

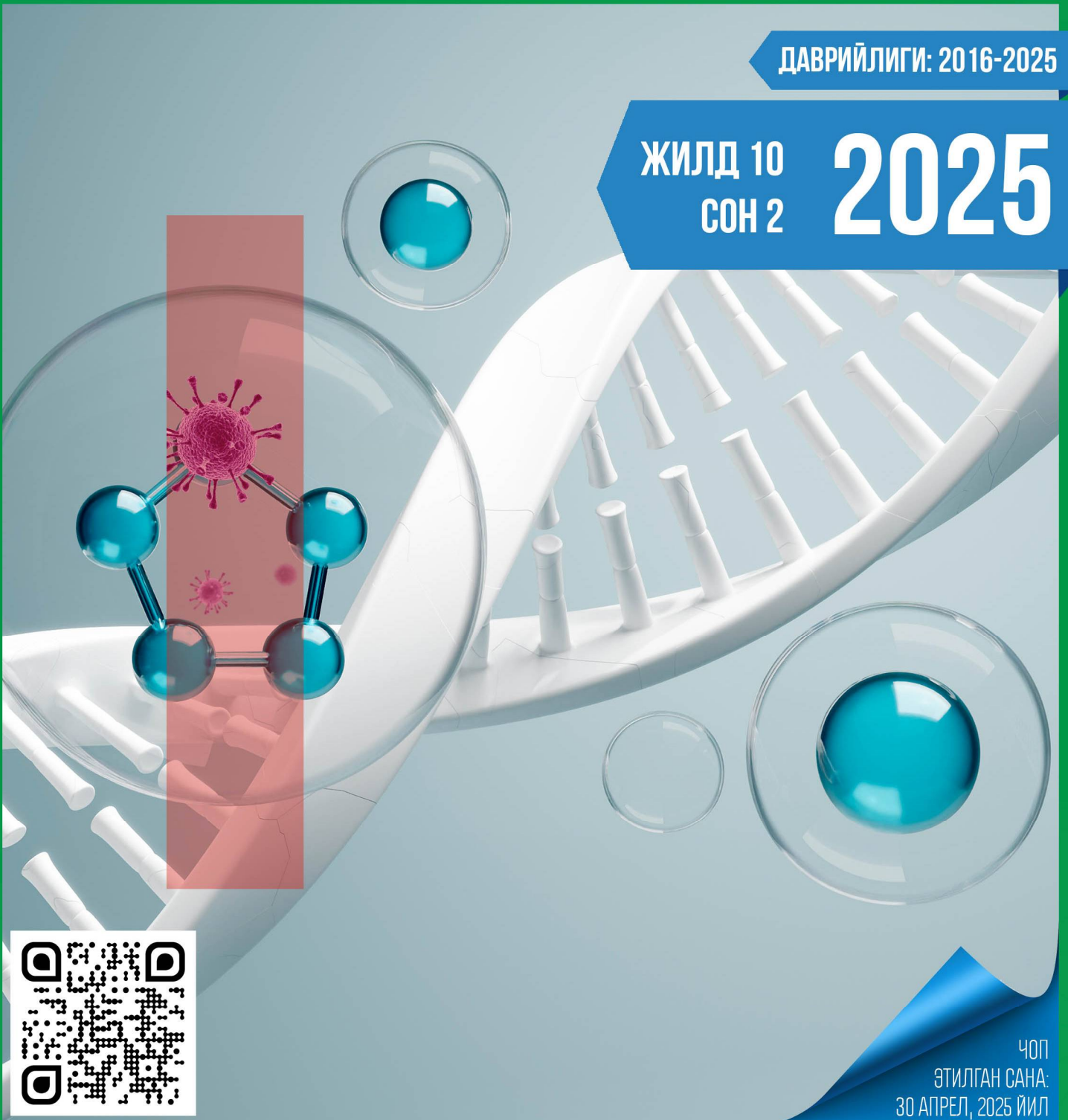
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2.	Arziev Ismoil Alievich TECHNIQUE AND FEATURES OF SURGICAL CORRECTION OF DAMAGE TO THE MAIN BILE DUCTS THAT OCCURRED INTRAOPERATIVELY.....	17
3.	Anarboev Sanjar Alisherovich IMPROVEMENT OF SURGICAL TREATMENT OF RECURRENT FORMS OF LIVER ECHINOCOCCOSIS.....	26
4.	Askarova Nafisa Rinatovna VULVARICOSITY: FEATURES OF DIAGNOSIS AND TREATMENT IN PATIENTS WITH VARICOSE VEINS AND PREGNANT WOMEN.....	33
5.	Akhmedov Rakhmatillo Furkatovich SURGICAL TACTICS FOR IATROGENIC INJURIES TO THE BILE DUCTS.....	38
6.	Achilov Mirzakarim Temirovich SURGICAL TREATMENT OF PANCREATIC HEAD TUMORS.....	44
7.	Allazov Iskandar Salakh ogli CYSTIC KIDNEY NEOPLASMS: RETROSPECTIVE ASPECTS AND MODERN VIEWS.....	49
8.	Allazov Salakh Allazovich LAPAROSCOPIC AND RETROPERITONEOSCOPIC OPERATIONS IN UROLOGY...	57
9.	Bobokulov Nurullo Asadovich, Ablyatifov Aziz Baxriyarovich OPTIMIZATION OF SURGICAL TREATMENT IN UROLOGY: THE ROLE OF SIMULTANEOUS LAPAROSCOPIC OPERATIONS.....	66
10.	Bakhriddinov Bekzod Rustamovich, Aliev Mansur Abduholikovich MR SPECTROSCOPY OF BRAIN TUMORS AND CORRELATION OF METABOLIC CHANGES WITH HISTOLOGICAL CHARACTERISTICS.....	72
11.	Davronov Alisher Uktamovich, Kurbaniyazov Bobojon Zafarjonovich LAPAROSCOPIC REPAIR OF PERFORATED ULCERS: ADVANTAGES AND CLINICAL OUTCOMES.....	79
12.	Daminov Feruz Asatullaevich, Bobokulov Azamat Uktamovich FACTORS IN THE DEVELOPMENT OF BLEEDING IN GASTRODUODENAL ULCERS. (LITERATURE REVIEW).....	88
13.	Davronov Oybek Otabek ugli MODERN VIEWS ON THE PATHOMORPHOLOGICAL ASPECTS OF CHANGES IN THE FORNICAL APPARATUS AND ADJACENT STRUCTURES DURING URINARY STONE DISEASE.....	95
14.	Egamberdiev Abdukakhkhor Abdukodirovich FEATURES OF SURGICAL TREATMENT OF HERNIA OF THE ESOPHAGEAL HOLE OF THE DIAPHRAGM.....	101
15.	Esirgapov Sardor Nursalimovich, Abduraxmanov Diyor Shukrullaevich RESULTS OF HERNIOPLASTY OF VENTRAL HERNIAS WITH ABDOMINOPTOSIS.....	106
16.	Gafarov Rushen Refatovich CLASSIFICATION OF POSTOPERATIVE COMPLICATIONS OF HOLMIUM LASER ENUCLEATION OF THE PROSTATE: ROLE OF A UNIFIED APPROACH.....	112
17.	Giyasova Nigora Kobilovna MODERN APPROACHES TO DETECTING ARTHROSIS AT EARLY STAGES AND POSSIBILITIES OF PATHOGENETIC TREATMENT OF THIS DISEASE.....	118

