



O'ZBEKISTON RESPUBLIKASI
SOG'LIQNI SAQLASH VAZIRLIGI



TOSHKENT TIBBIYOT
AKADEMIYASI

ENDOKRINOLOGIYANING DOLZARB MUAMMOLARI:

Xalqaro ilmiy-amaliy anjumani materiallari

TO'PLAMI

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Toshkent tibbiyot akademiyasida bo'lib o'tgan «Endokrinologizaning dolzarb muammolari» xalqaro ilmiy -amaliy anjumanida taqdim etilgan tezislari ushbu to'plamdan o'rin olgan.

To'plamning asosiy qismi endokrinologizaning dolzarb muammolarini aks ettiradi: ichki sekretsiz bezlari patologiyalarini davolash va oldini olishning samarali usullarini ishlab chiqish va tatbiq etishga bag'ishlangan.

Taqdim etilgan ilmiy natijalar terapiya yo'nalishining barcha mutaxassislari uchun ilmiy va amaliy ahamiyatga ega. Tezislarning mazmuni, ulardagi xatoliklar va statistik ma'lumotlarning haqqoniyligi uchun mas'uliyat mualliflar zimmasidadir.

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QANDSIZ DIABET KASALLIGIDA BEMORLARNING PSIXOEMOTSIONAL HOLATLARI

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Toshkent tibbiyot akademiyasi

Dolzarlighi: Bugungi kunda endokrin patologiyalar ichida buyrak usti bezi va bevosita nerv tizimi bilan bog'liq disfunktsiya natijasida yuzaga keluvchi kasalliklar ichida qandsiz diabet kasalligining bemor psixoemotsional holatiga ta'siri muhim va dolzarbdir.

Tadqiqot maqsadi: qandsiz diabet bilan kasallangan bemorlarda ruhiy o'zgarishlarni baholash, kasallikning og'irlik darajasini psixoemotsional holat bilan bog'liqligini o'rganish.

Tadqiqot obyekti va usullari : 20 ta qandsiz diabetga chalingan yosh chegarasi 30-45 bo'lgan bemorlar, umumiy qon tahlili, umumiy siydik tahlili, zimmitskiy sinamasi, bosh miya MRT si, buyraklar UTT si, Bek so'rovnomasi.

Natijalar : tadqiqot uchun olingan bemorlarning 75 % ida (15 ta bemorda) qandsiz diabet kasalligining ilk aniqlangan muddati 10 yilni tashkil etadi. Ulardan 90 % bemorda (13 ta) kasallik simptomlari yaqqol namoyon bo'lgan. 80 % (16) ta bemorda gemoglabin miqdori 110 g/l ni tashkil etgan. Siydik nisbiy zichligi 95 % bemorlarda <1005. Proteinuriya 5% (1 ta) bemorda. Bosh miya MRT sida gipotalamo-gipofizar tizimda granulematoz o'zgarishlar 45 % (9ta) bemorda. Bek so'rovnomasida 70 % bemorda (14 ta) o'rta darajali depressiya (18 ball) borligi aniqlangan.

Xulosa : kuzatuvlar natijaisda qandsiz diabet bilan og'rikan bemorlarda chuqur psixoemotsional o'zgarishlar kuzatilishi aniqlanadi. Bemorlarning 95% ida ruhiy buzilishlar kasallik rivojlanishi bilan bog'liqligi aniqlandi.

QANDSIZ DIABET KASALLIGIDA BEMORLARDA NEVROLOGIK STATUS

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Toshkent tibbiyot akademiyasi

Dolzarbli: Sönggi 10 yillikda endokrin patologiyalar ichida qandsiz diabet va uning asoratlanishi shifokorlar orasida dolzarb muammoga aylangan.

Tadqiqot maqsadi: qandsiz diabet bilan kasallangan bemorlarda ruhiy o'zgarishlarni baholash, kasallikning og'irlik darajasini nevrologik statusga ta'sirini o'rganish.

Tadqiqot obyekti va usullari : 23 ta qandsiz diabetga chalingan yosh chegarasi 25-45 bo'lgan bemorlar, umumiy qon tahlili, umumiy siydik tahlili, zimnitskiy sinamasi, bosh miya MRT si, buyraklar UTT si, Bek so'rovnomasi.

