

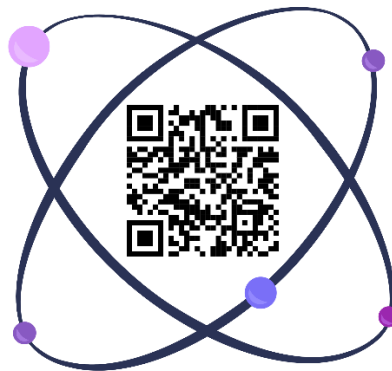


**O'ZBEKISTON  
RESPUBLIKASI SOG'LIQNI  
SAQLASH VAZIRLIGI**



**TOSHKENT TIBBIYOT  
AKADEMIYASI**

**2023 yil 17 fevralda o'tkazilgan  
«SOG'LOM TURMUSH TARZI»  
mavzusidagi xalqaro ilmiy-amaliy konferensiyada  
chop etilgan tezislarni  
TO'PLAMI**



**(Tezislarning originalligini tekshirish uchun QR kodni skaner qiling)**

insulinrezistentlik shakllanishiga yordam beradi. To'qimalarning insulinga sezgirligining o'zgarishi va natijada insulinning normal dozasi enegetik substrat – glyukozani zaxiralash yoki iste'mol qilish reaksiyalarini keltirib chiqara olmasligi insulinrezistentlik deb nomlanadi.

**Tadqiqot maqsadi:** insulin qarshiligining ayollarda yog' almashinuvining buzilishi bilan bog'liqligini o'rganish.

**Tadqiqot materiallari va usullari.** Tadqiqotda qandli diabet bilan kasallangan 16 nafar ayol ishtirok etdi. Ularning o'rtacha yoshi  $42,7 \pm 1,4$  yoshni tashkil etdi. Nazorat guruhi deyarli sog'lom 12 nafar ayoldan iborat edi. Ularning o'rtacha yoshi  $40,1 \pm 0,8$  ni tashkil etdi.

Antropometrik tadqiqotlar o'tkazildi: bo'yi, tana vazni, bel aylanasi, son aylanasi aniqlandi, so'ngra tana massasi indeksi va bel aylanasi/son aylanasi nisbati hisoblab chiqildi. Uglevod almashinuvining holati och qorinda venoz qon plazmasidagi glikemiya darajasi bilan baholandi. Qon zardobidagi lipid spektri spektrofotometrik usul bilan aniqlandi.

**Natijalar va ularni muhokama qilish.** Antropometrik ma'lumotlarni tahlil qilishda, nazorat guruhlariga nisbatan qandli diabet bo'lgan ayollarda bel aylanasi, bel aylanasi/son aylanasi nisbati ancha yuqori ekanligi aniqlandi. Asosiy guruhdagi ayollar tana massasi indeksi ( $29,03 \pm 0,7$  kg/m<sup>2</sup>) ( $p < 0,001$ ) yuqori bo'lgan.

Lipid metabolizmining ko'rsatkichlari tahlili qandli diabet bilan og'rigan bemorlarda umumiy xolesterin, past zichlikdagi lipoprotein xolesterini, triglitseridlar, aterogenlik koefitsientining nazorat guruhiga nisbatan ancha yuqori ekanligini va yuqori zichlikdagi lipoprotein xolesterinining sezilarli darajada pastligini ko'rsatdi. Qandli diabet bilan og'rigan ayollarda triglitseridlarning sezilarli darajada yuqori darajasi ( $139,7 \pm 5,7$  mmol/l) va yuqori zichlikdagi lipoproteinlarning past darajasi ( $37,8 \pm 0,5$  mmol/l) aniqlandi ( $p < 0,05$ ).

**Xulosa.** Qandli diabet bilan kasallangan bemorlarda bel aylanasi, bel aylanasi/son aylanasi nisbati va tana massasi indeksining ancha yuqori ekanligi aniqlandi. Qandli diabet bilan og'rigan bemorlar uchun aterogen dislipidemiya xarakterlidir. Ortiqcha vazni yo'qotish va muntazam jismoniy mashqlar insulinrezistentlik va u bilan bog'liq dislipidemiyaning bartaraf etishga yordam berishi mumkin.

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## **ASSESSMENT OF THE EFFECTIVENESS OF SEA BANDS IN NAUSEA AND VOMITING IN PREGNANCY**

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**Importance of the issue.** Almost 85% of pregnant women experience nausea and vomiting during pregnancy. In 3-5% of cases, women experience severe nausea and vomiting. In 34% of women it begins in the first 4 weeks, while in 8 weeks it is observed in 85% of women (1). About

30% of women experiencing severe nausea and vomiting are treated in a hospital.(2) also, due to hyperemesis gravidarum, about 10% of women decide to terminate the pregnancy. Nowadays, several medicines have been widely used against the treatment of vomiting and nausea. Even so, there is controversy about the safety and effectiveness of the drug substances used in pregnancy. Therefore, it is now important to develop non-drug, safe methods of nausea and vomiting in pregnancy .

**The purpose of the research.** A study of the effectiveness of sea bands in the treatment of nausea and vomiting in pregnancy.

**Objects and methods:** The research was carried out in the 88th family polyclinic of the “Yangi hayot” district. 30 pregnant women were involved for the experiment. The duration of pregnancy in women was on average 8.5 weeks (or 6-11 weeks. The age of pregnant women was on average 23 years (20-25 years). Women with mild to moderate levels of nausea and vomiting were involved in the experiment. Women with severe vomiting, with a risk of pregnancy complications, as well as chronic diseases – hypertension, bronchial asthma, diabetes mellitus – were not involved in the experiment. Women were divided into two groups by random selection. Group 1 was the examining group and they were given bracelets with a special button that pressed the P6 point (2 cm above the paw wrist joint). Group 2 was a control group, and bracelets were distributed to them, which did not have a pressing button. Women in both groups were not limited to taking vitamin medicines (Elevit prenatal), folic acid, iodine preparations, hafitol. Women wore sea bands for 7 days when symptoms of nausea and vomiting were manifested. The results were evaluated on the PUQE-24 scale according to the total time of nausea within 24 hours, the number of vomiting and the retching.

**Results and discussion.** During 7 days, the PUQE-24 index in the treatment group changed from 7.17 to 4.16. In the control group changed from 7.30 to 5.86. Also in women in the first group decreased mental variability.

**Conclusion.** In the mild and moderate symptoms of nausea and vomiting in pregnancy, sea bands are effective method of treatment.

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## ASSESSMENT OF VASCULAR AGE IN PATIENTS WITH METABOLIC SYNDROME

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Cardiovascular disease (CVD) is the leading cause of death worldwide. Determination of vascular age as a marker of CVD progression is particularly relevant at the stage of primary diagnosis, as well as in increasing patients' adherence to treatment. Vascular age (synonyms: cardiac age, cardiovascular risk age, biological age) refers to the chronological age of an <<ideal patient with the same level of cardiovascular risk as the subject, but in the absence of modifiable risk factors (1, 2).

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