

STUDY OF THE DISTRIBUTION OF MYOPIA IN THE SOUTHERN TERRITORY OF THE ARAL ON THE BASIS OF ARCHIVE DATA

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Abstract:

The term myopia is derived from the Greek word "myops", which means "narrow eye". The disease is more common mainly in children and accounts for 25-30% of cases in children aged 9-12 years. Pathologies that occur during adolescence do not bother later, mainly due to the stabilization of visual acuity in the 20-40s.

Keywords: *Myopia, archive, diagnosis, eye, treatment.*

Relevance of the problem: Myopia (short-sightedness) is one of the most common diseases in the XXI century. Myopia is a disorder of visual acuity in which light passing through the optical environment of the eye is collected not in the retina but in the anterior part of the retina. The term myopia is derived from the Greek word "myops", which means "narrow eye". The disease is more common in children, and it affects 25-30% of children aged 9-12 years. Pathologies that occur during adolescence do not bother later, mainly due to the stabilization of visual acuity in the 20s and 40s. [4] Myopia is a common eye disease, and every year many people resort to the practice of wearing glasses, contact lenses, or laser surgery as a solution to the problem. The disease affected 10-20% of the Chinese population 60 years ago, but now affects 90% of the younger generation and 96.5% of young people living in Seoul, South Korea. This is explained by the fact that in the Asian country, 14 hours a week are spent on homework, compared to 5 hours in the United States. [2] Myopia is congenital and acquired according to the stages of development. The visual acuity of the disease differs in 3 types: low - up to 3.0 dptr, medium - 6.0 dptr, high - 6.0-pt dptr. There are also developing and non-developing species. [1] Occasionally, visual acuity in the developing species can range from 30.0 to 40.0 dptr.

The Aim of the Study:

To study the distribution of patients treated with myopia on the basis of archival materials. Examination materials: The Khorezm branch of the Republican Specialized Scientific-Practical Medical Center of Ophthalmic Microsurgery received archival data as examination material for all patients who had been diagnosed with myopia for 5 years.

A total of 65,000 outpatients were admitted to the Eye Microsurgery Center clinic in 2015-2019, of which 24,500 were diagnosed with refractive errors. A diagnosis of myopia was made in 19,800 patients with refractive anomalies. This is equivalent to the number of patients studied in 2015-3700, 2016-3900, 2017-3850, 2018-3900, 2019-2019 when studied by year distribution.

When comparing patients diagnosed with myopia based on living conditions, 11,880 (60%) patients were registered in the urban population and 7,920 (40%) in the rural population. When the gender distribution of patients was studied, men accounted for 10,494 patients (53%) and women at 9,306 patients (47%).

When studied in terms of myopia, 6930 (35%) mild forms, 4950 (25%) moderate, and 7920 (40%) severe forms were identified.

In the patients who applied, the study was divided into congenital and acquired types according to the origin of the disease. Accordingly, the high rate of congenital myopia is 5-6%, while the mild rate of acquired myopia is 20-30%.

Also, 60-70% of eye diseases in children are refractive anomalies, half of which are myopia. During treatment, a progressive type of myopia was detected in 30-35% of cases, and a non-progressive type in 40-50% of cases.

While 50–60% of patients presenting with a complicated type of myopia have a retinal detachment complication of 3–4%, uncomplicated myopia occurs in 30–40% of cases.

All 4450 patients treated in 2019 at the Khorezm branch of the Republican Specialized Scientific-Practical Medical Center of Ophthalmic Microsurgery underwent general clinical and laboratory examinations. Almost all of the patients were corrected using conservative treatment and underwent vitamin therapy, while the remaining 4-5% of patients underwent cosmetic surgery.

It was found that myopia is more common in urban populations and women than in men, and that the incidence of the disease in school-age children increases sharply during adolescence, and that the incidence rate has been steadily rising in recent years. This situation is explained by the development of techniques and technologies in the XXI century, ie the widespread use of monitored technical devices such as computers, telephones, tablets and the interconnectedness of the learning process with them, not only the learning process but also our daily lives.

In conclusion, the increase in the medical culture of our people and medical examination of the population, every patient with refractive anomalies every 6 months undergoes ophthalmic examination and timely correction is an important condition not only in preventing the disease but also its progression and complications.

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