

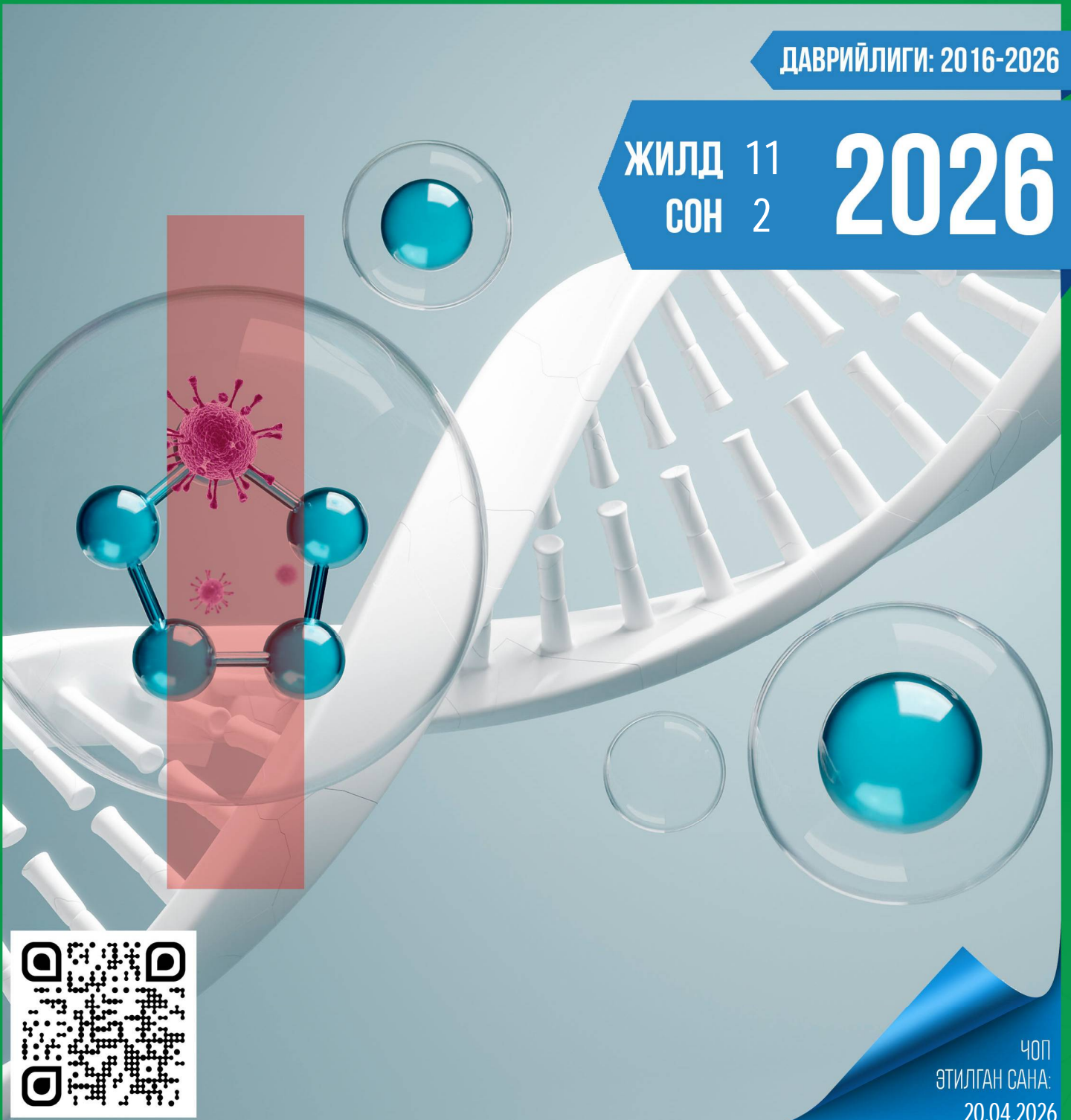
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БИОМЕДИЦИНА ВА АМАЛИЁТ ЖУРНАЛИ