18.	Ishmuradov Bakhron Tursunovich EFFICACY OF ENDOSCOPIC BALLOON DILATION IN TREATMENT OF ACQUIRED URETERAL STRICTURES.....	127
19.	Islomov Nuriddin Komil ugli, Mustafakulov Ishnazar Boynazarovich, Julbekov Komil Islomovich MANAGEMENT FOR SIGMOID VOLVULUS.....	131
20.	Ismati Amir Olimovich, Mamarajabov Sobirjon Ergashevich, Anosov Viktor Davidovich A NOVEL PROGNOSTIC SYSTEM FOR 30-DAY MORTALITY IN PATIENTS WITH ULCER UPPER GASTROINTESTINAL BLEEDING.....	141
21.	Jalilov Khusan Mukhidinovich, Mansurov Jaloliddin Shamsiddinovich PREOPERATIVE INCIDENCE OF DEEP VEIN THROMBOSIS AFTER HIP FRACTURES IN KOREANS.....	151
22.	Kadirov Rustam Nadirovich, Khursanov Yokubjon Erkin ugli, Kamolov Sardor Jamolovich MODERN ASPECTS OF DIAGNOSING AND TREATMENT OF ACUTE PATHOLOGY OF THE ABDOMINAL CAVITY ORGANS.....	157
23.	Karabayev Djamshidkhan Shavkatovich, Shakhanov Shavkat Safarovich, Nekbayev Hasan Sayfulloyevich DETERMINATION OF THE EFFECTIVENESS AND PREVENTION OF ARTHRITIS IN PATIENTS USING LOW-VIBRATION LASER BEAMS.....	162
24.	Kurbaniyazov Zafar Babajanovich, Mukhiddinov Bobur Khuroz Ugli, Askarov Pulat Azadovich EVALUATION OF THE EFFECTIVENESS OF ARTIFICIAL INTELLIGENCE IN LAPAROSCOPIC CHOLECYSTECTOMY.....	168
25.	Khaidarov Numon Bozor ugli, Rakhmanov Kosim Erdanovich IMPROVEMENT OF SURGICAL TREATMENT OF PATIENTS WITH DESTRUCTIVE PANCREATITIS.....	175
26.	Khalimova Zamira Yusufovna, Narimova Gulchehra Jumaniyazovna, Kurbanova Sitora Shukhratovna, Ablakulova Munisa Xamrakulovna INTERACTION BETWEEN MELATONIN AND METABOLIC PARAMETERS IN OBESE WOMEN: A CLINICAL ANALYSIS.....	181
27.	Khurazov Ganisher Mususrmonovich MODERN APPROACHES TO TREATING PROSTACH ADENOMA: EFFICIENCY, SAFETY, AND IMPACT ON PATIENTS' LIFE QUALITY.....	190
28.	Khursanov Yokubjon Erkin ugli, Sattorov Abbos Xalilovich EFFICIENCY OF USING MINIMALLY INVASIVE METHODS IN THE SURGICAL TREATMENT OF COMPLICATED ACUTE CHOLECYSTITIS.....	196
29.	Khamrakulov Shokhrukh Farukhovich, Mamarajabov Sobirzhon Irgashevich, Rasulov Khamidulla Abdullaevich LAPAROSCOPIC TREATMENT OF STRICTURED HERNIAS OF THE ANTERIOR ABDOMINAL WALL.....	201
30.	Khodjimatom Gulomidin Minkhodzhievich, Yigitov Ayubkhon Azizbekovich, Yahyoev Sardorbek Mamasobir ugli IMPROVING THE OUTCOMES OF TREATMENT OF COMBINED SURGICAL DISEASES OF ABDOMINAL ORGANS USING SIMULTANEOUS LAPAROSCOPIC SURGERIES.....	207
31.	Khaidarov Numon Bozor ugli, Rakhmanov Kosim Erdanovich IMPROVEMENT OF SURGICAL TREATMENT OF PATIENTS WITH DESTRUCTIVE PANCREATITIS.....	217

