



МИНИСТЕРСТВО ЗДРАВООХРАНЕНИЯ
РЕСПУБЛИКИ УЗБЕКИСТАН



ТАШКЕНТСКИЙ ГОСУДАРСТВЕННЫЙ
СТОМАТОЛОГИЧЕСКИЙ ИНСТИТУТ



«АХОЛИ САЛОМАТЛИГИНИ МУХОФАЗА ҚИЛИШНИНГ
ЗАМОНАВИЙ YУТУҚЛАРИ ВА РИВОЖЛАНИШ ИСТИҚБОЛЛАРИ»

VII XALQARO FORUM

ILMIY ISHLAR TO'PLAMI

СБОРНИК НАУЧНЫХ ТРУДОВ

VII МЕЖДУНАРОДНОГО ФОРУМА

«СОВРЕМЕННЫЕ ДОСТИЖЕНИЯ И ПЕРСПЕКТИВЫ
РАЗВИТИЯ ОХРАНЫ ЗДОРОВЬЯ НАСЕЛЕНИЯ»

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(Nechiporenko sinamasi), bioximik tahlillar (kondagi mochevina, kreatinin, glyukoza), onkomarker - prostata spetsifik antigen (PSA) tekshiruvlar hamda prostata simptomlarini baholash xalqaro so'rovnoma indeks (IPSS) o'tkazildi. Tekshiruvdan o'tgan bemorlarni xulosalari tahlil qilinib, prostata bezi hajmi 60 sm.kub, qoldiq siydik - 60 ml dan past, prostata spetsifik antigen-onkomarker xulosasi 4 ng/ml dan past va prostata simptomlarini baholash xalqaro so'rovnoma indeks ko'rsatkichi IPSS-20 ball chiqqan 32 nafar bemorlar ajratib olinib, konservativ davolash natijalari tahlil qilindi. 32 nafar bemor 2 guruhga ajratildi. 1-guruh 16 ta bemorlar Tamsulozin (Tamsaprost) 0.4 mg x 1 mahal monoterapiya olib borildi. 2- guruh 16 ta bemorlarga ham Tamsulozin (Tamsaprost) 0.4 mg x 1 mahal qo'llanilib, qo'shimcha postmikturik peshob buzilishlarni bartaraf qilish maqsadida siyish aktidan so'ng istibro qilish tavsiya etildi.

Istibrok qilish usulini diniy mutaxassis jalb etilib, istibro qoidalari shariatda ko'rsatilgan usulda master-klass o'tkazilib ajratilgan guruhdagilarga tushuntirildi.

Natijalar. Ikkala guruhdagi bemorlarga davo kursi 3 oy olib borildi. Davolanish davomida monoterapiya o'tkazilgan 1-guruh bemorlarni barchasida irritativ va obstruktiv siydik ajralishini buzilishi simptomlari xalqaro so'rovnoma indeks ko'rsatkichi bo'yicha IPSS-20 dan 12 gacha pasaydi. Qoldiq siydik- 40 ml dan pasaydi, lekin postmikturik buzilishlar xalqaro so'rovnoma indeks ko'rsatkichi bo'yicha IPSS o'zgarish kuzatilmadi.

2-guruh bemorlarni barchasida irritativ va obstruktiv siydik ajralishini buzilishi simptomlari xalqaro so'rovnoma indeks ko'rsatkichi bo'yicha IPSS-20 dan 12 gacha pasaydi. Qoldiq siydik- 40 ml dan pasaydi. Siydik ajralishini postmikturik buzilishi simptomlari xalqaro so'rovnoma indeks ko'rsatkichi bo'yicha IPSS 90% pasayib, shu guruhdagilarni barchasida hayot sifat tarzi to'liq yaxshilanganligi aniqlandi.

Xulosa. Prostata bezi xavfsiz giperplaziyasini konservativ bartaraf etishda Tamsulozin (Tamsaprost) 0.4 mg preparatini siydik ajralishi buzilishida qo'llanilishi kasallikning klinik belgilariga asosan, irritativ va obstruktiv siydik ajralishi buzilishi simptomlarini pasayishiga yordam berishi tadqiqotimizda tasdiqlandi. Prostata bezi xavfsiz giperplaziyasi xastaligida postmikturik simptomlarni bartaraf qilishda va hayot sifat tarzi yaxshilanishida biz qo'llagan usul, ya'ni Tamsulozin (Tamsaprost) 0.4 mg preparati bilan birga Islom dini shariatida istibro qo'llanilishi ijobiy ta'sir ko'rsatib, samaradorligi yuqori bo'lganligi aniqlandi.

OPTIMIZING PEDIATRIC ASTHMA MANAGEMENT: THE ROLE OF ALLERGY TESTING AND DIETARY MODIFICATIONS

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Introduction: Pediatric asthma is a chronic respiratory condition influenced by genetic, environmental, and dietary factors. Among these, food allergens play a significant role in exacerbating symptoms, yet their precise impact remains underexplored. This study investigates the relationship between dietary habits, allergy

testing, and asthma severity in children aged 4 to 15 years, aiming to identify high-risk food triggers and the importance of allergy testing in effective asthma management.

Aim: The primary objective of this study is to evaluate the correlation between food allergies, dietary patterns, and asthma severity in pediatric patients. Additionally, it seeks to determine whether undergoing allergy testing significantly improves diagnosis and symptom management. By categorizing food allergens into high-risk, moderate-risk, and low-risk groups, this research aims to provide clinically relevant dietary recommendations for asthma control.

Materials and Methods: A cross-sectional survey and observational study was conducted using a structured Google Form questionnaire among 33 pediatric asthma patients at TMA clinic (55% female, 45% male) aged 4 to 15 years. Data on family history, allergy testing, dietary habits, and asthma symptoms were collected. A Chi-Square test was used to analyze the association between allergy testing and asthma diagnosis, while ANOVA assessed the impact of different food allergens on asthma severity. Food triggers were classified into high-risk, moderate-risk, and low-risk categories based on statistical significance.

Results: The Chi-Square test ($\chi^2 = 69.41$, $p < 0.0001$) revealed a strong association between allergy testing and asthma diagnosis, confirming the necessity of early allergy screening in at-risk children. The ANOVA test ($F = 1303.45$, $p < 0.0001$) demonstrated that certain food allergens significantly worsen asthma symptoms. High-risk triggers (Artificial Preservatives - 57.6%, Nuts - 54.5%) were the most severe, requiring strict avoidance. Moderate-risk triggers (Dairy - 30.3%, Eggs - 33.3%) showed a noticeable impact, suggesting selective dietary restrictions. Low-risk triggers (Gluten - 3%) had minimal effect, indicating that gluten-free diets are unnecessary for asthma management. Notably, 97% of participants experienced worsening asthma after consuming specific foods, and 90.9% reported symptom aggravation with sugary or processed foods, emphasizing the role of diet in asthma control.

Conclusion: This study highlights the critical role of allergy testing and dietary modifications in pediatric asthma management. The strong association between undergoing allergy testing and confirmed allergy diagnosis underscores the need for routine screenings. The categorization of food allergens based on risk levels provides a scientific basis for dietary recommendations, where avoiding high-risk foods (nuts, preservatives) and moderating moderate-risk foods (dairy, eggs) can significantly improve asthma outcomes. Healthcare professionals should integrate nutrition counseling and personalized diet plans into pediatric asthma treatment strategies to enhance symptom control and quality of life.

ASSOCIATION BETWEEN THOOTH LOSS AND DEPRESSION MEDIATED BY HEALTHY LIFESTYLE AND INFLAMMATION- A CROSS- SECTIONAL INVESTIGATION

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