



BEL UMURTQALARI QAYTALAGAN DISK CHURRALARI DIAGNOSTIK JIHATLARI

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Annotatsiya: Ushbu ilmiy ish bel sohasidagi disk churrallari qaytalanishining o‘ziga xos eying te xususiyatlarini tahlil qiladi. Tadqiqot qaytalash ehtimolini aniqlash va prognozlashda klinik, tasviriy va laboratoriya parametrlarining rolini baholashga qaratilgan. Disk churrallarini qaytalashning klinik belgilari, MRT va KT yordamida vizualizatsiya imkoniyatlari hamda yallig‘lanish jarayonlarini kuzatish kabi zamonaviy eying te usullarning ahamiyati yoritilgan. Ushbu ish qaytalagan churrallarning aniq diagnostikasini yo‘lga qo‘yish orqali bemorlarning hayot sifatini yaxshilash va davolash strategiyalarini optimallashtirishga hissa qo‘shadi.



Kalit soʻzlar: qaytalangan disk churra, diagnostika, magneto rezonans tomografiya, kompyuter tomografiya, eyingʻriq, yalligʻlanish, labarator tekshiruv, operatsiya, nogironlik.

Abstract: This research analyzes the specific diagnostic features of recurrent lumbar disc herniation. The study focuses on assessing the role of clinical, imaging, and laboratory parameters in predicting recurrence likelihood. It highlights the clinical signs of recurrent disc herniation, visualization capabilities using MRI and CT, and the importance of modern diagnostic methods for monitoring inflammatory processes. This work contributes to improving patient quality of life and optimizing treatment strategies by establishing accurate diagnostics for recurrent herniation.

Key words: recurrent disc herniation, diagnostics, magnetic resonance imaging, computer tomography, low back pain, inflammation, laboratory examination, surgery, disability.

Mavzuning dolzarbligi – Bel umurtqalari disk churra kasalligi dunyo miqyosda keng tarqalgan boʻlib, u bel va oyoq ogʻriqlariga sabab boʻladi [1-2]. Ushbu kasallikni jarrohlik usuli bilan davolash keng qoʻllaniladi [1,2]. Biroq, jarrohlik aralashuvidan keyin ham churra kasalligi qaytalash ehtimoli mavjud [2,3]. Qaytalanish koʻrsatkichi oʻrtacha 5-15% ni tashkil qiladi [4,2]. Qaytalangan disk churrasi umurtqa pogʻonasining ogʻriqlari va nogironlikning asosiy sabablaridan biri hisoblanadi [6,5-1]. Bundan tashqari umurtqa pogʻonasining bel qismidagi hamda oyoqlardagi ogʻriqlar umurtqa kanali stenozi yoki cauda eying sindromi natijasida nerv ildizchasining qisilishi hisobiga yuz beradi [8,11,12,13,14]. Klinik koʻrsatmalar bel umurtqalari disk churrasini (shu jumladan qaytalangan disk churrasi) istisno qilish uchun kasallik tarixini oʻrganishni va fizik tekshiruvni tavsiya qiladi [6,7,8]. Biroq, yuqoridagi ikki usul eying te jihatdan kasallikni aniqlash uchun yetarli emas [8,9,10]. Bu holatni aniqlash uchun operatsiyalardan



avval eying te tasvirlash metodlaridan ham foydalanish mumkin [15]. Diagnostik tasvirni magnit-rezonans tomografiya (MRT), kompyuter tomografiyasi (KT) orqali amalga oshirish mumkin. Ushbu samarali va birmuncha xavfsiz bo'lgan tekshiruvlarning tibbiyotda keng qo'llanilishi eying t va miyelografiyaga bo'lgan zaruriyatni keskin kamaytirdi. Hozirda MRT tekshirish usuli ionlashtiruvchi nurlanish orqali organizmga kam zararli va ayniqsa yumshoq to'qimalarni yaxshi ko'rish qobiliyatiga ega [13,16].

Tadqiqot maqsadi. Ushbu tadqiqot maqsadi qaytalangan bel umurtqalari disk churrasida adekvat tekshiruv usulini tanlash va amaliyotga tatbiq etish.

Tadqiqot usullari va materiallari. Mazkur retrospektiv tadqiqot 2024-yil yanvaridan 2024-yil avgust oyigacha Andijon davlat tibbiyot eying te klinikalarining neyroxirurgiya bo'limida umurtqa pog'onasi disk churrasi bo'yicha operatsiya o'tkazilgan 185 nafar bemorda o'tkazildi. Qaytalangan bel umurtqalari disk churra kasalligida patsiyentlarning klinik-anamnestik ma'lumotlarini tahlil qilindi. Operatsiyadan eying bemorlarda doimiy yoki qayta paydo bo'lgan oyoq og'rig'i kuzatilganda magnit-rezonans tomografiya (MRT) yoki kompyuter tomografiyasi (KT) tavsiya etildi. Barcha bemorlarning tibbiy ko'rsatkichlari va MRT, KT tasvirlari baholandi.

Tadqiqot natijalari va ularni baholash. Olingan natijalar quyidagicha bo'ldi: barcha bemorlarda shikoyatlar, anamnez, klinik nevrologik tekshiruvlar disk churrasi tashxisiga shubha uyg'otdi. So'ng, bemorlarga magnit-rezonans tomografiya (MRT) yoki kompyuter tomografiyasi (KT) tavsiya etildi. Shulardan 23 (12.4%) nafarida qaytalangan, 162 (87.6%) nafarida birlamchi disk churrasi tasdiqlandi.

Xulosa. Qaytarilgan bel umurtqalari disk churrasini (shu jumladan birlamchi disk churra kasalligini) aniqlashda bemorlarning shikoyatlari, anamnez, klinik nevrologik va fizik tekshiruvlari muhim o'rinni egallaydi. Biroq, operatsiya oldi tashxisni qo'yish va operatsiya taktikasini tanlash uchun tomografiya (MRT) yoki kompyuter tomografiyasi (KT) tekshiruvlari oltin standart hisoblanadi.



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