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ALLERGIK KON'YUNKTIVITNING EPIDEMIOLOGIYASI VA KLINIK AHAMIYATI

Annotatsiya: Ushbu maqolada allergik kon'yunktivitning epidemiologiyasi va klinik ahamiyati tahlil qilinadi. Kasallikning yosh, jins, genetika va atrof-muhit omillari bilan bog'liqligi, shuningdek, uning ko'z funksiyasi va hayot sifatiga ta'siri ko'rib chiqiladi. Epidemiologik va klinik ma'lumotlar asosida bemorlarni erta aniqlash, profilaktika va individual davolash strategiyalarini ishlab chiqishning dolzarbligi ta'kidlanadi.

Kalit so'zlar: allergik kon'yunktivit, epidemiologiya, klinik ahamiyati, risk omillari, ko'z yallig'lanishi

Аннотация: В данной статье анализируется эпидемиология и клиническое значение аллергического конъюнктивита. Рассматривается связь заболевания с возрастом, полом, генетикой и факторами окружающей среды, а также его влияние на функции глаза и качество жизни. На основании эпидемиологических и клинических данных подчеркивается важность раннего выявления, профилактики и разработки индивидуальных стратегий лечения.

Ключевые слова: аллергический конъюнктивит, эпидемиология, клиническое значение, факторы риска, воспаление глаза

Annotation: This article analyzes the epidemiology and clinical significance of allergic conjunctivitis. The relationship of the disease with age, gender, genetics, and environmental factors, as well as its impact on visual function and quality of life, is discussed. Based on epidemiological and clinical data, the importance of early detection, prevention, and development of individualized treatment strategies is emphasized.

Keywords: allergic conjunctivitis, epidemiology, clinical significance, risk factors, ocular inflammation

Kirish. Allergik kon'yunktivit (AK) — ko'z kon'yunktivasining allergik reaksiyasi natijasida yuzaga keladigan surunkali yoki epizodik yallig'lanishli kasallik bo'lib, oftalmologiyada keng tarqalgan. Epidemiologik tadqiqotlar shuni ko'rsatadiki, dunyo bo'yicha kattalar va bolalar orasida AK tarqalishi ortib bormoqda (Bielory, 2000; Leonardi va boshq., 2003; Abelson, 2006). Kasallik, ayniqsa, yosh bolalar va o'smirlar, shuningdek, atopik oilalarda ko'proq uchraydi (Bonini, 2000; Rosario, 2014). AK bemorlarning ko'rish sifati, kundalik faoliyati va hayot sifatiga sezilarli ta'sir ko'rsatadi, shuning uchun uning epidemiologiyasi va klinik ahamiyati tibbiy amaliyotda muhim ahamiyatga ega (TFOS, 2017).

Epidemiologiya. AKning tarqalishi turli geografik hududlarda va iqlim sharoitlariga bog‘liq. Sezoniy allergik kon’yunktivit (SAR) odatda bahor va yoz fasllarida uchraydi va o‘simlik changi, gul changi va boshqa aeroallergenlar bilan bog‘liq (Bielory va O’Brien, 2004; Leonardi, 2003). Doimiy (PER) shakli yil davomida uchraydi va uy changi, hayvon tuklari, shilimshiq va boshqa kichik allergenlar ta’siri bilan bog‘liq (Abelson va boshq., 2006).

Global statistik ma’lumotlarga ko‘ra, AK kattalar aholida 15–40% gacha tarqalgan, bolalar va o‘smirlar orasida esa 10–30% ni tashkil qiladi (Rosario va Leonardi, 2014; Bonini va boshq., 2002). Ayollar orasida erkaklarga nisbatan 1,2–1,5 marta ko‘proq uchraydi (Bielory, 2010; Abelson va Smith, 2003).

Yoshga bog‘liq tendensiyaga ko‘ra, bolalar va o‘smirlar, ayniqsa 5–18 yosh oralig‘ida AK ko‘proq kuzatiladi. Kattalar orasida atopik dermatit, astma va boshqa atopik kasalliklar bilan bog‘liq holda ko‘p uchraydi (Leonardi, 2010; Bielory va Friedlaender, 2000).

Klinik ahamiyati. AKning klinik ahamiyati nafaqat ko‘zning fiziologik funksiyasini buzishida, balki bemorning hayot sifatiga sezilarli ta’sir ko‘rsatishida ham namoyon bo‘ladi. Bemorlar ko‘z qichishi, yonish, kon’yunktival qizarish, ko‘z yoshlanishi va fotofobiya kabi simptomlardan shikoyat qiladi (Bonini va boshq., 2000; Leonardi, 2003).

Surunkali AK ko‘z shilliq qavatining papillar o‘sishi, fibroz va yallig‘lanish jarayonlarini keltirib chiqaradi, bu esa ko‘rish funksiyasining buzilishiga olib kelishi mumkin (Rosario va Leonardi, 2014; Abelson, 2006). Kontakt linza taqish yoki boshqa protez vositalari bilan bog‘liq GPC shakli esa bemorning kundalik faoliyatini cheklashi va qo‘shimcha davolash talab qilishi mumkin (Abelson va Smith, 2003; TFOS, 2017).

Shuningdek, AK bilan og‘rigan bemorlar ishlash unumdorligi va uyqu sifatining pasayishi, hayot sifatining yomonlashishi kabi ijtimoiy va psixologik oqibatlarga duch keladi (Leonardi, 2010; Bielory, 2010).

Xulosa. Allergik kon’yunktivit keng tarqalgan, surunkali yoki epizodik kechuvchi kasallik bo‘lib, yosh, jins, genetika va atrof-muhit omillari bilan bog‘liq. Epidemiologik ma’lumotlar AKning yosh va jins bo‘yicha tarqalishini, allergen va atrof-muhit sharoitlari bilan bog‘liqligini ko‘rsatadi. Kasallikning klinik ahamiyati ko‘z funksiyasi va hayot sifatiga sezilarli ta’sir qilishida namoyon bo‘ladi. Shu sababli AKni erta aniqlash, profilaktika va individual davolash strategiyalarini ishlab chiqish muhim hisoblanadi.

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