



АКТУАЛЬНЫЕ ВОПРОСЫ СОВРЕМЕННОЙ МЕДИЦИНЫ

МЕЖДУНАРОДНАЯ КОНФЕРЕНЦИЯ МОЛОДЫХ УЧЕНЫХ

ZAMONAVIY TIBBIYOTNING DOLZARB MUAMMOLARI

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ACTUAL PROBLEMS OF MODERN MEDICINE

INTERNATIONAL CONFERENCE OF YOUNG SCIENTISTS



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turli xil fetopatiyali bolalarning tug'ilish chastotasini, perinatal kasallanish va o'limni os-hiradi, ularning chastotasi 20,7 % dan 95,0% gacha.

Xulosa: Semizligi bor bemorni poliklinikalar, tug'ruq majmualari bazalarida pregrav-id tayyorgarlik o'tkazilgach. Ushbu semizlik bor ayollarda turli organlar va tizimlarning faoliyatiga salbiy ta'sir ko'rsatishini, homiladorlik, tug'ish, tug'ruqdan keyingi davrning patologik kursi xavfini, turli xil fetopatiyali bolalarning tug'ilish chastotasini, perinatal ka-sallanish va o'limni kamaytirishga erishildi.

ACTUAL PROBLEMS AND PROSPECTS FOR THE DEVELOPMENT OF SURGERY

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Introduction: Surgery has been a crucial part of medical science for centuries, and it has evolved significantly over the years. Today, surgery is performed not only to treat life-threatening conditions but also to improve the quality of life of patients. However, like any other field, surgery faces several challenges that need to be addressed for its contin-ued growth and development.

Aim: One of the most significant challenges facing surgery today is the increasing de-mand for surgeries. The world's population is aging, and the prevalence of chronic diseas-es is increasing, leading to an increase in surgical procedures. This trend is expected to continue, and surgeons will need to find ways to perform more surgeries while maintain-ing high-quality standards.

Another challenge is the shortage of skilled surgeons. Despite the increasing demand for surgeries, there is a shortage of skilled surgeons in many parts of the world. This short-age is particularly acute in developing countries, where access to healthcare is limited. Addressing this shortage will require investment in training programs and the develop-ment of new technologies that can help surgeons perform surgeries more efficiently.

Materials and methods: The use of technology in surgery has been a game-changer in recent years. Advances in robotic surgery, minimally invasive surgery, and image-guided surgery have made surgeries safer, more efficient, and less invasive. However, these tech-nologies are expensive, and not all hospitals can afford them. Additionally, there is a need for training programs to ensure that surgeons are adequately trained to use these tech-nologies.

Despite these challenges, there are several opportunities for the development of sur-gery. The use of artificial intelligence (AI) in surgery is one such opportunity. AI can help surgeons make better decisions by providing them with real-time information about the patient's condition. It can also help reduce the risk of complications during surgery.

Results: Another opportunity is the development of personalized medicine. With ad-vances in genetics, it is now possible to identify patients who are at high risk of developing certain conditions. This information can be used to develop personalized treatment plans that are tailored to the patient's individual needs.

Conclusion: Surgery faces several challenges, but there are also significant opportu-nities for its development. Addressing the challenges will require investment in training programs, the development of new technologies, and increased access to healthcare ser-vices. By embracing these opportunities and addressing the challenges, surgery can con-tinue to evolve and improve the lives of patients around the world.

OUTCOME OF PREGNANCY AND BIRTH IN WOMEN WITH THYROID DISEASES

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Introduction: Thyroid dysfunction is one of the most common conditions among pregnant women, causing various complications that disrupt the gestational period and

the adaptation of newborns. Thyroid diseases associated with iodine deficiency are widespread in our country, and despite preventive measures, the number of patients remains high. According to the literature, thyroid dysfunction can contribute to infertility, threatened miscarriage, miscarriage, nausea and vomiting of pregnant women, preeclampsia, and premature birth. Recently, there has been an increase in the frequency of autoimmune thyroid diseases, and many researchers find a connection with past COVID-19 infection. Given the above, the aim of our study was to study the outcome of pregnancy and childbirth in women with impaired thyroid function.

Materials and research methods: A prospective cohort study of 60 pregnant women was conducted. The pregnant women were divided into 2 groups: the 1st main group - 30 women with impaired thyroid function, the 2nd control group - 30 healthy women. The average age of pregnant women was relatively the same and amounted to 23 ± 1.89 years. In all women, an anamnesis was studied, complaints were analyzed, conventional blood tests were carried out, a biochemical blood test for the content of thyroid hormones, namely TSH, T3, T4, autoimmune antibodies. The condition of the newborn was assessed by assessing the parameters on the Apgar scale at 1 and 5 minutes. The course of pregnancy in women and the condition of the children born were studied. Statistical processing of the obtained results was carried out with the determination of average values, median, determination of reliability and confidence intervals. All women gave voluntary consent to the study.

Results and its discussion: Autoimmune thyroiditis (AIT) developed in 46.6% (14) of women in the 1st group, diffuse toxic goiter in 26.6% (8) and endemic goiter in 26.6% (8). Pregnant women with a history of AIT often suffered from nausea and vomiting of pregnancy - 100% (14), primary infertility in 70.15% (10) of cases. In pregnant women with diffuse toxic goiter, low body weight of newborns in 50% (4), nausea and vomiting of pregnant women - 80% (4). Among women with endemic goiter, miscarriage occurred in 37% (3), and complications of preterm birth in 37% (3). $p < 0.05$.

Children of women in the group with thyroid pathology had low Apgar scores: 53% (16) of children - 7-8 points, every third newborn - 5-6 points.

An interesting fact is the manifestation of symptoms of autoimmune thyroiditis in women who have had COVID-19.

Conclusions: Our research has led to the following conclusions:

1. In diseases of the thyroid gland, the frequency of complications of pregnancy and childbirth increases, moreover, throughout the entire gestational process.

2. The most common complications are primary infertility, abortion, nausea and vomiting of pregnant women, premature birth, thereby increasing the number of premature babies.

3. The birth of children with low body weight for gestational age and low scores on the Apgar scale.

DMC KLINIKASIDA MIOPIYANI BOSHQARISH UCHUN YUMSHOQ BIFOKAL DEFOKUSLI LINZALARDAN FOYDALANISH TAJRIBASI

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Kirish. Miopiyaning rivojlanishini profilaktika (nazorat) usullarini ishlab chiqish zamonaviy oftalmologiyaning hozirgi tendentsiyalaridan biri bo'lib qolmoqda. Hozirgi vaqtda dunyo aholisining 20% miyopiyadan aziyat chekmoqda. Ulardan 163 million kishi yuqori darajali miopiyaga ega. 2050 yilga borib, dunyo aholisining yarmi miopik bo'lishi kutilmoqda. Turli xil addidatsiya va dizayndagi optik linzalar har xil miopiyaning boshqarish samaradorligiga olib keladi. Ushbu ijobiy ta'sir ko'z qorachig'i ichidagi periferik refraksiyaning o'zgarishi va miopik periferik defokusning kattaroq maydonini to'rt pardaning per-