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ANNOTATION

Arterial hypertension is one of the most common chronic cardiovascular diseases and represents a significant challenge in modern dental practice. Persistent elevated blood pressure adversely affects oral tissues, inflammatory processes, and the outcomes of orthopedic dental treatment. This article analyzes the specific features of orthopedic treatment in patients with arterial hypertension, identifies key risk factors for complications, and substantiates approaches for optimizing dental orthopedic care. The findings demonstrate that an individualized and comprehensive treatment strategy improves clinical outcomes and enhances the safety of dental interventions in this patient population.

Keywords: arterial hypertension, orthopedic dentistry, dental prosthetics, cardiovascular diseases, treatment optimization.

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ОПТИМИЗАЦИЯ МЕТОДОВ ОРТОПЕДИЧЕСКОГО ЛЕЧЕНИЯ У ПАЦИЕНТОВ С АРТЕРИАЛЬНОЙ ГИПЕРТЕНЗИЕЙ

АННОТАЦИЯ

Артериальная гипертензия является одним из наиболее распространённых хронических заболеваний сердечно-сосудистой системы и представляет значимую проблему в современной стоматологической практике. Наличие устойчиво повышенного артериального давления существенно влияет на состояние тканей полости рта, течение воспалительных процессов и эффективность ортопедического стоматологического лечения. В статье рассмотрены особенности ортопедического лечения пациентов с артериальной гипертензией, проанализированы основные факторы риска развития осложнений, а также обоснованы пути

оптимизации ортопедических вмешательств. Показано, что индивидуальный и комплексный подход к выбору ортопедических конструкций и тактики лечения позволяет повысить клиническую эффективность и безопасность стоматологической помощи у данной категории пациентов.

Ключевые слова: артериальная гипертензия, ортопедическая стоматология, протезирование, сердечно-сосудистые заболевания, оптимизация лечения.

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ARTERIAL GIPERTENZIYA BILAN OG'RIGAN BEMORLARDA ORTOPEDIK DAVOLASH USULLARINI OPTIMALLASHTIRISH

ANNOTATSIYA

Maqolada arterial gipertenziya bilan og'rigan bemorlarda ortopedik stomatologik davolashni rejalashtirish va amalga oshirishning dolzarb masalalari yoritilgan. Yurak-qon tomir tizimi kasalliklari, xususan arterial gipertenziya, stomatologik muolajalar vaqtida turli asoratlar rivojlanish xavfini oshiradi. Shu sababli bunday bemorlarda ortopedik davolashni individuallashtirish, xavfsiz va samarali usullarni tanlash muhim ahamiyat kasb etadi. Maqolada arterial gipertenziyaning klinik xususiyatlari, uning stomatologik holatga ta'siri hamda ortopedik davolashni optimallashtirish yo'llari ilmiy jihatdan tahlil qilingan.

Kalit so'zlar: arterial gipertenziya, ortopedik stomatologiya, protezlash, yurak-qon tomir kasalliklari, davolashni optimallashtirish.

