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PREVALENCE OF DIATHESIS AND RISK FACTORS

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Abstract

This article examines the prevalence of diathesis in children and the main factors contributing to its development. Particular attention is paid to hereditary predisposition, dietary characteristics, the state of the immune system, and the influence of environmental factors.

Keywords: diathesis, children, allergy, risk factors, nutrition, heredity, immunity.

Introduction

Diathesis is a state of increased predisposition of a child's body to the development of allergic and other reactions. Such manifestations are most often observed in early childhood, when the immune and digestive systems are still in the process of forming. The main risk factors include hereditary predisposition, improper or unbalanced nutrition, early introduction of certain complementary foods, consumption of potential allergens, frequent infectious diseases, and unfavorable environmental conditions. The course of pregnancy and the mother's health status can also have a significant influence.

Prevention of diathesis includes rational nutrition for the child, adherence to a daily routine, timely introduction of complementary foods, and limiting contact



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with known allergens. Early identification of risk factors and monitoring of the child by a specialist are of great importance.

The prevalence of diathesis among children is linked to the combined effect of hereditary, dietary, and external factors. Timely prevention and proper child care can reduce the likelihood of pronounced manifestations and their associated complications.

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