

OPTIMIZATION OF THE EXAMINATION OF WOMEN IN THE POSTMENOPAUSAL PERIOD

Shukurova U.P.¹, Sobirova M.R.² (Republic of Uzbekistan)

Email: Shukurova578@scientifictext.ru

¹Shukurova Umida Pulatovna - Teacher of the highest Category;

²Sobirova Munisa Rikhsievna - Teacher of the highest Category,

1ST. REPUBLICAN TECHNICAL SCHOOL OF PUBLIC HEALTH NAMED AFTER ABU ALI IBN SINO,
TASHKENT, REPUBLIC OF UZBEKISTAN

Abstract: recently, the following research methods have been used to diagnose the postmenopausal period: determination of lipids, hormones, blood sugar, electrocardiography, X-ray examination of bone density, endometrial biopsy, ultrasound examination of the pelvic organs and mammary glands, as well as consultations with a gynecologist, therapist, endocrinologist, cardiologist, mammologist and other specialists as needed.

The article discloses information on pathological changes (atherosclerosis and diseases of the cardiovascular system, osteoporosis, type II diabetes mellitus, uterine and cervical cancer, etc.) in the postmenopausal period as a result of optimization of the listed examinations.

Keywords: postmenopausal period, examination optimization, osteoporosis, hormonal changes, estrogen deficiency, climacteric syndrome.

ОПТИМИЗАЦИЯ ОБСЛЕДОВАНИЯ ЖЕНЩИН В ПОСТМЕНОПАУЗАЛЬНОМ ПЕРИОДЕ

Шукурова У.П.¹, Собирова М.Р.² (Республика Узбекистан)

¹Шукурова Умида Пулатовна – преподаватель высшей категории;

²Собирова Муниса Рихсиевна – преподаватель высшей категории,

1-й Республиканский техникум общественного здравоохранения им. Абу Али ибн Сино,
г. Ташкент, Республика Узбекистан

Аннотация: в последнее время для диагностики постменопаузального периода используются следующие методы исследования: определение липидов, гормонов, сахара в крови, электрокардиография, рентгенологическое обследование плотности костей, биопсия эндометрия, ультразвуковое обследование органов малого таза и молочных желез, а также консультации гинеколога, терапевта, эндокринолога, кардиолога, маммолога и других специалистов по необходимости.

В статье раскрывается информация о патологических изменениях (атеросклероз и заболевания сердечно-сосудистой системы, остеопороз, II тип сахарного диабета, рак матки и шейки матки и др.) в постменопаузальном периоде в результате оптимизации перечисленных обследований.

Ключевые слова: постменопаузальный период, оптимизация обследований, остеопороз, гормональные изменения, недостаток эстрогенов, климактерический синдром.

The climacteric period is a physiological period of a woman's life characterized by neuropsychic, vegetative-vascular and metabolic disorders.

In the modern population of women, the average age of menopause is 51 years and there is a tendency to increase it.

If, after the last menstrual period, there is no period within a year, this means the onset of menopause.

With the onset of menopause, the hormonal balance will be destroyed, the central hormones of the hypothalamus and the hormone regulation function are affected. Also, the autonomic nervous system, which is located in the same hypothalamus, is influenced by hormonal imbalances and imbalances, which leads to "vegetative dystonia". Also, the center of hormones and the autonomic nervous system are influenced not only internally, but also externally by stress, etc [1].

With the onset of menopause, a decrease in the effect and a lack of estrogen rebuilds the body and provokes symptoms of the menopause.

In postmenopausal women, there is a significant increase in the incidence of age-related diseases, as well as pathology caused by estrogen deficiency. During this period, there is a peak in the incidence of malignant tumors of the genital organs (the average age of patients with endometrial cancer is 62 years, ovarian cancer is 60 years old, and cervical cancer is 51 years old), therefore, postmenopausal patients need special vigilance.

The frequency of climacteric syndrome varies with age and duration of postmenopause. The duration of the climacteric syndrome is on average 3-5 years (from 1 to 10-15 years). Menopause is accompanied by irreversible hormonal changes in a woman's body - a decrease in the level of female sex hormones (estradiol) and an increase in the level of hormones in the anterior pituitary gland (luteinizing hormone, LH, and follicle-stimulating

hormone, FSH).

In Uzbekistan, women make up 50,2% of the population; 37% of them suffer from the pathological course of the climacteric period. Does climacteric age change with time? Regardless of the place of residence and nationality of a person, the climax begins at about 50 years old. In Uzbekistan, menopause occurs on average 49-50 years [1].

Recently, the following research methods have been used to diagnose the postmenopausal period:

1. Determination of lipids (lipoproteins, cholesterol)
2. Determination of hormones (thyroid stimulating hormone (TSH) and thyroxine (T4), progesterone, estrogens, luteinizing hormone)
3. Determination of blood sugar
4. Electrocardiography
5. X-ray examination of bone density
6. Endometrial biopsy
7. Ultrasound examination of the pelvic organs and mammary glands
8. Consultations of a gynecologist, therapist, endocrinologist, cardiologist, mammologist, etc. if necessary [2].

Optimization of these examinations provides information on pathological changes (atherosclerosis and diseases of the cardiovascular system, osteoporosis, type II diabetes mellitus, uterine and cervical cancer, etc.) in the postmenopausal period.

Early diagnosis of pathological changes in the postmenopausal period will prevent the transition of pathological conditions into a chronic form and help eliminate them at the initial stages of development, as well as alleviate the symptoms of the menopause.

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