Kirish

Hozirgi kunda arterial gipertenziya (AG) zamonaviy sog'liqni saqlash tizimining eng dolzarb tibbiy-ijtimoiy muammolaridan biri hisoblanadi. Jahon sog'liqni saqlash tashkiloti ma'lumotlariga ko'ra, dunyo bo'yicha kattalar aholisining 30–40 foizidan ortig'i arterial gipertenziya bilan kasallangan bo'lib, kasallikning tarqalish ko'rsatkichi yil sayin ortib bormoqda. O'zbekiston Respublikasida ham arterial gipertenziya yurak-qon tomir kasalliklari orasida yetakchi o'rinlardan birini egallaydi va aholi o'rtasida mehnatga layoqatli yoshdagi shaxslar orasida keng tarqalganligi bilan ajralib turadi[2,8]. Arterial gipertenziya surunkali kechuvchi kasallik bo'lib, arterial qon bosimining doimiy ravishda yuqori bo'lishi bilan tavsiflanadi. Ushbu holat inson organizmida umumiy gemodinamik buzilishlar, mikrotsirkulyatsiya yetishmovchiligi va metabolik jarayonlarning izdan chiqishiga olib keladi. Kasallikning uzoq muddat davom etishi yurak, miya, buyraklar va qon tomirlar kabi muhim a'zolarining shikastlanishi bilan kechadi. Shu bilan birga, so'nggi yillarda arterial gipertenziyaning og'iz bo'shlig'i to'qimalari holatiga ta'siri stomatologiya amaliyotida tobora ko'proq e'tiborni tortmoqda[1,9]. Ortopedik stomatologiya amaliyotida arterial gipertenziya bilan og'rigan bemorlar yuqori xavf guruhiga kiradi. Qon tomir devorlarining elastikligi pasayishi, kapillyarlarning mo'rtlashuvi, mikrotsirkulyatsiyaning buzilishi va regenerativ jarayonlarning sekinlashuvi og'iz bo'shlig'i to'qimalarining funksional holatiga salbiy ta'sir ko'rsatadi. Natijada periodontal kasalliklarning rivojlanishi tezlashadi, shilliq qavatlarining qonashga moyilligi ortadi, ortopedik konstruksiyalarga moslashish davri uzayadi hamda davolash samaradorligi pasayadi. Arterial gipertenziya bilan og'rigan bemorlarda ortopedik stomatologik davolash muayyan murakkabliklar bilan kechadi. Protezlash jarayoni mexanik va funksional yuklama bilan birga, bemorda psixoemotsional zo'riqishni yuzaga keltiradi. Bu holatlar muolaja davomida arterial bosimning keskin o'zgarishiga sabab bo'lishi mumkin. Ayniqsa, uzoq davom etadigan va travmatik stomatologik aralashuvlar gipertonik kriz, yurak ritmi buzilishlari va boshqa umumiy asoratlar xavfini oshiradi [3,7]. Shu sababli bunday bemorlarda ortopedik davolashni rejalashtirishda individual yondashuv va ehtiyot choralariga alohida e'tibor qaratish zarur.

Zamonaviy ortopedik stomatologiyada qo'llanilayotgan innovatsion texnologiyalar va biouyg'un materiallar arterial gipertenziya bilan og'rigan bemorlarni davolash imkoniyatlarini sezilarli darajada kengaytirmoqda. Kam invaziv usullarni qo'llash, protezlarni bosqichma-bosqich amalga oshirish, muolajalar vaqtida arterial bosimni doimiy nazorat qilish hamda terapevt yoki kardiolog bilan hamkorlikda ish olib borish davolash xavfsizligi va samaradorligini oshiradi. Shunga qaramay, arterial gipertenziya bilan og'rigan bemorlarda ortopedik davolash usullarini optimallashtirish masalalari hanuzgacha yetarlicha o'rganilmagan bo'lib, chuqur ilmiy tadqiqotlarni talab etadi[2,8,9].

Shu munosabat bilan arterial gipertenziya bilan og'rigan bemorlarda ortopedik stomatologik davolashni optimallashtirishga qaratilgan ilmiy izlanishlar dolzarb hisoblanadi. Ushbu yondashuv nafaqat klinik natijalarni yaxshilashga, balki bemorlarning hayot sifatini oshirishga ham xizmat qiladi va zamonaviy stomatologiya fanining muhim yo'nalishlaridan biri hisoblanadi[11,12,].

Tadqiqot maqsadi. Arterial gipertenziya bilan og'rigan bemorlarda ortopedik stomatologik davolashni takomillashtirish va optimallashtirish yo'llarini ilmiy asoslash.

