

FEATURES OF QUALITY OF LIFE IN GASTROESOPHAGEAL REFLUX DISEASE WITH DIABETES MELLITUS TYPE 2 IN PERSONS OF YOUNG AGE

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Abstract: the study of features of life in young patients who suffers from GERD with concomitant diabetes mellitus type 2 and without comorbidity. The study involved two groups of persons. The first consisted of 25 students, suffering from a non-erosive GERD with concomitant diabetes mellitus type 2. The second group included 23 students with non-erosive form of GERD without comorbidity. The control group consisted of 15 healthy individual of the same age and sex. All of the surveyed persons evaluated of quality of life. As a result of researches it is established that in both groups there has been a significant decline in quality of life. However, isolated patients with GERD have lower indicators of scales of role-physical functioning and pain intensity than patients with GERD with diabetes type 2. In the study we found that patients from both groups found a significant decrease in quality of life.

Keywords: gastroesophageal reflux disease, diabetes mellitus type 2, quality of life, young persons.

ОСОБЕННОСТИ КАЧЕСТВА ЖИЗНИ ПРИ ГАСТРОЭЗОФАГЕАЛЬНОЙ РЕФЛЮКСНОЙ БОЛЕЗНИ С СОЧЕТАННЫМ САХАРНЫМ ДИАБЕТОМ У ЛИЦ МОЛОДОГО ВОЗРАСТА

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Аннотация: изучение особенностей качества жизни у молодых пациентов, которые страдают от ГЭРБ с сопутствующим сахарным диабетом 2-го типа, и без сопутствующей патологии. В исследовании приняли участие две группы лиц. Первая состояла из 25 студентов, страдающих от неэрозивной ГЭРБ с сопутствующим сахарным диабетом типа 2. Во вторую группу вошли 23 студента с неэрозивной формой ГЭРБ без сопутствующей патологии. Контрольная группа состояла из 15 здоровых людей того же возраста и пола. Всем пациентам исследовали показатели качества жизни. В результате исследований установлено, что в обеих группах наблюдается значительное его снижение. Тем не менее, отдельные пациенты с ГЭРБ имеют более низкие показатели шкал ролей физического функционирования и интенсивности боли, чем у пациентов с ГЭРБ с сахарным диабетом 2-го типа. В результате исследования было установлено, что у пациентов обеих групп существенно снижаются показатели качества жизни.

Ключевые слова: гастроэзофагеальная рефлюксная болезнь, сахарный диабет типа 2, качество жизни, молодые люди.

In modern society, gastroesophageal reflux disease is a very important problem for medicine [1, 4, 5, 9, 11]. This is due to the fact that despite the progress in the study of this pathology on most of the issues related to the disease, the answers still no [2, 3]. Given the high growth rates of concomitant pathology in GERD, the speed of studying of this problem is significantly reduced.

One of the most frequent comorbid diseases – diabetes mellitus II type [8, 10, 12, 15]. It significantly modifies etiopathogenesis of GERD and its clinical picture, while GERD similarly affects the pathogenesis and symptoms of diabetes [6, 7, 13, 14]. This problem is particularly relevant for young people because they have just begun the development of pathological conditions. It is therefore essential to diagnose these diseases with the purpose of adequate differentiated therapy, which, in turn, can significantly improve the quality of life of

patients and improve the prognosis of pathologies. This will contribute to the solution of medical and social component parts of the problem.

Given that in GERD and diabetes type 2 can significantly decrease the indicators of quality of life, the aim of our work was the study of their characteristics in patients with GERD, associated with diabetes type 2.

Materials and methods. For the study we have taken two groups of patients. The first consisted of 25 patients aged from 25 to 43 years of age with isolated GERD. The second group included 23 patients aged from 24 to 42 years suffering from GERD in combination with diabetes type 2. The control group consisted of 15 practically healthy persons of the same age category and gender. Assessment of quality of life (QOL) carried out using standardized questionnaires: SF-36, Beck's, Spielberg-Khanin's, Sheehan's and Eysenck. Statistical data processing was performed using Microsoft Excel 2007 and Windows STATISTIKA 6.0, and used parametric and non-parametric tests for statistical evaluation of the results.

Results. As a result of researches it is established that in both groups there has been a significant decline in quality of life. However, isolated patients with GERD have lower indicators of scales of role-physical functioning and pain intensity than patients with GERD with diabetes type 2.

Levels of emotional functioning, vitality, and mental health, on the contrary, slightly lower in patients with GERD associated with diabetes mellitus than in patients with isolated GERD.

Levels of general health, physical and social functioning lower with isolated GERD, the difference between them is statistically significant.

Conclusions

1. In the study we found that patients from both groups found a significant decrease in quality of life;
2. It is shown that in patients with GERD without concomitant pathology indicators of scales of role-physical functioning, and especially scale pain intensity were at a lower level than in patients with concomitant diabetes type 2. The indicators of levels of role-emotional functioning, vitality and mental health, on the contrary, the lowest was in patients with GERD with concomitant diabetes type 2 than in patients with GERD without concomitant pathology. At that time, as indicators of the levels of the scales of general health, physical and social functioning were lower in patients with GERD without concomitant pathology.

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