32.	Khamdamov Olim Dilmurodovich, Rakhmanov Kosim Erdanovich OPTIMIZATION OF TACTICAL AND TECHNICAL ASPECTS OF SURGICAL TREATMENT OF PULMONARY ECHINOCOCCOSIS.....	223
33.	Khashimov Rustam Uktamjanovich, Rizaev Jasur Alimjanovich, Rakhmanov Kosim Erdanovich IMPROVEMENT OF SURGICAL TREATMENT OF PATIENTS WITH INGUINAL HERNIAS.....	229
34.	Mamanov Muhammad Chorievich IMPROVEMENT OF SURGICAL TACTICS IN COMPLICATED AND COMPLEX FORMS OF LIVER ECHINOCOCCOSIS.....	235
35.	Mamatov Karim Saidullaevich, Rakhmanov Kosim Erdanovich EFFECTIVENESS OF MINIMALLY INVASIVE METHODS IN SURGICAL TREATMENT OF CHOLANGITIS.....	243
36.	Mardonov Bobosher Amirovich. SURGICAL TACTICS FOR POSTCHOLECYSTECTOMY SYNDROME: FEATURES AND CHALLENGES OF IMPLEMENTATION.....	249
37.	Mukhiddinov Temur Djakhangirovich, Askarov Pulat Azadovich IMPROVEMENT OF SURGICAL TREATMENT OF VENTRAL HERNIAS WITH CONCOMITANT PATHOLOGY OF ABDOMINAL ORGANS.....	256
38.	Mansurov Jalolidin Shamsidinovich COMPARISON OF ULTRASOUND-GUIDED HYDROSTATIC REDUCTION OF INTUSSUSCEPTION RESULTS BETWEEN PEDIATRIC AND NON-PEDIATRIC RADIOLOGISTS AND RESIDENTS.....	262
39.	Musoyev Sodikjon Toirovich MODERN ALGORITHMS FOR THE TREATMENT OF ACUTE AND CHRONIC CHOLECYSTITIS: FROM CONSERVATIVE THERAPY TO SURGERY.....	273
40.	Negmatov Ismatillo Savridinovich CT DIAGNOSTICS, CLASSIFICATIONS, AND DEVELOPMENT OF A REPORTING TEMPLATE FOR ACUTE DIVERTICULITIS OF THE COLON.....	279
41.	Normamatov Bakhriddin Pirmamatovich, Rakhmanov Kosim Erdanovich OPTIMIZATION OF COMPREHENSIVE SURGICAL TREATMENT OF ACUTE PURULENT CHOLANGITIS USING HYBRID MINIMALLY INVASIVE TECHNOLOGIES.....	293
42.	Nurillayev Khasan Zhamshidovich ACUTE CHOLECYSTITIS IN THE ELDERLY: FEATURES OF THE CLINICAL COURSE, DIAGNOSIS AND TREATMENT.....	300
43.	Obidov Shokhrukh Khabibovich, Mamarajabov Sobirjon Ergashevich MODERN APPROACHES TO SURGICAL TREATMENT OF INGUINAL HERNIAS IN OBESE PATIENTS.....	306
44.	Rabbimova Maftuna Ulugbekovna. ENDOSCOPIC ULTRASOUND ELASTOGRAPHY: CURRENT STATE AND DEVELOPMENTAL DIRECTIONS.....	313
45.	Rakhmatov Istodjon Samedjonovich THE ROLE AND IMPORTANCE OF X-RAY EXAMINATIONS IN MEDICINE.....	337
46.	Ruziboyev Sanjar Abdusalomovich, Allaberdiyev Nemat Abdushukurovich, Shavazi Ramiz Nuralievich REMOTE RESULTS OF THE IMPROVED LIXTENSHTEIN MODIFICATION.....	343
47.	Ruziboev Sanjar Abdusalomovich, Mardonov Vohid Narzullayevich, Shavazi Ramiz Nuralievich EXPERIMENT OF APPLYING ANTI-ADHESIVE PREPARATIONS IN THE EXPERIMENT.....	352