Tadqiqot materiallari va usullari.

Mazkur tadqiqot klinik-kuzatuv, taqqoslov va tahliliy usullar asosida olib borilmoqda. Tadqiqot ishlari ortopedik stomatologiya yo'nalishida olib borilib, arterial gipertenziya bilan og'rigan bemorlarda og'iz bo'shlig'i holati va ortopedik davolash jarayonining o'ziga xos jihatlarini aniqlashga qaratildi. Tadqiqot materiali sifatida 45–65 yosh oralig'idagi arterial gipertenziya tashxisi qo'yilgan, tish qatorlarida nuqsonlar mavjud bo'lgan va ortopedik stomatologik davolashga muhtoj bemorlar tanlab olindi. Arterial gipertenziya tashxisi terapevt yoki kardiolog tomonidan klinik va instrumental tekshiruvlar asosida tasdiqlangan bemorlar tadqiqotga kiritildi. Tadqiqotga kiritish mezonlari sifatida bemorlarning umumiy somatik holati nisbatan barqarorligi, og'ir yurak yetishmovchiligi va o'tkir somatik kasalliklarning mavjud emasligi inobatga olindi. Nazorat guruhi sifatida yurak-qon tomir tizimi kasalliklari aniqlanmagan, yosh va jins ko'rsatkichlari bo'yicha asosiy guruhga yaqin bo'lgan shaxslar jalb etildi. Bu holat arterial gipertenziyaning og'iz bo'shlig'i to'qimalari va ortopedik davolash natijalariga ta'sirini solishtirma baholash imkonini berdi.

Barcha bemorlar kompleks stomatologik tekshiruvdan o'tkazildi. Tekshiruv jarayonida og'iz bo'shlig'i shilliq qavatining holati, periodontal to'qimalar, tishlarning anatomik va funksional holati, tish qatorlaridagi nuqsonlarning turi va joylashuvi baholandi. Periodontal holatni aniqlashda gigiyenik indekslar, gingival qonash darajasi, yallig'lanish belgilari va parodont cho'ntaklarining chuqurligi o'rganildi. Ortopedik stomatologik davolash jarayonida bemorlarga metallokeramik hamda zamonaviy metall bo'lmagan protez konstruksiyalari qo'llanildi. Protez turini tanlashda bemorning umumiy somatik holati, arterial qon bosimi darajasi, qabul qilinayotgan dori vositalari, shuningdek, og'iz bo'shlig'i to'qimalarining individual anatomik va fiziologik xususiyatlari inobatga olindi. Davolash jarayonida minimal invaziv yondashuv tamoyillariga amal qilindi.

Davolashdan oldin, davolash jarayonida va davolashdan keyingi kuzatuv davrida bemorlarning arterial qon bosimi darajasi muntazam ravishda nazorat qilindi. Stomatologik muolajalar vaqtida stress omillarini kamaytirish, og'riqsizlantirishning xavfsiz usullaridan foydalanish hamda umumiy holatni barqaror saqlashga alohida e'tibor qaratildi. Davolashdan keyingi davrda protezlarning funksional moslashuvi, bemorlarning subyektiv shikoyatlari (og'riq, noqulaylik, charchash hissi), shuningdek, mumkin bo'lgan mahalliy va umumiy asoratlar tahlil qilindi. Olingan klinik ma'lumotlar taqqoslov tahlil asosida baholanib, davolash samaradorligi aniqlandi.

O'tkazilgan klinik tadqiqotlar natijasida arterial gipertenziya bilan og'rigan bemorlarda og'iz bo'shlig'i to'qimalarining holati va ortopedik stomatologik davolash jarayonining o'ziga xos xususiyatlari aniqlandi. Tadqiqot davomida asosiy va nazorat guruhlaridagi bemorlar ko'rsatkichlari taqqoslab tahlil qilindi.

