



Ministry of Health of the
Republic of Uzbekistan



Tashkent Medical
Academy



Materials of International Scientific-Practical Conference

“Only English: Topical Issues of Healthcare”



Tashkent

15 May, 2022



Ministry of Health of the Republic of Uzbekistan



Tashkent Medical Academy

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Healthcare”**



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**TASHKENT MEDICAL ACADEMY JUNE 15, 2022 INTERNATIONAL
SCIENTIFIC AND PRACTICAL CONFERENCE «ONLY ENGLISH:
TOPICAL ISSUES OF HEALTH CARE»**

DEAR YOUNG SCIENTISTS!

The Tashkent Medical Academy with the German Corporation for International Cooperation (GIZ) invites you to take part in the International Scientific- Practical Conference “Only English: Topical Issues of Healthcare”.

This conference has a unique character and is organized this year at the international level with the involvement of young scientists from foreign countries, such as the USA, Germany, Russia, Korea, Latvia, India, Kazakhstan, as well as, medical universities from Uzbekistan, including, Tashkent Pediatric Medical Institute, Andijan State Medical Institute, Samarkand State Medical Institute and other universities.

The official language of the conference is English, which is fulfill the tasks outlined in the Decree of the President of the Republic of Uzbekistan No. UP-6097 "On approval of the Concept for the development of science until 2030", and is aimed at improving the scientific skills and knowledge of young scientists to develop their potential, and facilitate in dissemination of their scientific works around the world.

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HEMOSTATIC CHANGES IN PATIENTS WITH AUTOIMMUNE THYROIDITIS

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Aim: Evaluation of hemostatic changes in patients with autoimmune thyroiditis.

Materials and methods: Blood test - general, for TSH, T3, T4 hormones and antibodies to them. Ultrasound is an affordable, quick and informative examination to assess the condition of the gland, its size, uniformity of structure, the presence of nodes, seals, fibrous areas and other pathologies.

Scintigraphy will help distinguish thyroiditis with thyrotoxicosis from other diseases with similar signs. It is based on the property of the affected gland not to accumulate a contrast agent in large quantities.

After the diagnosis is clarified by the endocrinologist, the method of therapy is selected.

Result: The disease is diagnosed in 3% of all thyroid pathologies. Most of the patients are women. In them, this diagnosis occurs 10-20 times more often than in men. There is also a dependence on age - Hashimoto's thyroiditis rarely occurs in people under thirty years old. Most patients are middle-aged women (30-50 years). Symptoms of autoimmune thyroiditis of the thyroid gland

The clinical picture largely depends on the form of the disease. In autoimmune thyroiditis, there are: Atrophic course - the gland retains its previous dimensions, but as the cells die, the glandular tissue is replaced by fibrous tissue. Hypertrophic - a dense goiter is formed. This is a slowly progressive inflammation, which is rarely characterized by exacerbations and signs of damage to the body as a whole (fever, increased ESR). A typical picture at the beginning of the inflammatory process is implicit. Usually there are no symptoms.

About 10% of women and 5% of men are carriers of antibodies to TPO or TG, while thyroid dysfunction may develop in 3-6%. Later, the production of TSH increases, the diagnosis is made according to the results of the tests. A sign of the next stage is hypothyroidism - the growth of the gland and a significant decrease in the hormones T3 and T4. As a result of the inflammatory process in the thyroid gland, it is destroyed and it stops producing hormones.

Conclusion: In the early stages, when there are still no disorders in the thyroid gland, specific treatment is not required. The doctor will recommend leading a healthy lifestyle, normalizing nutrition, giving up bad habits and monitoring your well-being. Regular annual consultations and examinations are necessary in order not to miss the further development of the disease. If the function

Against the background of maintenance therapy, it is recommended to periodically undergo examinations to monitor the dynamics of changes and, if necessary, change the dosage of the drug. It is not recommended to self-medicate, use folk remedies, take vitamins on your own or increase the dose of iodine in the diet. Autoimmune thyroiditis is not associated with its deficiency, and an excess of micronutrients can worsen the situation.

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