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# Only English “Advances in Medical Research and Practice Conference”



Tashkent  
May 23, 2023





Ministry of Health of the Republic of Uzbekistan



Tashkent medical academy



Young Scientists



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# International Scientific-Practical Conference

*“Only English: Advances in Medical Research and Practice Conference”*

**Tashkent  
May 23, 2023**

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## CHARACTERISTICS OF COGNITIVE FUNCTION IN TYPE 2 DIABETES

M.D. Fayzieva, M.M. Yakubova

*Tashkent medical academy*

**Aim:** Assessment of cognitive impairment in patients with type 2 diabetes mellitus and chronic cerebral ischemia.

**Materials and methods:** 71 patients participated in the study. Among them, 42 patients (59.1%) were women, 29 patients (40.8%) were men. Patients' age ranged from 45 to 78 years (mean age  $66.1 \pm 3.4$  years). Chronic cerebral ischemia stage I was noted in 18 patients with type 2 diabetes, chronic cerebral ischemia stage II in 36 patients, and chronic cerebral ischemia stage III in 17 patients. Patients were studied in groups 1, 2, and 3 depending on the stage of chronic cerebral ischemia. All patients underwent clinical examination: patient complaints, anamnesis collection, MMSE and Mini-Cog questionnaire, neurological examinations, laboratory analyses.

**Results:** According to the results of the MMSE test conducted in all patients, the average MMSE score was 26.5 in patients with type 2 diabetes mellitus and stage 1 chronic cerebral ischemia. In 2 groups of patients, this indicator was equal to 22.6 points. Group 3 patients - patients with type 2 diabetes mellitus and chronic brain ischemia III stage, the average MMSE score was 19.2. When we analyzed the results of all patients using the Mini-Cog questionnaire, cognitive impairment (less than 3 points) was detected in 28 patients (39.4%) in group I and 37 patients (52.1%) in group II. Cognitive disorders were detected in almost all patients of group III - 95.7% (68 patients). In addition, we studied the relationship of blood glucose and glycated hemoglobin with cognitive activity in patients from laboratory analyses. In group 1 patients, the average blood sugar level was 8.9 mmol/l, and glycated hemoglobin was 8.5%. In group 2 patients, this indicator was 9.5 mmol/l and 9%. The average glucose level in group 3 patients was 11.5 mmol/l, and glycated hemoglobin was 10.0%.

**Conclusion:** The data we present in this study confirm that cognitive impairment is common in patients with type 2 diabetes and chronic cerebral ischemia stage III, and severe cognitive impairment was found in these patients. Blood sugar and glycated hemoglobin levels were also directly associated with cognitive impairment. High levels of sugar and glycated hemoglobin were observed in patients with severe cognitive impairment.

## DIFFERENTIAL ANALYSIS OF NEUROTIC DISORDERS IN IRRITABLE BOWEL SYNDROME AND IMPROVEMENT OF MEDICAL PSYCHOLOGICAL SUPPORT IN THEM

S.Sh. Gafurova, S.T. Yusuphadjaeva

*Assistant of the department of neurology with medical psychology, Tashkent medical academy*

**Aim:** Affected intestine syndrome neurotic violations differential analysis and them medical psychological help improvement.

**Materials and methods:** Research works in 2022 during Tashkent Medicine Academy a lot network clinic gastroenterology in the department was eaten. Affected intestine syndrome diagnosis with sick patients analysis done. Inspection 62 people in the patient take went Patients medium age  $29 \pm 4.5$  consists of 24 men, 38 women was Patients two to the group divided without studied: First group - 30 patients used only in TIS standard base treatment and psychopharmacotherapy applied. Second group - 32 patients standard from treatment except psychotherapy applied. Anxiety-phobic violations determination in order to Spielberger-Hanin from the questionnaire was used.

**Results:** In the assessment of anxiety-phobic disorders in patients, it was found that patients in group 1 have three different levels of personal anxiety. In particular, 12 patients (40%) had mild anxiety, 10 patients (33.3%) had moderate anxiety, and 8 patients (26.6%) had severe anxiety. After the end of treatment, these indicators were reflected in the following values: mild anxiety in 18 patients (60%), moderate anxiety in 8 patients (26.6%) and severe anxiety in 4 patients (13.3%). Scores for reactive phobic disorders in patients of group 1: mild phobic disorders in 15 patients (50%), moderate phobic disorders in 7 patients (23.3%) and severe phobic disorders in 6 patients (20%). They also reported changes in these parameters after treatment: mild phobic disorders in 20 patients (66.6%), moderate phobic disorders in 5 patients (16.6%) and 3 patients (10%) severe phobic disorders. Indicators of phobic disorders (group 1) The results of the study showed that in the patients of the first group, severe and moderate forms of anxiety decreased and turned into mild forms, mild anxiety disappeared completely. Anxiety scores before treatment in group 2: mild anxiety in 15 patients (47%), moderate anxiety in 9 patients (28%) and severe anxiety in 8 patients (25%). After treatment in group 2, these scores changed as follows: mild anxiety in 18 patients (56%), moderate anxiety in 4 patients (13%), severe anxiety in 1 patient (3%) and anxiety in 9 patients (28%) did not bother at all.