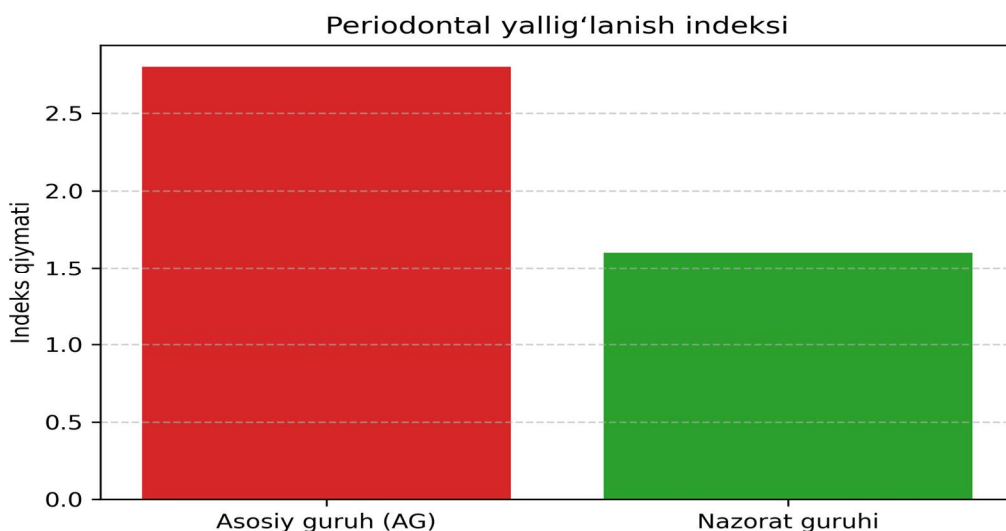
Tadqiqot natijalari

Asosiy guruhdagi bemorlarda (arterial gipertenziya bilan og'rigan shaxslar) periodontal to'qimalarda yallig'lanish jarayonlari ko'proq uchrashi kuzatildi. Xususan, gingival qonash, shish va giperemiya belgilari nazorat guruhiga nisbatan ancha yuqori ko'rsatkichlarni tashkil etdi.

Shuningdek, parodont choʻntaklarining chuqurligi va gigiyenik indekslar arterial gipertenziyasi boʻlgan bemorlarda salbiy tomonga ogʻish tendensiyasini koʻrsatdi.

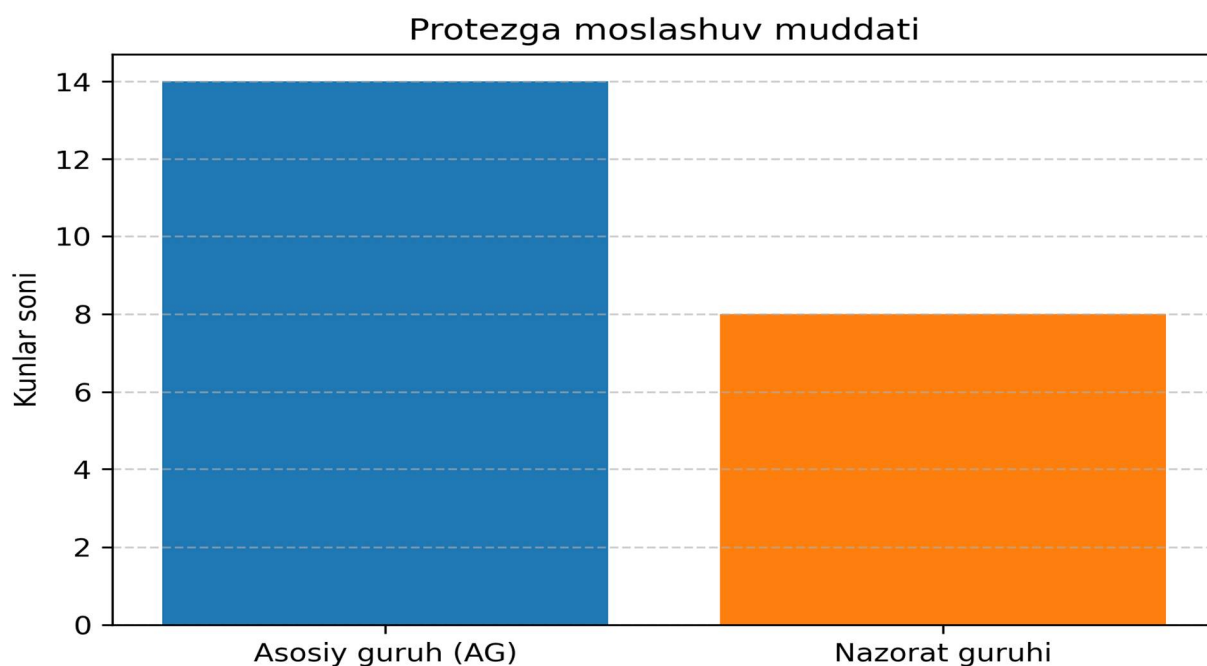
Quyidagi diagrammalar arterial gipertenziya bilan ogʻrigan bemorlar va nazorat guruhi oʻrtasidagi asosiy klinik koʻrsatkichlarni vizual tarzda aks ettiradi.

