BIRLAMCHI OCHIQ BURCHAKLI GLAUKOMA EPIDEMIOLOGIYASI VA XAVF OMILLARI (ADABIYOTLAR SHARHI)

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DOI:https://doi.org/10.5281/zenodo.23015779

Annotatsiya: Ushbu tezisda populyatsion tadqiqotlar, meta-tahlillar va yirik randomizatsiyalangan klinik tadqiqotlar ma'lumotlari asosida birlamchi ochiq burchakli glaukomaning tarqalishi, ko'rlik tuzilmasidagi o'rni hamda asosiy xavf omillari tahlil qilingan.

Kalit so'zlar: birlamchi ochiq burchakli glaukoma, epidemiologiya, tarqalish, xavf omillari, ko'z ichi bosimi, ko'rlik.

Dolzarbligi. Glaukoma qaytarib bo'lmaydigan ko'rlikning dunyodagi yetakchi sababi hisoblanadi. Global kasallik yuki (GBD) tadqiqoti ma'lumotlariga ko'ra, 2020-yilda 3,6 million kishining ko'rligi glaukoma bilan bog'liq bo'lgan [1]. Kasallik uzoq vaqt simptomsiz kechgani sababli bemorlarning katta qismi ko'rish funksiyasi sezilarli darajada yo'qolgan bosqichda murojaat qiladi [2]. Aholining qarishi bilan glaukoma yuki ortib borayotgani uning epidemiologiyasi va xavf omillarini o'rganishni dolzarb vazifaga aylantiradi.

Maqsad. Ilmiy adabiyotlar tahlili asosida birlamchi ochiq burchakli glaukomaning (BOBG) tarqalishi va xavf omillari haqidagi zamonaviy ma'lumotlarni umumlashtirish.

Material va usullar. PubMed, Google Scholar va Cochrane Library ma'lumotlar bazalarida chop etilgan populyatsion tadqiqotlar, meta-tahlillar va randomizatsiyalangan klinik tadqiqotlar "primary open-angle glaucoma", "glaucoma prevalence", "glaucoma risk factors" kalit so'zlari bo'yicha tahlil qilindi.

Natijalar. Quigley va Broman hisob-kitoblariga ko'ra, 2010-yilda dunyoda 60,5 million kishi glaukoma bilan og'rigan bo'lib, ularning taxminan 74% ini ochiq burchakli glaukoma tashkil etgan [3]. Tham va hammualliflarining meta-tahlilida 40–80 yoshdagi aholi orasida glaukomaning global tarqalishi 3,54% ni tashkil etgani, bemorlar soni 2013-yilda 64,3 million bo'lgani va 2040-yilga borib 111,8 millionga yetishi prognoz qilingan. BOBG tarqalishi Afrika aholisida eng yuqori bo'lgan, bemorlarning mutlaq soni bo'yicha esa Osiyo birinchi o'rinni egallagan [4].

Ko'z ichi bosimi (KIB) BOBGning asosiy va yagona modifikatsiyalanadigan xavf omili hisoblanadi. Ocular Hypertension Treatment Study (OHTS) tadqiqotida okulyar gipertenziyada KIBni pasaytiruvchi davo 5 yil davomida BOBG rivojlanish chastotasini 9,5% dan 4,4% gacha kamaytirgan [5]. Early Manifest Glaucoma Trial (EMGT) tadqiqotida esa KIBning har 1 mm sim. ust. ga pasayishi kasallik progressiyasi xavfining taxminan 10% ga kamayishi bilan bog'liq ekanligi ko'rsatilgan [6].

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OHTS ma'lumotlariga ko'ra, BOBG rivojlanishining boshqa bashoratchi omillari katta yosh, shox pardaning yupqaligi, ko'rish nervi diski ekskavatsiyasining vertikal o'lchami kattaligi va KIBning yuqoriligi hisoblanadi [7]. Oilaviy anamnez muhim xavf omili bo'lib, Rotterdam tadqiqotida BOBG bilan og'rigan bemorlarning aka-uka va opa-singillarida kasallik xavfi nazorat guruhiga nisbatan bir necha barobar yuqori ekanligi aniqlangan [8]. Meta-tahlil natijalariga ko'ra, miopiya ham ochiq burchakli glaukoma xavfini oshiradi [9].

Xulosa. BOBG dunyo bo'yicha keng tarqalgan va soni tobora ortib borayotgan kasallik bo'lib, qaytarib bo'lmaydigan ko'rlikning yetakchi sababi hisoblanadi. Uning asosiy xavf omillari — KIBning oshishi, katta yosh, oilaviy anamnez, shox parda yupqaligi va miopiya. Kasallikning simptomsiz kechishini hisobga olgan holda, xavf guruhidagi shaxslarni muntazam skriningdan o'tkazish, jumladan, OKT va perimetriya kabi zamonaviy usullardan foydalanish glaukomani erta aniqlash va ko'rlikning oldini olishda muhim ahamiyatga ega.

Foydalanilgan adabiyotlar

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