# QANDLI DIABET BILAN OG'RIGAN BEMORLARDA KATARAKTA EPIDEMIOLOGIYASI (ADABIYOTLAR SHARHI)

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**Annotatsiya.** Ushbu tezisda yirik populyatsion tadqiqotlar, meta-tahlillar va xalqaro tashkilotlar ma'lumotlari asosida qandli diabet bilan og'rigan bemorlarda kataraktaning tarqalishi, rivojlanish xavfi va xavf omillari tahlil qilingan.

**Kalit so'zlar:** qandli diabet, katarakta, epidemiologiya, tarqalish, xavf omillari, glikemik nazorat.

**Dolzarbligi.** Katarakta dunyo bo'yicha ko'rlikning yetakchi sababi bo'lib qolmoqda. Ko'rish buzilishlari bo'yicha ekspertlar guruhi ma'lumotlariga ko'ra, 2020-yilda 15,2 million ko'rlik holati aynan kataraktaga to'g'ri kelgan [1]. Shu bilan birga, Xalqaro diabet federatsiyasi (IDF) ma'lumotlariga ko'ra, 2021-yilda dunyoda 20–79 yoshdagi 537 million kishi qandli diabet bilan yashagan bo'lib, bu ko'rsatkich 2030-yilga borib 643 millionga, 2045-yilga borib esa 783 millionga yetishi kutilmoqda [2]. Ikki keng tarqalgan kasallikning birgalikda uchrashi diabetik katarakta muammosini sog'liqni saqlash tizimi uchun dolzarb masalaga aylantiradi.

**Maqsad.** Ilmiy adabiyotlar tahlili asosida qandli diabet bilan og'rigan bemorlarda kataraktaning tarqalishi va rivojlanish xavf omillari haqidagi ma'lumotlarni umumlashtirish.

**Material va usullar.** PubMed, Google Scholar va Cochrane Library ma'lumotlar bazalarida chop etilgan populyatsion tadqiqotlar, meta-tahlillar va xalqaro tashkilotlar hisobotlari "diabetic cataract", "diabetes and cataract prevalence", "cataract risk factors" kalit so'zlari bo'yicha tahlil qilindi.

**Natijalar.** Framingham ko'z tadqiqoti va boshqa populyatsion tadqiqotlarda 65 yoshgacha bo'lgan diabetik bemorlarda katarakta diabeti yo'q tengdoshlariga nisbatan 3–4 barobar ko'p uchrashi qayd etilgan [3, 4]. Beaver Dam ko'z tadqiqotida qandli diabet kortikal va orqa subkapsulyar kataraktaning 5 yillik insidensiyasi ortishi bilan bog'liq ekanligi aniqlangan [5]. Blue Mountains ko'z tadqiqoti natijalari ham diabet va nahorgi glyukoza darajasining oshishi kataraktaning ushbu turlari bilan bog'liqligini tasdiqlagan [6].

Wisconsin diabetik retinopatiya epidemiologik tadqiqotida (WESDR) katarakta bo'yicha jarrohlik amaliyotining 10 yillik kumulyativ insidensiyasi diabet yoshlikda boshlangan bemorlarda 8,3%, katta yoshda boshlangan bemorlarda esa 24,9% ni tashkil etgan [7]. Li va hammualliflarining meta-tahlilida 2-tip qandli diabet katarakta rivojlanishining mustaqil xavf omili ekanligi, ayniqsa kortikal va orqa subkapsulyar katarakta bilan bog'liqligi ko'rsatilgan [8].

Asosiy xavf omillari sifatida diabet davomiyligi, glikemik nazoratning qoniqarsizligi, bemorning yoshi va diabetik retinopatiya mavjudligi ko'rsatiladi [4, 9]. Buyuk Britaniyada o'tkazilgan UKPDS prospektiv tadqiqotida HbA1c darajasining har 1% ga pasayishi katarakta ekstraksiyasi xavfining 19%


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ga kamayishi bilan bog'liq ekanligi aniqlangan [10]. Bu ma'lumotlar glikemik nazoratning katarakta profilaktikasidagi ahamiyatini ko'rsatadi.

**Xulosa.** Adabiyotlar tahlili qandli diabet katarakta rivojlanishining muhim va mustaqil xavf omili ekanligini ko'rsatadi. Diabetik bemorlarda katarakta erta yoshda, ko'proq kortikal va orqa subkapsulyar shaklda rivojlanadi va jarrohlik davosiga ehtiyoj yuqori bo'ladi. Diabet bilan kasallanishning ortib borishi hisobga olinsa, diabetik bemorlarni muntazam oftalmologik skriningdan o'tkazish va glikemik nazoratni kuchaytirish kataraktaning oldini olish va erta aniqlashda muhim ahamiyatga ega.

**Foydalanilgan adabiyotlar**

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