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ANALYSIS OF THE DEVELOPMENT OF RETINAL DYSTROPHY IN MYOPIA IN ADOLESCENTS IN MOUNTAIN AND SUB-MOUNTAIN AREAS

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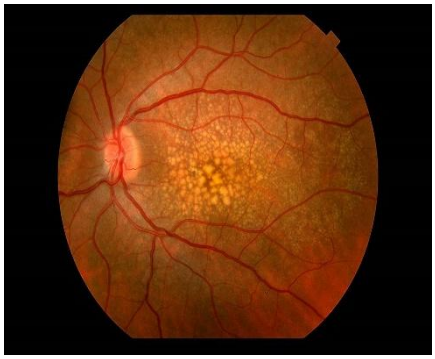
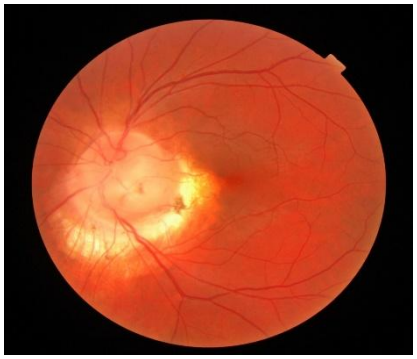
Abstract. In a scientific article risk factors affecting the development of retinal dystrophy in developed myopia in adolescents and the relevance of prevention of their elimination are shown. Today, one of the urgent problems of ophthalmology is the disease of clinical refraction, which is an epidemic of the 21st century. The aim was to study the reason why the disease index increases from year to year, the age of the disease and, as a result, the increase in disability.

Key words: Refractometry, skiascopy, OCT, Fundus, A - scan.

Developed in myopia Retinal dystrophy is one of the most common eye diseases, causing a significant decrease in visual acuity, visual impairment or blindness. The prevalence of the disease worldwide, according to WHO, is 160 thousand per 300 thousand people. In economically developed countries, retinal dystrophy is the third most common cause of visual impairment in advanced myopia , after glaucoma and diabetic retinopathy. In advanced myopia, bilateral retinal dystrophy occurs in 60% of cases.

The disease has a bilateral chronic nature. Factors affecting the development of retinal dystrophy in advanced myopia , genetics factor and exposure to ultraviolet light , improper use of information resource technologies and improper feeding.





Early detection of the disease, prevention of its development and complications are among the most pressing problems in ophthalmology.

The purpose of the study is to study clinical factors and risk factors in the development of retinal dystrophy in advanced myopia.

Materials and methods . 131 patients with advanced myopia and retinal dystrophy were hospitalized for 2 years in the Andijan Regional Clinical Hospital for Eye Diseases. **Age** of patients From 16 to 55 years old. There were 85 men and 46 women . All patients

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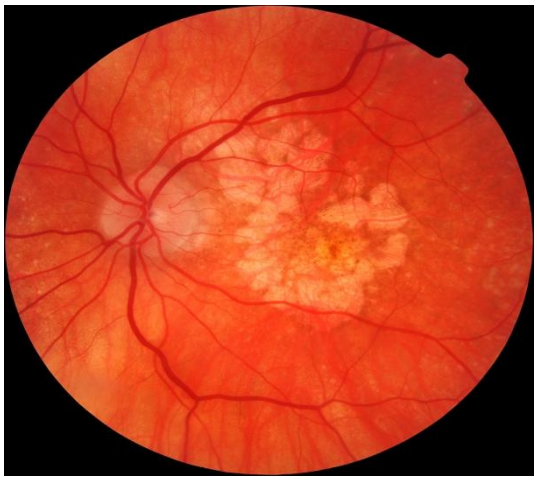
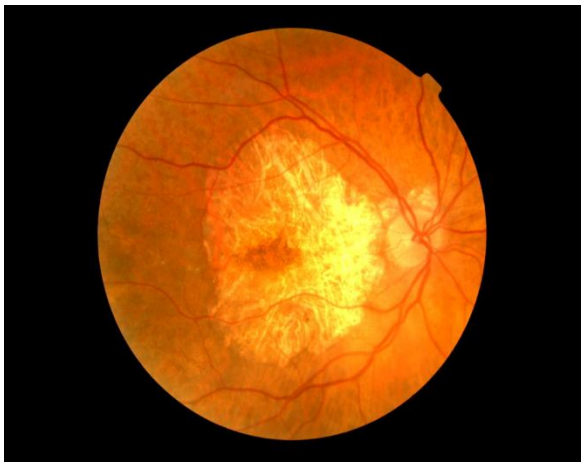
underwent a complete ophthalmological examination based on standard procedures. During the collection of blood samples , harmful habits of patients such as smoking, alcohol consumption, concomitant diseases, patient's height and weight were determined. Visual acuity, IBD, perimetry were performed in patients. The fundus was viewed using a goniolens, OCT and FUNDUS camera examination was performed.

Inspection results. Based on the results of the examinations, the patients were divided into 3 groups depending on their age. 38 patients up to 16-25 years, 55 patients up to 25-35, 38 patients up to 35-55.

Patients living in mountainous areas and urban areas accounted for 66% and 34%, respectively. 36 patients lived in high mountainous areas. Patients weighed 78 кгup to 65 kg: 4 patients - to 70 кг- 80 кг; 80% of patients had a high level of body weight. When analyzing the results, it was revealed that the prevalence of macular degeneration in obese urban residents was 9 times higher than in rural residents.





Among those who were addicted to bad habits: 39 (29%) of those who consumed alcoholic beverages, 45% of those who smoked. The influence of genetic factors was revealed in 8 patients. These were in close consanguineous marriages.

During the period of treatment in the hospital, it was observed that all patients had concomitant diseases. It should be noted that the most common myopia was retinal dystrophy, which was found in 68% of patients with diseases of the gastrointestinal tract, 38% with chronic colitis, and 34% with diseases of the musculoskeletal system.

The choriocapillary part of the vascular layer of the eyeball, the vitreous body clouding and inflammation of the retinal pigment epithelium were observed.

Conclusion. The results obtained show that retinal dystrophy occurs in 76% of cases of myopia in the urban population, 60% of which are in women, and (80%) in patients with obesity and comorbidities.

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This indicates that it would be appropriate for all specialists, primarily therapists, orthopedists, endocrinologists, and of course ophthalmologists, to work in collaboration. Prevention of retinal dystrophy is carried out in advanced myopia

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