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XII Евразийский конгресс детских докторов «Ребёнок и общество: проблемы здоровья, развития и питания» объединяет ведущих специалистов, учёных и практикующих врачей, для которых здоровье ребёнка — не просто профессиональная задача, а призвание и смысл жизни.

Конгресс посвящён светлой памяти выдающегося педиатра, учёного, наставника, профессора Саломова Иноята Тагировича, чьё имя навсегда вписано в историю отечественной медицины.

Его жизнь — пример верности профессии, глубокой человечности, мудрости и безграничной любви к детям. Он воспитал целую школу педиатров, которые продолжают его путь, сохраняя верность идеалам добра, милосердия и науки. Сегодня мы не просто вспоминаем наставника — мы продолжаем его дело, расширяя границы знаний и укрепляя мост между поколениями врачей. Конгресс является площадкой для обмена опытом, новых научных открытий и дружеского общения.

Сборник научных трудов молодых ученых и специалистов медиков детской сферы содержит научные труды аспирантов, докторантов, молодых ученых стран Евраазии.

В рамках Конгресса проведен конкурс молодых ученых с участием более 20 зарубежных докладчиков, что служит укреплению взаимосвязи в сфере учебных, лечебных и научных направлений между странами.

Xulosa: Tadqiqot natijalari shuni ko‘rsatdiki, bolalarda surunkali rinosinusit yosh ortishi bilan nafaqat ko‘proq uchraydi, balki klinik belgilarining ifodalanishi va og‘irligi ham ortadi. Kichik yoshdagi bolalarda simptomlar ko‘proq umumiy va noaniq bo‘lsa, katta yoshda aniq lokal belgilar (bosh og‘rig‘i, yuz og‘rig‘i, hid sezmaslik) ustunlik qiladi. Shuningdek, adenoid vegetatsiyalar, allergik rinit va anatomik nuqsonlar SR rivojlanishida muhim rol o‘ynaydi. Kasallikni erta aniqlash, yoshga mos diagnostika va davolash yondashuvlarini ishlab chiqish — bemorlar salomatligini yaxshilashda asosiy omil bo‘lib xizmat qiladi.

APPLICATION OF BIOIMPEDANCE ANALYSIS IN THE ASSESSMENT OF BODY COMPOSITION AND NUTRITIONAL STATUS IN CHILDREN

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The evaluation of body composition and nutritional status in children is of particular importance, as it reflects the overall state of growth, development, and metabolic health. Traditional anthropometric indicators, such as body mass index and skinfold thickness, provide only indirect information and do not allow for accurate differentiation between fat mass, lean body mass, and total body water. Bioimpedance analysis (BIA) is a modern, non-invasive, and highly informative method that enables quantitative assessment of body composition components. Its use in pediatric practice facilitates early identification of malnutrition, obesity, dehydration, and other nutritional disorders. Furthermore, bioimpedance parameters such as phase angle and fat-free mass index provide valuable insight into cellular health and metabolic activity. In the context of increasing prevalence of metabolic and nutritional imbalances among children worldwide, bioimpedance analysis serves as an essential diagnostic and monitoring tool. The method contributes to personalized nutritional interventions, optimization of dietary strategies, and improved clinical outcomes in pediatric healthcare.

Purpose of the Study.The present study aims to assess the applicability and diagnostic value of bioimpedance analysis (BIA) as an objective tool for determining body composition and evaluating the nutritional status of children across various age categories. Particular attention is given to identifying alterations in fat, lean, and fluid compartments that may reflect states of malnutrition, excessive adiposity, or disturbances in metabolic homeostasis.

Materials and Methods.The study was conducted among children aged 5 to 15 years, who were stratified into groups based on age and nutritional status. Body composition was evaluated using a multifrequency bioimpedance analyzer, which determines electrical resistance (R) and reactance (Xc) to calculate parameters such as total body water (TBW), fat mass (FM), fat-free mass (FFM), and phase angle (PA). In addition, conventional anthropometric indicators — including body weight, height, and body mass index (BMI) — were obtained to enable comparative assessment. Nutritional status was evaluated in accordance with WHO growth reference standards, and correlations were established between anthropometric and bioimpedance-derived parameters.

Results and Discussion.The findings of the study revealed that bioimpedance analysis (BIA) offers a more comprehensive and precise assessment of body composition in children compared with traditional anthropometric techniques.Participants exhibiting overnutrition and obesity demonstrated a marked elevation in fat mass percentage ($p < 0.01$) accompanied by a reduction in phase angle values, reflecting diminished cellular integrity and metabolic efficiency. Conversely, children identified with undernutrition showed significantly lower values of fat-free mass and total body water, which may be indicative of impaired muscle development and potential micronutrient insufficiency.Statistical evaluation established strong positive correlations between BMI and fat mass ($r = 0.82$), as well as between phase angle and nutritional adequacy ($r = 0.76$), thereby substantiating the diagnostic accuracy and validity of BIA for assessing pediatric nutritional and metabolic states.

Conclusion. Bioimpedance analysis (BIA) has proven to be a precise, non-invasive, and reliable method for assessing body composition and nutritional status in children. It enables early detection of nutritional imbalances and can be effectively used for monitoring growth and guiding preventive and clinical interventions in pediatric practice.

ATOPIC DERMATITIS: PATHOGENESIS, CLINICAL MANIFESTATIONS, AND MODERN APPROACHES TO THERAPY

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Atopic dermatitis (AD) represents one of the most widespread chronic inflammatory dermatoses of childhood, with a steadily increasing prevalence in both developed and developing countries. It is characterized by recurrent eczematous eruptions, severe pruritus, and a chronic relapsing course that profoundly affects the psychosocial well-being and quality of life of patients and their families. The pathogenesis of AD is multifactorial, involving genetic, immunological, and environmental factors. Among the key mechanisms are epidermal barrier dysfunction due to *filaggrin gene mutations,* Th2-mediated immune dysregulation, and enhanced skin colonization by *Staphylococcus aureus*. The disease is also closely associated with the “atopic march,” leading to subsequent allergic rhinitis and bronchial asthma in predisposed individuals. Given the increasing incidence of allergic diseases and the significant socioeconomic burden of AD, the development of effective diagnostic and therapeutic strategies remains a priority in modern dermatology and pediatrics.

Purpose of the Study. To analyze the complex pathophysiological mechanisms underlying atopic dermatitis, to systematize its clinical manifestations and classification, and to review current evidence-based therapeutic approaches aimed at improving disease control and preventing relapses.

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