SEMİZLİK VA METABOLİK SİNDROMDA BİOİMPEDANS ANALİZATORİNİ O'RGANİSH VA NATİJALARNİ TAHLİL QİLİSH

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Tadqiqot maqsadi. Semizlik bilan kasallangan bemorlarning tana vazn indexiga baho berish. Bioimpedans analizatori orqali semiz va metabolik sindromi bor bemorlarni tekshirib, ko`rsatkichlar ustida ishlash va solishtirish. Metobolik sindromning belgilari o'zgarishini tahlil qilish. Semizlikka turmush tarzini qay darajada ahamiyatli ekanini o`rganish. Sog`lom ovqatlanish va faol hayot tarzini shu bemorlarda qo`llab natijalarni solishtirish.

Materiallar va usullar. Toshkent Tibbiyot Akademiyasi 2-klinikasi klinikasida qandli diabet II tip bilan og`rigan 30 ta bemor olindi. Ulardan 18 tasi ayol, 12 tasi erkak bo'lib 22 yoshdan 60 yoshgacha, o'rtacha yoshi 43,2±0,5 yosh. Bemorlarda davo choralaridan, sog`lom turmush tarziga o`tib kunida 10000 qadam sistemasida faol hayotga o`tgandan so`ng dinamikada tana vazn indexi (TVI), labarator tekshituvlardan qonda glyukoza, lipid spektri, HOMA-IR, glikirlangan gemoglobin tekshirildi.

Tadqiqot natijalari shuni ko'rsatadiki, sog`lom turmush tarziga o`tishidan oldin va sog`lom turmush tarziga o`tgandan keyin bemorlarning hayot sifati sezilarli yaxshilandi. Tana vazn indexi davodan oldin 41 va davodan so'ng 35. Och qoringa glyukoza miqdori operatsiyadan oldin 9,2±0,2, operatsiyadan keyin 5,4±0,3. Lipid aterogenligi operatsiyadan oldin 3,1 , davodan keyin 2,7. Glikirlangan gemoglobin davodan oldin 10,6 , davodan keyin 7,1. Davodan oldin 12 ta(60%) bemorda tungi apnoe holati kuzatilgan, davodan keyin 7 ta(35%) bemorda kuzatildi. Sog`lom turmush tarzi va faol hayot tarziga o`tgandan keyin bemorlarda 100% yaxshilanish kuzatildi. Asoratlar yo`q. Natijalar Bioimpedans orqali tekshirilganda teri ostidagi yog`, visseral yog` va TVI pasaygan, tanadagi va hujayralararo suv miqdori normaga kelgan, mushak miqdori ko`paygan, moddalar almashinuvidan chiqqan kkal miqdori kamaygan u esa o`z o`rnida bemorning sog`ayishiga va tanada yog` zahirasini kamayishiga olib kelgan.

Xulosa. Kuzatuv va tahlillarga asoslanib turmush tarzini faol hayot bilan almashtirib, to`g`ri ovqatlanish qoidalariga rioya qilgan bemorlarda semizlik darajasi va metobolik sindrom alomatlari kamaydi. Asoratlar va bemorlarning labarator natijalarini solishtirganda davodan keyingi bemorlarning hayot sifati sezilarli darajada yaxshilandi.

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