48.	Rizayev Jasur Alimjanovich, Abdullayev Sayfulla Abdullayevich THE SIGNIFICANCE OF NUTRITIONAL SUPPORT IN THE SURGICAL TREATMENT OF PURULENT-NECROTIC INFLAMMATION OF SOFT TISSUES.....	360
49.	Rizayev Ezoz Alimdjanovich, Kurbaniyazov Zafarjon Babajanovich PREDICTION OF ACUTE PANCREATITIS OUTCOMES BASED ON LAPAROSCOPY DATA AND THE BALTHAZAR SCALE.....	365
50.	Ravshanov Mukhammadali Ikhtiyorovich, Askarov Pulat Azadovich MINIMALLY INVASIVE METHODS OF SURGICAL TREATMENT OF OBSTRUCTIVE JAUNDICE OF BENIGN ORIGIN.....	373
51.	Rashidova Xurshida Abduvoxidovna POSSIBILITIES OF CLINICAL AND LABORATORY AND INSTRUMENTAL STUDIES IN NON – ALCOHOLIC FATTY LIVER DISEASE.....	379
52.	Salimov Eshdavlat Eshmakhmatovich, Rakhmanov Kosim Erdanovich IMPROVEMENT OF SURGICAL TREATMENT OF PATIENTS WITH THYROID NODULES.....	386
53.	Sayinaev Farrukh Karamatovich, Rakhmanov Kosim Erdanovich ASPECTS OF LAPAROSCOPIC HERNIOPLASTY FOR VENTRAL HERNIAS.....	392
54.	Salokhiddinov Jurabek Saidakhmatovich TOPICAL ISSUES OF SURGICAL TREATMENT OF TOXIC FORMS OF GOITER...397	
55.	Suvonov Shokhruxh Shukhrat ugli CURRENT METHODS OF TREATMENT OF LARGE AND GIANT VENTRAL HERNIAS USING TENSION-FREE HERNIOPLASTY.....	403
56.	Shirov Bobur Furkatovich, Mardieva Gulshod Mamatmuradova EVALUATION OF THE DIAGNOSTIC EFFECTIVENESS OF THE BONE COVERAGE COEFFICIENT AND SIDE RATIO COEFFICIENT COMPARED TO THE GRAF METHOD.....	409
57.	Shomurodov Khabibullo Abdumalik ugli, Daminov Feruz Asadullaevich, Rakhmanov Kosim Erdanovich APPLICATION OF LAPAROSCOPY IN SURGICAL TREATMENT OF ACUTE DESTRUCTIVE CHOLECYSTITIS.....	419
58.	Turakulov Vali Norkulovich. MEASURES TO IMPROVE THE QUALITY OF LIFE OF PATIENTS WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD).....	424
59.	Tagaev Abror Ilkhomovich, Rakhmanov Kosim Erdanovich OPTIMIZATION OF SURGICAL TREATMENT OF PATIENTS WITH PURULENT PLEURISIS.....	430
60.	Toirov Abdukhomit Suvonovich, Musoev Sodiqjon Toirovich THE ROLE OF ENDOVENOUS LASER COAGULATION IN THE COMPLEX TREATMENT OF VARICOSE VEINS OF THE LOWER EXTREMITIES.....	437
61.	Turdumatov Jamshed Anvarovich, Sobirova Nilufar RADIOLOGICAL SEMIOTICS OF CHRONIC OBSTRUCTIVE PULMONARY DISEASE IN TYPE II DIABETES MELLITUS.....	442
62.	Tukhtayev Firdavs Mukhidinovich, Ergashev Arslonbek Shukhratjon ugli LAPAROSCOPIC TREATMENT OF CYSTIC KIDNEY NEOPLASMS: EFFICACY AND RESULTS.....	451
63.	Umedov Xushvaqt Alisherovich, THE ROLE AND IMPORTANCE OF VIDEOLAPAROSCOPY IN CLOSED ABDOMINAL INJURIES.....	457
64.	Umedov Xushvaqt Alisherovich IMPROVEMENTS IN DIAGNOSTIC AND THERAPEUTIC CAPABILITIES OF VIDEOLAPAROSCOPY WITH CLOSED ABDOMINAL LESIONS.....	463