Jadval 1. Parodontal indeks



Ogʻiz boʻshligʻi shilliq qavatining holatini baholash natijalariga koʻra, arterial gipertenziya bilan ogʻrigan bemorlarda shilliq qavatning quruqligi, rang oʻzgarishi va sezuvchanlikning ortishi kabi belgilar koʻproq qayd etildi. Bu holat, asosan, arterial gipertenziyani davolashda qoʻllaniladigan dori vositalarining nojoʻya taʼsiri hamda mikrotsirkulyatsiya buzilishlari bilan bogʻliq ekanligi aniqlandi. Ortopedik stomatologik davolash natijalari tahlil qilinganda, arterial gipertenziya bilan ogʻrigan bemorlarda protezlarga moslashuv jarayoni nisbatan sekinroq kechishi kuzatildi.

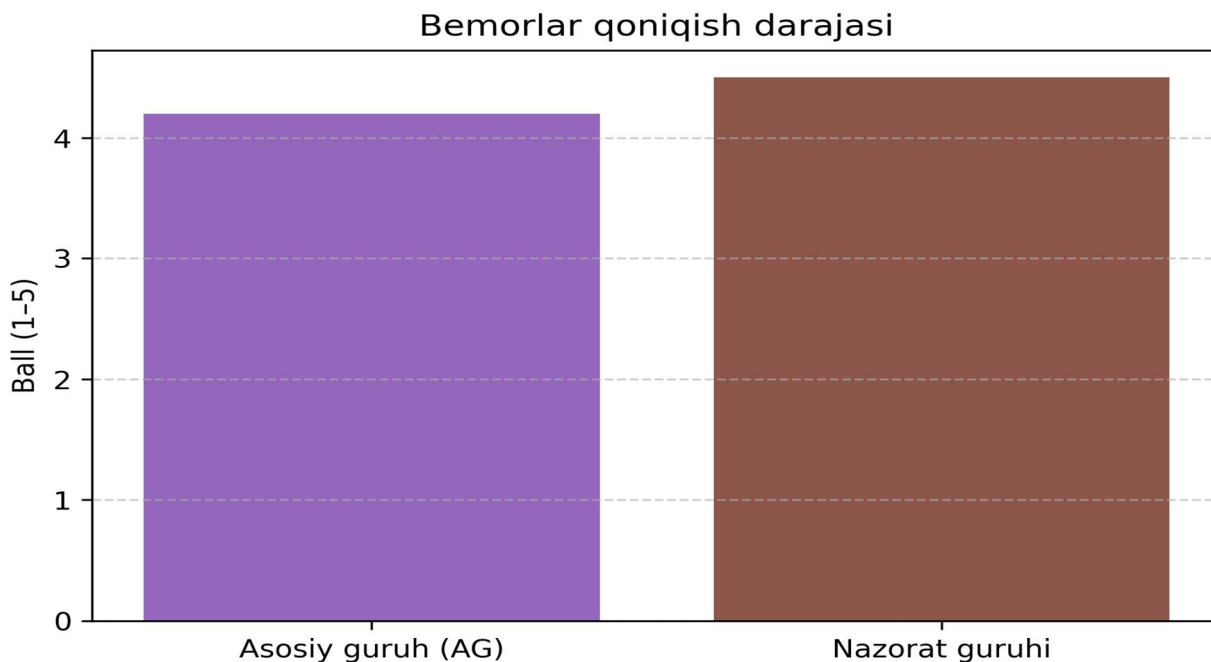
Jadval 2. Protezga moslashish muddati



Davolashdan keyingi dastlabki davrda ayrim bemorlarda noqulaylik hissi, shilliq qavatda bosim sezilishi va charchash holatlari qayd etildi. Biroq, individual yondashuv asosida tanlangan

protez konstruksiyalari va davolash taktikasining optimallashtirilishi ushbu salbiy holatlarning bosqichma-bosqich kamayishiga olib keldi.

Jadval 3. Bemorlarni protezga qoniqish darajasi



Davolashdan keyingi kuzatuvlar shuni ko'rsatdiki, arterial qon bosimi darajasi nazorat ostida bo'lgan bemorlarda ortopedik davolash samaradorligi yuqori bo'ldi. Protezlarning funksional barqarorligi, chaynash samaradorligi va estetik ko'rsatkichlari ijobiy baholandi. Nazorat guruhiga nisbatan asosiy guruhda dastlabki moslashuv davri uzoqroq bo'lsa-da, uzoq muddatli natijalarda sezilarli farqlar aniqlanmadi. Olingan natijalar arterial gipertenziya bilan og'rikan bemorlarda ortopedik stomatologik davolashni rejalashtirishda bemorning umumiy somatik holatini, arterial qon bosimi darajasini va periodontal to'qimalar holatini majburiy inobatga olish zarurligini ko'rsatdi. Tadqiqot natijalari asosida individual yondashuv va kompleks davolash strategiyasi ortopedik stomatologik davolash samaradorligini sezilarli darajada oshirishi isbotlandi.