**Conclusions:** In conclusion, it should be noted that the treatment of anxiety observed in patients with irritable bowel syndrome alleviates the course of the disease and prolongs the duration of remissions. The simultaneous use of psychotherapy and psychopharmacotherapy with the main treatment allows to reduce the risk of relapse and recurrence of the disease, restore work capacity and even accelerate recovery from the disease and increase adherence to the main treatment.

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## QUALITY OF LIFE AND CLINICAL FEATURES OF MIGRAINE IN MEN AND WOMEN

B. Holmuratova, N. Rashidova, G. Nurmakhammatova

*Tashkent medical academy, department of neurology and medical psychology*

**Aim:** To study of the quality of life and clinical features of migraine in men and women

**Methods:** A comprehensive examination of 60 people (25 men and 35 women aged 25–45 years, mean age 35.6±2.6 years) with migraine was carried out. The control group consisted of 20 apparently healthy people (8 men and 12 women, mean age 3.5±2.8 years) who had no complaints of headache. The assessment of the quality of life was carried out by applying the general questionnaire “SF-36 health status-survey”.

**Results:** Significant differences in the QoL profiles of patients with M and relatively healthy individuals have been established: headache significantly reduces QoL in all respects, and this primarily concerns physical and emotional problems, as well as their role in limiting the life and social activity of patients. When analyzing the assessment of QoL in men and women, differences were revealed. As follows, men rated their QoL higher than women on all scales: in terms of the general indicator (464.91 points for men and 320.71 points for women), physical (respectively 180.19 and 140.52 points) and psychological (245.27 and 219.64 points) components.

**Conclusion:** The conducted studies of the quality of life of patients with migraine made it possible to assess the impact of the disease on various components of QoL. Monitoring the physical, psychological and social functioning of patients with obtaining differential and integral quantitative indicators allows the doctor at different stages to make corrections in the treatment of patients, develop a complex recommendations for the examination and treatment of M patients with a low quality of life, which include optimal therapy for such patients.

## DORSALGIA IN DIFFERENT AREAS OF THE SPINECLINICAL-NEUROLOGICAL SPECIFICITY AND THEIR MRI INTERPRETATION.

D.K. Haydarova

*Tashkent medical academy*

**Aim:** to study the clinical and neurological characteristics of back pain in different areas

**Materials and methods:** 30 patients with different forms of dorsalgia were studied (15 women, 15 men). The age of the patients is between 22-70 (average age: 45±5.12). Dorsalgia is divided into acute (20 (66.6%) cases) and chronic (10 (33.3%) cases); of them, it is in the neck area (12 (40%) cases) and in the lumbar region (18 (60%) cases).

Medical history, clinical-neurological status, laboratory and paraclinical examination methods (MRI/MSCT) were studied in all patients. The VASH scale was used to assess the intensity of pain in patients.

**Result:** 12 out of 30 patients (40%) complained of neck pain. 8 (66.7%) of them suffer from acute pain and 4 (33.3%) suffer from chronic pain. According to the VASH scale, patients who complained of acute pain in the neck area rated the intensity of pain with 6 points, and those who complained of chronic pain rated it with 4 points. In addition, pain in the neck area 9(75%) of the patients complained of pain in the neck area and 3(25%) of them had noise in the ears. Patients with chronic neck pain noted that muscle tension in the neck area and pain during sharp movements are often observed.

All 12 patients had osteochondrosis in the neck area, 8 (66.7%) had intervertebral protrusion in the neck area, 4 (33.3%) had one or more intervertebral disc herniations in the neck area.

18 (60%) of 30 studied patients with pain in the lumbar area complained. Among them, acute pain was observed in 12 (66.7%) patients, chronic pain in 6 (33.3%) patients. According to the VASH scale, patients who complained of acute pain in the lower back evaluated the intensity of pain with an average of 7, and chronic pain with 5. Traction symptoms gave positive results in 12 out of 18 patients (66.7%), pain radiated to the legs in 6 patients (33.3%), pain was observed in 8 patients (44.4%) when palpating the paravertebral areas.

During the MRI examination of the patients who complained of pain in the lumbar region, all of them had osteochondrosis in the lumbar region, 10 (55.5%) had intervertebral protrusion, 8 (44.4%) had one or more intervertebral disc herniation.

Several factors influence the development of dorsopathy. These are: overweight, obesity, life and eating habits, and profession.

Protrusion and intervertebral disc herniation occurred in middle-aged men and women due to obesity and occupation. Patients mainly complained of more pain in autumn and winter.

**Conclusion:** According to statistical results, dorsalgia is observed more often in the lower back area than in the neck area, and it is highly related to people's lifestyle and profession. The observation of more pains in the autumn and winter seasons shows that this is not only related to destructive changes, but also to topical colds.