65. **Usarov Sherali Nasretidinovich**
ANALYSIS OF THE RESULTS OF SURGICAL TREATMENT OF PATIENTS WITH INGUINAL HERNIAS.....474
66. **Yanova Elvira Umarjonovna, Urokov Farrukh Ibodullaevich**
TYPES OF ANGIODYSPLASIA IN KIMMERLE ANOMALY BY MAGNETIC RESONANCE ANGIOGRAPHY.....479
67. **Yuldashev Parida Arzikulovich, Rakhmanov Kosim Erdanovich, Davlatov Salim Sulaymonovich**
OPTIMIZATION OF SURGICAL APPROACHES IN THE TREATMENT OF POSTOPERATIVE VENTRAL HERNIAS.....491
68. **Alisher Zayniyev Faridunovich**
A NEW PLASMAPHERESIS METHOD FOR PREOPERATIVE PREPARATION IN PATIENTS WITH THYROTOXICOSIS.....499
69. **Ablyazov Otabek Vakhobovich, Yakubov Golib Akbarovich, Ablyazov Abduvakhob Abdumadzhidovich, Madumarova Zarnigor Shukhratovna, Turgunov Shomakhmud Shorakhimovich**
IMAGING METHODS FOR CERVICAL SPINAL CANAL STENOSIS.....508
70. **Kurbaniyazov Bakhodir Zafarzhonovich, Ashurov Akmal Khusanovich**
TACTICAL AND TECHNICAL ASPECTS OF TRANSABDOMINAL LAPAROSCOPIC HERNIALLOPLASTY FOR INGUINAL HERNIAS.....512
71. **Kilichev Rashid Nematovich, Mamarajabov Sobirjon Ergashevich, Babakalanov Shuhrat Ibragimovich, Oltiyev Elyor Doniyorovich.**
EVALUATION OF THE EFFECTIVENESS OF HAL-RAR AND LHP SURGICAL APPROACHES IN THE TREATMENT OF HEMORRHOIDS.....520
72. **Ahmedov Gayrat Keldibayevich, Gulamov Olimjon Mirzakhitovich, Azizov Temur Alisher ugli, Toshkenboyev Firdavs Ramatillo Zoda, Khudaynazarov Utkir Rabbimovich.**
ANASTOMOSIS IN ESOPHAGULAR CANCER OPERATIONS.....526
73. **Teshayev Shuxrat Jumayevich, Jarilkasinova Gauzar Januzakovna.**
SOCIAL AND CLINICAL-BIOCHEMICAL FACTORS IN THE PATHOGENESIS OF GASTRITIS AND ULCER DISEASE: STUDYING SMOKING AND PROFESSIONAL DEPENDENCE.....531
74. **Khaibullina Zarina Ruslanovna, Babajanov Azam Khasanovich, Djuraeva Nigora Mukhsumovna, Abdukhalimova Khanum Valentinovna**
VON WILLEBRAND FACTOR DYNAMICS AFTER RELATED LIVER TRANSPLANTATION.....538
75. **Khaydarova Nargiza Akhtamzhon kizi**
ANALYSIS OF MORPHOFUNCTIONAL AND MORPHOMETRIC FEATURES OF THE THYROID GLAND IN 5-MONTH-OLD MONGREL RATS IN THE OBSERVATION GROUP.....549
76. **Mardiyeva Gulshod Mamatmuradovna, Abdullaeva Mukhiba Nigmatovna, Matyakupov Azim Rustemovich, Nurmamatova Ozoda Abdurasul kizi.**
ROENTGEN-PROTEINOLOGICAL RELATIONSHIPS IN THE DYNAMICS OF PNEUMONIA IN NEWBORNS, TAKING INTO ACCOUNT THE DEGREE OF THEIR MATURITY.....556
77. **Karabyev Djamshidkhan Shavkatovich, Shakhanov Shavkat Safarovich, Shakirov Bobur**
PREVENTION AND EFFECTIVENESS OF ARTHRITIS IN PATIENTS WITH BURNS USING LOW VIBRATION LASER BEAMS.....564
78. **Исмаилов Зоҳиджан, Мирджуроев Элбек**
ЗАБОЛЕВАНИЯ ПЕРИФЕРИЧЕСКОЙ НЕРВНОЙ СИСТЕМЫ, ИХ ДИАГНОСТИКА, ВЫБОР ПРАВИЛЬНОЙ ТАКТИКИ ЛЕЧЕНИЯ И ШИРОКОЕ ВНЕДРЕНИЕ РЕАБИЛИТАЦИОННОЙ РАБОТЫ ПОСЛЕ ПЕРЕНЕСЕННЫХ ЗАБОЛЕВАНИЙ...570
79. **Ismailov Zakhidjon, Mirdjuraev Elbek**
EXAMINATION OF CHILDREN WITH NEUROPATHY, TIMELY DIAGNOSIS, TREATMENT AND REHABILITATION MEASURES AFTER ILLNESSES.....578



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MR SPECTROSCOPY OF BRAIN TUMORS AND CORRELATION OF METABOLIC CHANGES WITH HISTOLOGICAL CHARACTERISTICS

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ABSTRACT

Introduction: Brain tumors remain one of the most challenging problems in neuro-oncology. Conventional MRI often fails to determine tumor grade accurately. Magnetic resonance spectroscopy (MRS) offers a promising non-invasive method for evaluating the metabolic profile of brain neoplasms.

Methods: Forty-eight patients with brain tumors were examined using proton MRS (¹H-MRS). Tumors included gliomas (n=33), meningiomas (n=10), and metastases (n=5). Metabolites analyzed included choline (Cho), creatine (Cr), N-acetylaspartate (NAA), lactate (Lac), and lipids (Lip). Correlation and comparative analysis were used to assess the relationship between metabolite levels and tumor histology.

Results: Increased Cho, Lac, and Lip and decreased NAA strongly correlated with higher anaplasia grades ($p < 0.001$). Cho/Cr and Lip/Cr were the most significant markers. NAA/Cr distinguished glioblastomas from metastases ($p = 0.04$). MRS demonstrated high diagnostic value in evaluating metabolic features and malignancy.

Discussion: MRS allows non-invasive grading, differential diagnosis of recurrence vs. radiation necrosis, and monitoring of treatment response. It can reduce the need for biopsy in complex cases and support clinical decision-making in neuro-oncology.

Keywords: magnetic resonance spectroscopy, brain tumors, metabolites, anaplasia, glioblastoma, metastasis.

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МР-СПЕКТРОСКОПИЯ ОПУХОЛЕЙ МОЗГА И КОРРЕЛЯЦИЯ МЕТАБОЛИЧЕСКИХ ИЗМЕНЕНИЙ С ГИСТОЛОГИЧЕСКИМИ ХАРАКТЕРИСТИКАМИ

АННОТАЦИЯ

Введение: Опухоли головного мозга представляют собой одну из наиболее сложных задач нейроонкологии. Стандартные методы МРТ не всегда позволяют точно определить степень злокачественности опухоли. В этой связи актуальным становится использование магнитно-резонансной спектроскопии (МРС), позволяющей оценить метаболический профиль опухоли.

Методы: Проведено исследование 48 пациентов с различными типами опухолей мозга, включая глиомы, менингиомы и метастазы. Использовалась протонная МРС (^1H -МРС), с анализом метаболитов (Cho, Cr, NAA, Lac, Lip). Установлены соотношения метаболитов и их связь с гистологической степенью анаплазии. Данные обработаны методами корреляционного и сравнительного анализа.