Natijalar : tadqiqot uchun olingan bemorlarning 75 % ida (17 ta bemorda) qandsiz diabet kasalligining ilk aniqlangan muddati 10 yildan ortiq muddatni tashkil etadi. Ulardan 90 % bemorda (21 ta) kasallik simptomlari yaqqol namoyon bo'lgan. 80 % (16) ta bemorda gemogloblin miqdori 100 g/l ni tashkil etgan. Siydik nisbiy zichligi 90 % bemorlarda <1005. Proteinuriya 5% (1 ta) bemorda. Bosh miya MRT sida gipotalamo-gipofizar tizimda granulematoz o'zgarishlar 45 % (9ta) bemorda. Bek so'rovnomasida 70 % bemorda (14 ta) o'rta darajali depressiya (18 ball) borligi aniqlangan.

Xulosa : kuzatuvlar natijasida qandsiz diabet bilan og'rigan bemorlarda chuqur nevrologik status buzilishlar kuzatilishi aniqlanadi. Nevrologik buzilishlar bevosita kasallikning davomiyligiga bog'liq ekanligi kuzatildi.

STUDY OF CHANGES IN CARBOHYDRATE METABOLISM IN PATIENTS WITH SARS-COV-2

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Purpose of the study is to study the prevalence of carbohydrate metabolism disorders in patients with coronavirus infection and no history of diabetes.

Materials and methods Between 2020 and 2022, 62 patients aged 18-72 who were treated in the 2nd therapy and endocrinology department of the 3rd clinic of the Tashkent Medical Academy and who were outpatients, and who were treated in the RIEIATM diabetology department were examined. During the examination, the patient's medical history was collected, glycated hemoglobin level (HbA1c), blood plasma glucose on an empty stomach and postprandial glucose were checked in all patients. Anamnesis information was collected from patients taking into account the main risk factors. The parameters of the laboratory examination were studied: glycated hemoglobin, fasting and fasting blood glucose levels, UQT. Glycated hemoglobin HbA1c $\geq 7.0\%$, which provides more accurate information than fasting blood glucose, was considered a disorder of carbohydrate metabolism. A total of 62 patients were taken for statistical analysis, of which men (E) - 35, women (A) - 27; prevalence of carbohydrate metabolism disorders was studied in them.

Results Patients aged 18-72 years with a positive PCR response who were infected with COVID-19 were examined. Median age was 55 years (42-68). Men - 56.4% (35 patients), women - 43.5% (27 patients). HbA1c from 62 patients $<7\%$ - in 14 patients (22.5%); 7% and higher in 48 patients (77.4%) and the prevalence of carbohydrate metabolism disorder in 77.4% (48 patients). In 38.7% (24 patients) of the examined patients (62 patients), it was found that blood glucose level was impaired in the form of glucose tolerance disorder, and in 40.3% (25 patients) in the form of diabetes mellitus.

The prevalence of carbohydrate metabolism disorders in the examined patients was 77.4% (48 patients) among 62 patients and these patients were followed up. 42 (87.5%) of these patients were treated with a combination of biguanides (metformin) and sulfonylureas (glimepiride) or DPP-4 inhibitors and biguanides (metformin); Insulin therapy was used in 6 patients. After 3 months of follow-up, in 14 out of 48 patients (29.1%), the blood sugar level decreased to a normal level and the drugs were canceled; In the re-examination after 6 months, it was found that the blood sugar level was normal even though these patients did not take any drugs.

Conclusions. It was found that carbohydrate metabolism disorders are common in patients with a new coronavirus infection and no history of diabetes. An increase in HbA1c, fasting plasma glucose and postprandial glucose in examined patients are signs of transient hyperglycemia. Due to the prevalence of carbohydrate metabolism disorders in patients, SARS-CoV2 can be thought to have diabetogenic properties. Carbohydrate metabolism disorder among patients with SARS-Cov-2 infection and no history of diabetes in 77.4%:. In 38.7%, the amount of glucose in the blood was disturbed in the form of impaired glucose tolerance. In 40.3%, blood glucose levels were disturbed in the form of diabetes: After 3 months of observation of 48 patients, 29.1% (14 patients) showed normal blood sugar levels on the background of treatment, and after 6 months, blood sugar levels were normal even without treatment, and this was transient hyperglycemia. showed. In 70.8%, the amount of sugar in the blood did not change after 3 months and 6 months, and they were diagnosed with diabetes.