



UDC 341

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## **FEATURES OF CLINICAL MANIFESTATIONS IN PATIENTS WITH APLASTIC ANEMIA**

**Introduction.** At present, all the special interest of scientists is directed to the study of diseases of the blood system, which are a complex problem of medical and social significance. This is primarily due to an increase in the level of hematological morbidity and high prevalence among all age groups of people. Along with all diseases of the blood system, aplastic anemia (AA) is of particular interest. This is a rare, but at the same time, a serious disease of the blood system, often characterized by an aggressive course, accompanied by the development of formidable early complications, leading to high mortality among AA patients.

**Purpose of the study.** To study the features of the course and clinical manifestations in patients with aplastic anemia.

**Material and methods.** The study is based on the analysis of retrospective data of registered primary patients suffering from AA ( $n = 51$ ), aged 20 to 83 years (median age  $47.1 \pm 3.4$  years), who applied to the Khorezm Regional Multidisciplinary Medical Center in the period from 2015 to 2019 yy AA diagnosis was verified on the basis of anamnestic data, general clinical examination, and the results of laboratory examinations (clinical blood test, myelogram). Statistical analysis was performed on a personal computer using the standard statistical software package "Statistic for Windows".

**Results and Conclusions.** Common symptoms inherent in anemia such as weakness, dizziness, shortness of breath and tachycardia were observed in almost all AA patients (100%). The second most frequent occurrence in patients with AA was hemorrhagic syndrome, in the form of skin manifestations, hematomas and bleeding. Cutaneous hemorrhagic syndrome manifested itself as a small-point petechial rash and ecchymosis of a single (19.6%) and multiple nature (80.4%). Along with these manifestations, 8 (15.7%) patients had hemorrhages in the sclera of the eyes, and in 12 (23.5%) - in the mucous membranes of the oral cavity.

Nasal and gingival bleeding was observed in 41 (80.4%) and 18 (35.3%) AA patients, menorrhagia and uterine bleeding were observed in 14 (27.5%) patients. Simultaneously, 4 (7.8%) patients showed signs of bleeding from the gastrointestinal tract (GIT).

Further, in patients with AA, the severity of the hemorrhagic syndrome of HS according to WHO was assessed. Thus, a mild severity was found in 10 (19.6%) patients, who had single petechial rashes and single ecchymosis (100.0%) on the skin of the lower extremities. The average severity was found in 13 (25.4%) patients and was characterized by diffuse petechial rashes and from 5 to 10 ecchymosis on the skin of the lower and upper extremities (100.0%), moderate nasal (100.0%) and gingival bleeding (23,1%), as well as menorrhagias (30.7%). A severe degree was detected in 28 (54.9%) examined and manifested itself, in addition to a diffuse small-dot rash on the skin of the lower and upper extremities, abdominal skin (100.0%), a rash on the skin of the neck, face and ears (64.3%) and various degrees of prescription ecchymosis on the skin of the lower and upper extremities (100.0%) and the body (53.6%), pronounced nasal (100.0%), gingival (46.4%) and uterine (35.7%) bleeding, as well as hemorrhages in the mucous membranes of the oral cavity (42.8%), the sclera of the eyes (28.6%) and signs of bleeding from the gastrointestinal tract (14.3%).

In addition to the above manifestations of AA, in 18 (35.3%) patients, the disease

was accompanied by an increase in body temperature, among which in 12 (66.7%) cases it was associated with acute tonsillitis and in 6 (33.3%) cases with bilateral pneumonia.

**Conclusions.** 1. Among the clinical manifestations in AA patients, it was found that anemic and hemorrhagic syndromes are observed in 100%, and infectious in 35.3% of cases;

2. Depending on the severity of HS, patients with a mild degree make up 19.6%, with an average one - 25.4% and with a severe one - 54.9% of cases.