinal tract, and skin barrier are still developing, which makes a child's body more sensitive to various external influences. Modern medicine views diathesis primarily as a state of predisposition rather than an independent disease. Its manifestations may

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arise under the influence of hereditary factors, nutrition, infections, and household or environmental conditions.

Early identification of risk factors is of particular importance. Proper nutrition, rational introduction of complementary foods, skin care, and elimination of irritating factors can reduce the likelihood of pronounced manifestations and the subsequent development of allergic diseases. The aim of this work is to study the prevalence of diathesis manifestations in children and to identify the main risk factors for its development.

To study the problem, an analysis of scientific literature and a clinical-anamnestic approach were used. Data were examined on children's age, nature of nutrition, timing of introduction of complementary foods, hereditary predisposition, presence of allergic diseases among family members, frequency of infections, and living conditions. Particular attention was paid to skin condition: dryness, redness, flaking, irritation, and the appearance of inflammatory elements. The influence of household and environmental factors was also analyzed.

A review of the literature shows that manifestations of diathesis are more common in early childhood. This is related to the immaturity of the immune system and the characteristics of the skin and intestinal barriers. One of the most significant risk factors is hereditary predisposition. When allergic diseases are present in parents or close relatives, the likelihood of allergic manifestations in the child may be higher.

Nutrition plays an important role. Disruption of feeding routines, improper introduction of complementary foods, and individual intolerance to certain products can contribute to the appearance of skin and digestive symptoms. At the same time, excluding a large number of products without medical justification is not recommended. The condition of the gastrointestinal tract may also be significant. Digestive disturbances and changes in intestinal microbiota can affect the body's immune reactivity. External risk factors include tobacco smoke, air

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pollution, low humidity, overheating, aggressive household chemicals, and improper skin care.

Thus, the occurrence of diathesis manifestations is related not to a single factor, but to their combined effect on the child's body.

Diathesis must be distinguished from confirmed allergic diseases. The presence of skin redness or dryness does not always indicate a food allergy. Therefore, in cases of recurrent or pronounced symptoms, a pediatrician should be consulted, and an allergist if necessary. The condition of the skin barrier is of great importance. Excessive drying of the skin can increase its sensitivity to external irritants. Therefore, a child needs proper care using gentle products.

Rational nutrition is also an important part of prevention. Complementary foods should be introduced gradually, taking into account the child's age and individual tolerance to products. Prevention should take into account not only nutrition but also living conditions. Tobacco smoke, overheating, excessively dry air, and irritating care products should be avoided.

The main risk factors are:

- hereditary predisposition;
- characteristics of the child's diet;
- improper or too-early introduction of complementary foods;
- disturbances in gastrointestinal function;
- frequent infections;
- exposure to tobacco smoke;
- unfavorable environmental conditions;
- dryness and damage to the skin barrier;
- use of irritating care products;
- overheating of the child.

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Prevention includes rational nutrition, proper introduction of complementary foods, breastfeeding where possible, skin care, and maintaining a comfortable indoor microclimate. Exposure to tobacco smoke and other irritants should be limited. If persistent skin manifestations appear, a doctor should be consulted. Self-prescribed medications and strict diets without medical justification are not advisable.

Diathesis is a state of increased predisposition of a child's body to certain pathological reactions and most often appears at an early age. The main risk factors are heredity, dietary characteristics, the condition of the gastrointestinal tract, infections, and exposure to adverse environmental factors.

Prevention should be comprehensive and include rational nutrition, proper skin care, favorable living conditions, and timely medical observation.

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