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**DISTRIBUTION PATTERNS OF ENDOCRINE DISEASES AND THEIR
GENDER-BASED CHARACTERISTICS**

Yusupov O.F.

Tashkent State Medical University



Introduction. Endocrine diseases are among the fastest-growing non-communicable diseases worldwide and represent a major public health concern. In particular, diabetes mellitus and thyroid disorders substantially contribute to disability, reduced work capacity, and increased morbidity. Evaluating the distribution of endocrine diseases according to nosological forms and gender is essential for identifying high-risk groups and developing effective preventive strategies.

Objective. To analyze the prevalence of the most common endocrine diseases and their gender-specific distribution during the period 2019–2021.

Results. The analysis demonstrated that diabetes mellitus was the predominant endocrine disorder throughout the study period. Type 2 diabetes mellitus accounted for the largest proportion of endocrine diseases and showed a steady upward trend, increasing from 53.8% in 2019 to 57.2% in 2020 and 61.2% in 2021. The mean prevalence over the three-year period was $57.4 \pm 2.62\%$, indicating that type 2 diabetes mellitus represents the leading endocrine pathology in the study population.

In contrast, the prevalence of type 1 diabetes mellitus remained relatively stable throughout the study period, ranging from 4.5% to 4.7%, with a three-year mean of $4.63 \pm 0.08\%$. These findings indicate that type 1 diabetes constituted only a small proportion of the overall endocrine disease burden.

Thyroid diseases ranked second among endocrine disorders. Their prevalence gradually declined from 41.5% in 2019 to 38.3% in 2020 and 34.1% in 2021, with an overall mean prevalence of $37.9 \pm 2.62\%$. Although a decreasing trend was observed, thyroid disorders remained one of the major endocrine health problems.

Gender-specific analysis revealed that type 1 diabetes mellitus was more common among women, who accounted for 55–58% of all reported cases, whereas men represented 42–45%. A similar pattern was observed for type 2 diabetes mellitus, with women accounting for 52–53% of cases compared with 47–48% among men. Although the gender difference for type 2 diabetes was relatively modest, women consistently demonstrated a slightly higher disease prevalence throughout the study period.

The most pronounced gender disparity was observed in thyroid diseases. Women accounted for 92–94% of all diagnosed cases, whereas only 6–8% occurred among men. This remarkable predominance is consistent with the well-established influence of hormonal and physiological factors on the development of thyroid disorders in women.

Conclusion. The present study demonstrated that type 2 diabetes mellitus was the predominant endocrine disease during 2019–2021, with a consistent increase in its prevalence over time. Thyroid diseases ranked second in frequency despite exhibiting a gradual decline during the study period. Both type 1 and type 2 diabetes mellitus were

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more prevalent among women than men, while thyroid disorders showed an overwhelming female predominance. These findings emphasize the necessity of strengthening early detection, targeted screening, and preventive interventions, particularly among women, to reduce the burden of endocrine diseases and improve population health outcomes.

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