Результаты: Повышение уровней Cho, Lac и Lip и снижение NAA достоверно коррелируют с ростом степени анаплазии ($p < 0,001$). Особенно значимыми оказались показатели Cho/Cr и Lip/Cr. Отличия между глиобластомами и метастазами выявлены по уровню NAA/Cr. МРС продемонстрировала высокую чувствительность и специфичность в оценке биохимических характеристик опухоли.

Обсуждение: МРС позволяет неинвазивно оценить степень злокачественности, дифференцировать рецидив от постлучевого некроза, а также контролировать эффективность терапии. Спектроскопия может служить альтернативой биопсии в сложных клинических случаях и расширяет возможности диагностики в нейроонкологии.

Ключевые слова: магнитно-резонансная спектроскопия, опухоли мозга, метаболиты, анаплазия, глиобластома, метастазы.

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MIYA O'SMALARINING MR-SPEKTROSKOPIYASI VA METABOLIK O'ZGARISHLARNING GISTOLOGIK XUSUSIYATLAR BILAN KORRELYASIYASI

ANNOTATSIYA

Kirish: Bosh miyaning o'smalari neyroonkologiyada eng murakkab tashxislardan biri hisoblanadi. Oddiy MRT yordamida o'smalarning malignlik darajasini aniqlash har doim ham imkoni bo'lavermaydi. Shu sababli, metabolik profilingni baholashda MR-spektroskopiyaning (MRS) ahamiyati ortib bormoqda.

Usullar: 48 nafar bemor ishtirokida protonli MRS (^1H -MRS) o'tkazildi. Ular orasida gliomalar ($n=33$), meningiomalar ($n=10$) va metastazlar ($n=5$) mavjud edi. Asosiy metabolitlar (Cho, Cr, NAA, Lac, Lip) tahlil qilinib, ularning histologik darajasi bilan bog'liqligi baholandi. Tahlil statistik va korrelyatsion usullar bilan amalga oshirildi.

Natijalar: Cho, Lac va Lip ko'rsatkichlarining oshishi, NAA darajasining pasayishi o'sma malignlik darajasi bilan kuchli bog'liqlikda ekanligi aniqlandi ($p < 0,001$). Ayniqsa, Cho/Cr va Lip/Cr indeklari eng muhim markerlar sifatida ajralib turdi. NAA/Cr darajasi glioblastoma va metastazlarni farqlashda foydali bo'ldi ($p=0.04$). MRS usuli o'sma metabolizmini baholashda yuqori diagnostik imkoniyatlarga ega ekanligi tasdiqlandi.

Muhokama: MRS usuli yordamida o'smaning malignlik darajasini invaziv bo'lmagan usulda aniqlash, radsiyatsion nekrozdan рецидивни farqlash, davolash samaradorligini monitoring qilish mumkin. Bu usul biopsiyani almashtirishi va neyroonkologiyada tashxisni soddalashtirishi mumkin.

Kalit so‘zlar: magnit-rezonans spektroskopiya, miya o‘smalari, metabolitlar, anaplasia, glioblastoma, metastazlar.

Relevance. Brain tumors are one of the most complex and significant problems of modern neurooncology. Despite the development of diagnostic methods and improvement of therapeutic approaches, the prognosis for malignant neoplasms remains unfavorable. According to the World Health Organization (WHO), about 300,000 new cases of primary tumors of the central nervous system are registered annually, while the mortality rate from malignant gliomas remains high [5]. Glial tumors, which account for up to 70% of all primary brain neoplasms, are of the greatest clinical significance [6]. Among them, the most aggressive is glioblastoma (Grade IV according to WHO), characterized by infiltrative growth, rapid progression and high resistance to treatment. The average life expectancy of patients with glioblastoma is 12–18 months, and the five-year survival rate does not exceed 5% [1].

Modern neuroimaging methods, such as magnetic resonance imaging (MRI), are the main diagnostic tool for brain tumors, allowing us to determine their location, size, and structural features. However, standard MRI methods do not always allow us to reliably distinguish between benign and malignant tumors, as well as accurately differentiate between tumors of different degrees of anaplasia (Grade) [2].

Diagnosis of brain tumors is associated with a number of difficulties due to the similarity of their morphological and radiological characteristics. One of the key problems is the similarity of MRI images of tumors of different degrees of malignancy. For example, anaplastic astrocytoma (Grade III) and glioblastoma (Grade IV) can demonstrate similar signal characteristics on T1- and T2-weighted images, which makes it difficult to distinguish them [4].

An additional difficulty is the need to differentiate tumor recurrence and post-radiation necrosis. After radiation therapy, both processes may be accompanied by the accumulation of contrast agent, which makes it difficult to choose further treatment tactics [7].

Another problem is the similarity between metastases and primary glial tumors. They can look the same on standard MRI studies, which requires the use of additional diagnostic methods to accurately determine the nature of the neoplasm [3].

Despite the proven effectiveness of MRS in diagnosing brain tumors, its use in clinical practice is still limited due to insufficient standardization of the method and the complexity of interpreting spectral data. In this regard, there is a need for a detailed study of the correlation between biochemical changes in tumor tissue and its histological structure, which will improve diagnostic accuracy and expand the use of the method in neurooncology.

The aim of the study is to analyze spectroscopic data of patients with various brain tumors and identify a correlation between metabolic changes and the degree of tumor anaplasia.

Materials and methods. The study using the proton magnetic resonance spectroscopy (MRS) method (^1H -MRS) included 48 patients with the most common brain tumors: glial tumors – 33 patients (68.8%), meningiomas – 10 patients (20.8%), brain metastases – 5 patients (10.4%).