Natijalarni muhokama qilish.

O'tkazilgan tadqiqot natijalari arterial gipertenziya bilan og'rikan bemorlarda og'iz bo'shlig'i to'qimalarining holati hamda ortopedik stomatologik davolash jarayonining o'ziga xos xususiyatlarga ega ekanligini ko'rsatdi. Olingan ma'lumotlar asosiy va nazorat guruhlarini o'rtasida sezilarli klinik farqlar mavjudligini tasdiqladi. Tadqiqot natijalariga ko'ra, arterial gipertenziya bilan og'rikan bemorlarda periodontal to'qimalarda yallig'lanish jarayonlarining yuqoriroq darajada namoyon bo'lishi kuzatildi. Bu holat, bir tomondan, arterial gipertenziya bilan kechuvchi mikrotsirkulyatsiya buzilishlari, kapillyar devorlarining o'tkazuvchanligi ortishi va to'qimalarning trofik ta'minoti yomonlashuvi bilan izohlanadi. Ikkinchi tomondan, gipertenziv bemorlarda uzoq muddat qabul qilinadigan dori vositalari (antigipertenziv preparatlar) og'iz bo'shlig'i shilliq qavatining quruqligi va regenerativ jarayonlarning sekinlashuviga olib kelishi mumkin. Protezga moslashuv muddati bo'yicha olingan natijalar ham muhim klinik ahamiyatga ega bo'ldi. Asosiy guruhdagi bemorlarda protezlarga moslashuv jarayoni nazorat guruhiga nisbatan sekinroq kechishi aniqlanib, bu holat umumiy somatik holat, arterial bosimning barqaror emasligi hamda psixoemotsional omillar bilan bog'liq ekanligi qayd etildi. Shu bilan birga, davolash jarayonida individual yondashuv qo'llanilganda va arterial bosim nazorati ta'minlanganda moslashuv jarayonining ijobiy tomonga o'zgarishi kuzatildi. Bemorlarning qoniqish darajasi ko'rsatkichlari tahlili shuni ko'rsatdiki, davolashning yakuniy bosqichida asosiy va nazorat guruhlarini o'rtasida sezilarli farqlar aniqlanmadi. Bu holat ortopedik davolashni to'g'ri rejalashtirish, zamonaviy protez konstruksiyalaridan foydalanish va kompleks yondashuv asosida arterial gipertenziya bilan og'rikan bemorlarda ham yuqori klinik va funksional natijalarga erishish mumkinligini tasdiqlaydi.

