

UDC 340

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## STUDY OF PECULIARITIES OF MORBIDITY OF APLASTIC ANEMIA

**Relevance.** Among the general human pathology, one of the important places is assigned to pathologies of the blood system, in particular aplastic anemia (AA), which develops as a result of stopping the proliferation and death of hematopoietic stem cells and manifests itself as pancytopenia, due to the replacement of functionally active red bone marrow with adipose tissue. It is known that in most cases (80%) the disease is an acquired disease and only in 20% of cases it occurs due to hereditary genetic disorders. According to the results of a number of foreign studies, the frequency of occurrence of AA in Europe and Asia is highly variable, but it is believed that the disease is more common in Asian countries. The occurrence of AA in the Khorezm region of the Republic of Uzbekistan has not yet been studied, which seems to be necessary and relevant.

**Purpose.** On the basis of a retrospective analysis, to study the features of the incidence of aplastic anemia in the Khorezm region of the Republic of Uzbekistan.

**Material and methods.** A retrospective analysis of medical records of patients with AA (n = 51) who were examined and treated at the Khorezm regional multidisciplinary medical center in the period from 2015 to 2019 was carried out. at the age of 20 to 83 years (median age  $47.1 \pm 3.4$  years). Statistical analysis was performed on a personal computer using the standard statistical software package "Statistic for Windows".

**Results and discussion.** The analysis of the study showed that over the past 5 years from 2015 to 2019. the average number of initially registered patients with AA was 51 (men - 28, women - 23) cases. At the same time, the medium number of patients in the Khorezm region of the Republic of Uzbekistan averaged 10.2 new cases per year. In particular, in 2015, the primary AA incidence rate was 20 cases per year, in 2016 and 2017 - 7 cases each, in 2018 - 11 cases, and in 2019 - 6 cases per year with the population size - 1872.2 thous.

Simultaneously, we found it interesting to study the characteristics of the incidence of the disease depending on the age category at the time of diagnosis. As a result of our study, it was noted that the median age of patients at the time of diagnosis verification was  $47.1 \pm 3.4$  years (men -  $44.2 \pm 3.6$  years, women -  $50.7 \pm 3.0$  years). At the same time, it was found that the highest incidence of AA occurs in the age categories from 21 to 30 years ( $n = 12$ ), from 51 to 60 years ( $n = 9$ ) and 61 to 71 years ( $n = 9$ ), while the lowest the occurrence was registered among patients under 20 years of age ( $n = 2$ ). In turn, this is evidence that the development of AA is observed among all age categories of adults, but it is most typical for the category of people of older age groups.

The analysis of the number of registered AA patients separately for the districts of the Khorezm region of the Republic of Uzbekistan made it possible to determine that the highest morbidity for the period from 2015 to 2019. was recorded in Bagat district ( $n = 8$ ), then in descending order recorded in Urgench ( $n = 7$ ) and Khazarasp districts ( $n = 7$ ), Yangibazar ( $n = 6$ ) and Kushkupir districts ( $n = 6$ ), in Shavat ( $n = 5$ ), Gurlensky ( $n = 4$ ) and Khanka districts ( $n = 3$ ).

Summarizing the above data, we can conclude that the analysis of the peculiarities of AA morbidity in the Khorezm region of the Republic of Uzbekistan allows, first of all, to monitor the epidemiological situation in relation to this pathology. Meanwhile, it should be noted that the number of registered cases of AA in the Khorezm region of the Republic is possibly associated with its unreliable diagnosis, due to the fact that the main manifestation of the disease is anemic syndrome, and the disease is often recorded

under other forms of anemia (iron deficiency, vitamin B12 deficiency, etc.). e). Undoubtedly, taking these facts into account is undoubtedly important in the timely and correct establishment of the AA diagnosis.

**Conclusions.** 1. The conducted retrospective analysis made it possible to establish that the average annual rate of newly detected cases in the Khorezm region of the Republic of Uzbekistan for the last 5 years in the period from 2015 to 2019. is 10.2;

2. AA is observed among all age categories of adults, but it is most typical for the category of people in older age groups;

3. The highest morbidity of AA is recorded among the population of Bagatsky (n = 8), and the lowest among the Khankinsky district of the Khorezm region.