The group of patients with glial tumors was divided into three subgroups by the degree of anaplasia (Grade):

- Grade II (8 patients) – fibrillary-protoplasmic astrocytoma, oligodendroglioma
- Grade III (14 patients) – anaplastic astrocytoma
- Grade IV (11 patients) – glioblastoma

MRS was performed with the analysis of the ratios of the following metabolites:

Cho / Cr – an indicator of cellular proliferation;

NAA / Cr – a marker of neuronal degradation;

Lac / Cr – an indicator of hypoxia;

Lip / Cr – a marker of necrotic changes.

Comparison of the mean values in the groups was performed using the Student's t-test (for normal distribution) and the Mann-Whitney test (for abnormal distribution). The correlation between

metabolic parameters and the degree of anaplasia was estimated using the Pearson coefficient (r). The significance of differences was assessed at a level of $p < 0.05$

Research results. Unlike standard MRI, MRS allows not only to visualize the tumor process, but also to evaluate changes in metabolites characteristic of malignant growth. Proton MRS (¹H-MRS), the most widely used method, analyzes the biochemical composition of tumor tissues, including:

- N-acetylaspartate (NAA) is a marker of neuronal integrity, a decrease in which indicates neuronal damage.
- Choline (Cho) is an indicator of cellular proliferation, an increased level of which indicates malignant growth.
- Creatine (Cr) is an indicator of energy metabolism, used as an internal normalizing standard.
- Lactate (Lac) is evidence of hypoxia and anaerobic metabolism, characteristic of aggressive tumors.
- Lipids (Lip) is a marker of necrosis, reflecting the destruction of tumor cells.

Changes in the ratios of these metabolites make it possible to differentiate tumors of varying degrees of malignancy, identify metastases, and distinguish tumor relapse from post-radiation necrosis.

Table 1.

Average values of metabolites in subgroups of glial tumors

Group	Cho / Cr (M ± m)	NAA / Cr (M ± m)	Lac / Cr (M ± m)	Lip / Cr (M ± m)
Grade II (n=8)	1.8 ± 0.4	0.8 ± 0.2	1.2 ± 0.3	0.9 ± 0.2
Grade III (n=14)	2.7 ± 0.6	0.6 ± 0.1	1.8 ± 0.4	1.5 ± 0.3
Grade IV (n=11)	3.9 ± 0.8	0.4 ± 0.1	2.9 ± 0.5	3.8 ± 0.6

Table 1 presents the mean metabolite values in the subgroups of glial tumors. Statistical analysis of differences between tumor groups shows significant changes in metabolite levels with increasing grade of anaplasia. The Cho/Cr ratio shows statistically significant differences between Grade II and III tumors ($p = 0.012$), as well as between Grade III and IV ($p = 0.009$), indicating a progressive increase in choline content with increasing malignancy.

The NAA/Cr ratio significantly decreases between Grade II and IV ($p = 0.003$), reflecting neuronal death and loss of functional tissue. The Lac/Cr level differs significantly between all groups ($p < 0.01$), indicating increased anaerobic metabolism. The greatest increase is shown by Lip/Cr, which increases significantly from Grade II to Grade IV ($p < 0.001$), confirming active destruction of cell membranes. As the degree of anaplasia increases, there is a marked increase in the concentration of choline (Cho), lactate (Lac) and lipids (Lip), accompanied by a significant decrease in the level of NAA, indicating the progression of the tumor process.

Table 2.

Correlation analysis between metabolites and the degree of anaplasia

Parameter	r	p	Significance of the relationship
Cho / Cr ↔ Grade	0.82	<0.001	Strong positive
NAA / Cr ↔ Grade	-0.76	<0.001	Strong negative
Lac / Cr ↔ Grade	0.68	0.002	Moderate positive
Lip / Cr ↔ Grade	0.88	<0.001	Strong positive

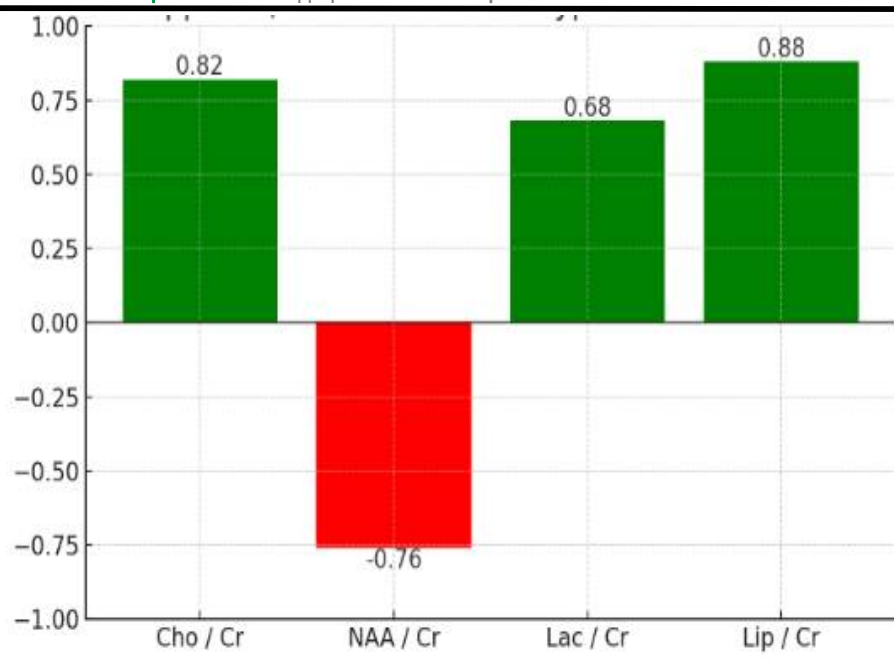


Figure 1. Correlation of metabolites with the level of anaplasia.