Olingan natijalar adabiyotlarda keltirilgan ma'lumotlar bilan solishtirilganda, arterial gipertenziya va periodontal to'qimalar holati o'rtasida yaqin patogenetik bog'liqlik mavjudligi haqidagi fikrlarni qo'llab-quvvatlaydi. Shu bilan birga, ushbu tadqiqot natijalari ortopedik stomatologik davolash jarayonida arterial gipertenziya bilan og'rikan bemorlar uchun maxsus optimallashtirilgan davolash taktikasini ishlab chiqish zarurligini ko'rsatadi. Natijalarni muhokama qilish shuni ko'rsatadiki, arterial gipertenziya bilan og'rikan bemorlarda ortopedik stomatologik davolash faqat mahalliy stomatologik muammo sifatida emas, balki umumiy somatik holat bilan uzviy bog'liq kompleks jarayon sifatida qaralishi lozim. Bu yondashuv davolash samaradorligini oshirish, asoratlar xavfini kamaytirish va bemorlarning hayot sifatini yaxshilash imkonini beradi.

XULOSA. Arterial gipertenziya bilan og'rikan bemorlarda og'iz bo'shlig'i to'qimalarida yallig'lanish jarayonlari ko'proq namoyon bo'lib, periodontal holatning buzilishi va shilliq qavatning sezuvchanligi ortishi kuzatildi. Bu holat arterial gipertenziya bilan bog'liq mikrotsirkulyatsiya buzilishi va dori vositalarining nojo'ya ta'siri bilan izohlanadi. Ortopedik stomatologik davolash jarayonida arterial gipertenziya bilan og'rikan bemorlar protezlarga moslashishda uzoqroq vaqt talab qiladilar. Shu bilan birga, individual yondashuv va arterial bosim nazorati davolash samaradorligini sezilarli darajada oshirish imkonini beradi. Protezlashdan keyingi uzoq muddatli kuzatuvlarda bemorlarning qoniqish darajasi asosiy va nazorat guruhlarida o'rtasida sezilarli farq ko'rsatmagan, bu ortopedik davolashning to'g'ri rejalashtirilishi va zamonaviy protez konstruksiyalaridan foydalanish natijasidir. Tadqiqot natijalari arterial gipertenziya bilan og'rikan bemorlarni ortopedik stomatologik davolashni rejalashtirishda individual yondashuv, bemorning umumiy somatik holatini hisobga olish va kompleks davolash strategiyasini qo'llash zarurligini ko'rsatadi. Olingan ma'lumotlar asosida ishlab chiqilgan tavsiyalar klinik amaliyotda arterial gipertenziya bilan og'rikan bemorlarni ortopedik stomatologik davolash samaradorligini oshirishga, asoratlar xavfini kamaytirishga va bemorlarning hayot sifatini yaxshilashga xizmat qiladi.

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