Mazkur to‘plamda Toshkent tibbiyot akademiyasining “Klinik laborator diagnostikada innovatsion texnologiyalardan foydalanish, muammolar va yechimlar” mavzusidagi xalqaro ilmiy-amaliy anjuman materiallari kiritilgan.

To‘plamga kiritilgan materiallarning mazmuni va sifatiga muallif(lar) javobgar hisoblanadi.

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LABORATORY DIAGNOSTICS OF SALTS IN URINE ANALYSIS

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General urine analysis is a standard laboratory test in the diagnosis of almost any disease. This analysis will be very useful to the doctor in diagnosing the disease. The urine contains most of the known toxic substances, salts, organic substances, etc. As a result of studying the concentration of these elements, it will be possible to determine the state of the kidneys, cardiovascular system and immune system.

Healthy urine practically does not contain salts. Their presence speaks of dehydration, sudden changes in nutrition, increased physical activity, as well as gout, acute and chronic nephritis, kidney-stone disease, acute kidney failure. High levels of some salts in the urine cause to prevent the formation of stones:

Salts of uric acid in urine (urates). Causes of increase: dehydration of the body, consumption of products (meat, fish, legumes, cocoa, spicy tea, mushrooms), sourness of the urinary environment, gout, urinary diathesis, chronic kidney failure, acute and chronic nephritis, neonatal period.

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Ways to reduce: to increase the amount of fluid consumed, removal of products from the diet (eggs, legumes and other products containing multi-purine compounds), enriching the diet with products rich in vitamins A and B.

Oxalates in urine (calcium oxalate). Causes of increase: consumption of products rich in vitamin C (spinach, oats, tomatoes, asparagus, citrus, currants), pyelonephritis, diabetes mellitus, ethylene glycol poisoning.

Ways to reduce: increase the volume of daily fluid consumption (more than 2 liters), products that contain the trace element magnesium - to consume more, such as seafood, sea cabbage, oats or wheat, eating foods rich in vitamins of group B (B_1 and B_6), meat products, eggs, liver.

Phosphates in urine. Causes of increase: consumption of fish, caviar, milk, kefir, oats, jam, caramel-like food products, the alkaline urine reaction and the high calcium content in the urine.

Ways to reduce: restriction of nutrition, rich in calcium and vitamin D (fatty fish, milk and dairy products, eggs, liver), consumption of sour juices, mineral waters.

Conclusion. Diagnosis of patients with kidney-stone disease as early as the initial stages of the disease reduces the impact of the disease on comorbid diseases or prevents the occurrence of comorbid diseases, making it possible to prevent pathological changes that can occur as a result of the disease.

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