

TYPES, SYMPTOMS AND TREATMENT METHODS OF CHRONIC SCLERODERMA (SYSTEMIC SCLEROSIS)

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ABSTRACT

Nowadays, scleroderma is on the rise. This disease is a chronic disease, our article provides information about scleroderma, i.e. what is scleroderma, its symptoms, what processes occur in a sick person, the pathology of the internal organs of the sick patient, i.e. what processes are going on in the organs, changes and teaches to treat it partially.

Keywords: Scleroderma, Limited, Systemic, Widespread, Affected people in Uzbekistan, Symptoms, Effects on organs, Partial treatment methods.

MAIN PART

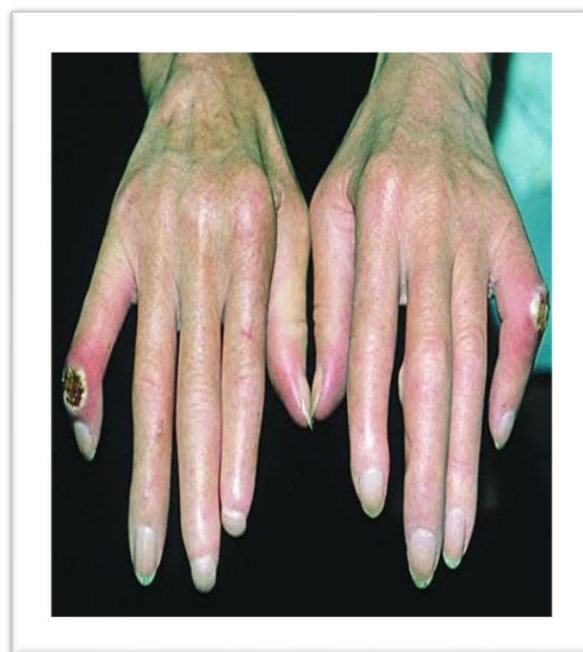
Scleroderma (sclero-hard and derma-skin) means a disease consisting of hardening of the skin. Collagen is specific to the group of diseases. There are limited, diffuse, systemic types of scleroderma.

Scleroderma is a rare autoimmune disease that causes hardening of the patient's skin and other connective tissues.

Scleroderma affects more women than men. Most people diagnosed with scleroderma are between the ages of 30 and 50. There is currently no cure for scleroderma. However, there are many treatments that can help reduce the symptoms associated with scleroderma. Some types of treatment also help to improve the patient's general condition and quality of life as well.

There are several types of scleroderma. Sometimes it can only affect the skin of patients. But sometimes scleroderma can affect other body parts besides the skin. Some examples of organs affected by scleroderma include:

- ✓ blood vessels
- ✓ internal organs
- ✓ lungs
- ✓ kidneys
- ✓ digestive tract



Depending on the type of scleroderma you have, the signs and symptoms may vary depending on which parts of the body are affected in each case.

People with scleroderma often experience hardening or hardening of the skin. They may also cause skin discoloration in the affected areas or patches of skin.

Skin spots are sometimes oval in shape and change in color, or appear in flat lines on affected areas of the body, such as the arms, hands, legs, or chest. These spots may even appear on the face or lips of some patients with scleroderma.

Scleroderma, or systemic sclerosis, is an autoimmune skin disease in which the skin becomes increasingly hard and affects internal organs and blood vessels. There is a group of diseases with different clinical manifestations, which are associated with the hardness of the skin, which are called systemic sclerosis.

Signs:

In localized forms (also called Morphea), it starts with red-purple patches that gradually harden; the central part of these spots becomes lighter, almost white, surrounded by a pink border; the final appearance (even years later) is scarred, darker or lighter (hyper or hypopigmented).

There are several options:

- scalp morphea (with mild scarring and complete hair loss or alopecia);
- a form known as "drop" with the appearance of small round spots;
- a linear form that tends to deepen into the muscles and tendons in the subcutaneous tissue; they are more common on the arms and legs, but do not spare the face (the "patience" look)
- the form of a ring, which is often localized on the genitals (less often);
- deeper morphea, which is more aggressive and quickly involves the skin, muscles and bones.

Depending on the degree of involvement of internal organs, scleroderma is broadly divided into two forms: local scleroderma and systemic sclerosis. First, the "most common in children" is

limited to the skin, and in some cases spreads to the muscles, joints, and bones, affecting bone and joint growth in children. possible

Systemic scleroderma is the most common. In total, 185 cases of systemic scleroderma were detected in 2 polyclinics in Uzbekistan, 167 of them were women, and 18 were boys. These statistics show that systemic scleroderma affects women a lot.

Avoid exposure to cold, trauma and stress as general treatment measures. As for the drugs used, there are different results, it should be the medical team that best evaluates the situation. Psychological support and early rehabilitation are always recommended to avoid permanent contractures during adolescence. Hydrotherapy is widely used as a treatment, underwater flow and general exercise in the pool for 36.5 minutes at 15°C.

Skin forms (morphea) are very slow and not serious, limited only to the skin. The result is mostly "unseen" because the effect of the disease is permanent. Products for local use mainly slow down / stop the progress of the disease in the affected areas. are used for, mainly cortisone, moisturizing and emollient creams. Phototherapy is also used. The ring shape (mainly located inside the penis) can cause circulatory problems and in some cases requires surgical treatment if local therapy is not helpful. Systematic immunosuppressive drugs are used in scleroderma; In recent years, in addition to cortisone drugs, the use of biological drugs has increased and achieved promising results in the general direction of the disease. Also, in order to limit the damage of the disease and alleviate the symptoms, the internal organs attacked by the disease (heart, esophagus) and specific treatments for the digestive system, lungs, kidneys, etc.)

CONCLUSION

Our conclusion is that patients suffering from scleroderma need to be carefully cared for, because the purpose of care is their proper care. Physiotherapy should always be done slowly. Because the connective tissue of their skin has lost its function, that is, it is as tight as wax. Each wrong action causes the patient to injure his skin. Another information is that they should be bathed in warm water regularly.

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