In the diagram (Fig. 1) showing the correlation of metabolites with the level of anaplasia, positive correlations (Cho / Cr, Lac / Cr, Lip / Cr) are highlighted in green, and negative (NAA / Cr) in red. The higher the r value, the stronger the correlation. The calculation of the Pearson correlation coefficient (r) shows that choline (Cho) and lipids (Lip) demonstrate the most pronounced correlation with tumor aggressiveness ($p < 0.001$), which confirms their role in reflecting the intensity of cell proliferation and membrane destruction. The higher the degree of anaplasia, the higher the levels of these metabolites, which makes them reliable markers of malignancy.

N-acetylaspartate (NAA) is inversely correlated with the degree of anaplasia: as the malignancy of the tumor increases, its level decreases ($p < 0.001$). This is due to the destruction of normal neuronal tissue and the loss of functional cells in the affected area.

The Lac/Cr ratio shows a moderate but statistically significant correlation with anaplasia ($p=0.002$), which is explained by hypoxia in the tumor. The accumulation of lactate indicates the predominance of anaerobic glycolysis, which is typical for aggressive neoplasms with impaired blood supply.

Table 3.

The difference between metastases and glial tumors

Parameter	Glioblastoma (n=11)	Metastases (n=5)	p
Cho / Cr	3.9 ± 0.8	4.2 ± 0.7	0.18 (insignificant)
NAA / Cr	0.4 ± 0.1	0.3 ± 0.1	0.04 (significant)
Lac / Cr	2.9 ± 0.5	3.5 ± 0.6	0.09 (tendency towards significance)
Lip / Cr	3.8 ± 0.6	4.5 ± 0.8	0.07 (tendency towards significance)

The difference in parameters between metastases and glial tumors is presented in Table 3. In the table, p-value shows the level of statistical significance of differences between metastases and glioblastoma. A value less than 0.05 indicates a significant difference between the groups. The range from 0.05 to 0.1 indicates a tendency to significance requiring additional data. Values above 0.1 mean no statistically significant differences. In the presented data, the difference is significant for NAA/Cr, and Lac/Cr and Lip/Cr show a tendency to significance. Cho/Cr does not show significant differences.

Metastases and glioblastomas demonstrate similar Cho/Cr and Lac/Cr values, which makes it difficult to differentiate them solely by these metabolites. However, the difference in NAA/Cr levels ($p = 0.04$) indicates that metastatic tumors destroy neuronal tissue more aggressively than glioblastomas. In addition, the Lip/Cr ratio is higher in metastases, which is explained by the pronounced necrotic process. This indicates significant destruction of cell membranes and a high degree of tissue damage, characteristic of metastatic lesions.

Discussion of results. Magnetic resonance spectroscopy (MRS) allows differentiating glial tumors of varying degrees of malignancy by analyzing metabolites in brain tissue. With increasing anaplasia, there is an increase in the choline to creatine (Cho / Cr) and lipid to creatine (Lip / Cr) ratios, which is associated with increased cellular proliferation and membrane destruction. At the same time, the N-acetylaspartate to creatine (NAA / Cr) ratio decreases, reflecting neuronal death and loss of functional tissue.

The correlation between the degree of anaplasia and the level of metabolites is statistically confirmed. Lip / Cr and Cho / Cr demonstrate the greatest relationship with the gradation of malignancy, while the correlation coefficient exceeds 0.8 ($p < 0.001$).

Metastases and glioblastomas have a similar spectral profile, but differ in the level of NAA / Cr. This difference is statistically significant ($p = 0.04$), which makes this indicator an important criterion in differential diagnosis.

Thus, the use of MRS helps improve preoperative diagnostics of tumors, allowing more accurate determination of their nature and degree of malignancy. This method makes it possible to detect relapses at early stages, which significantly increases the chances of timely intervention and effective treatment. In addition, MRS helps differentiate gliomas and metastatic lesions, which is important for choosing the optimal treatment tactics.

The use of this method reduces the need for invasive procedures, such as biopsy, in patients with suspected high-grade tumors, thereby reducing the risk of possible complications. Identification of specific metabolic markers of relapse allows for dynamic monitoring of the patient's condition, assessment of the effectiveness of the treatment and timely adjustment of the therapeutic strategy.

Conclusions. MR spectroscopy is a valuable diagnostic method for brain tumors, allowing to assess the degree of tumor malignancy without invasive intervention. The metabolic profile, including increased Cho/Cr, decreased NAA/Cr and accumulation of Lac/Cr and Lip/Cr, can be used for differential diagnostics of tumors of various nature. The obtained data confirm that MRS can be a useful tool for predicting tumor aggressiveness and monitoring the effectiveness of treatment.

MR spectroscopy allows not only to see the tumor, but also to understand its nature. High choline indicates aggressive proliferation, low NAA - brain destruction, lactate indicates hypoxia, and lipids - necrosis.

How does it help doctors? Determines tumor malignancy without biopsy. Helps to distinguish between tumor relapse and radiation necrosis. Assess the effectiveness of treatment. Each tumor leaves its own biochemical trace, and MRS is a tool that helps to decipher it.

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