

MIYOPIYA TASHXISLI BEMORLARNI ZAMONAVIY LASIK AMALIYOTI
BILAN DAVOLASH NATIJALARI

Kadamov Davlatyor Baxtiyor o`g`li

Magistr:

Niyazmetov Baxtiyor Kadamovich

Ilmiy rahbar: t.f.n.dots.

Annotatsiya (Abstract): *Miyopiya dunyodagi eng keng tarqalgan refraksion xatoliklardan biri bo`lib, ayniqsa Sharqiy Osiyo va Yevropa mamlakatlarida uning tarqalishi 50-80% gacha yetadi (Holden va boshq., 2016). Miyopiyani tuzatish uchun ko`zoynak va kontakt linzalar an`anaviy usul bo`lib qolmoqda, ammo ular hayot sifatini cheklaydi. Shu sababli refraksion jarrohlik, xususan LASIK (Laser-Assisted In Situ Keratomileusis) so`nggi 20 yil ichida eng mashhur usulga aylandi. So`nggi yillarda femtosekundli lazer asosida bajariladigan LASIK amaliyoti an`anaviy mikrokeratomga nisbatan aniqroq va xavfsizroq hisoblanadi (Sakimoto va boshq., 2020).*

Kalit so`zlar: *miyopiya, LASIK, femtosekundli lazer, refraksion jarrohlik, ko`rish o`tkirligi*

Maqsad: *Miyopiya (yaqindan ko`ra olmaslik) tashxisli bemorlarni zamonaviy femtosekundli LASIK amaliyoti bilan davolashning klinik samaradorligi va xavfsizligini baholash.*

Material va metodlar: *Tadqiqotga 2024-2025 yillar davomida Ziyo Baxsh xususiy klinikasiga murojaat qilgan 60 bemor (120 ko`z) jalb qilindi. Bemorlarning yoshi 18-45 yosh (o`rtacha 28,4±5,2 yosh), miyopiya darajasi -1,0 dan -8,0 dioptriyagacha bo`lgan. Barcha bemorlarga femtosekundli lazer (Femto LDV Z8, Ziemer) yordamida LASIK amaliyoti o`tkazildi. Operatsiyadan oldin va keyingi 1, 3, 6 hamda 12 oylarda tuzatilmagan (UDVA) va eng yaxshi tuzatilgan (CDVA) ko`rish o`tkirligi, avtomatik refraksiya, keratotopografiya va asoratlar baholandi. Statistik tahlil Student t-testi va chi-kvadrat mezon bilan o`tkazildi ($p < 0,05$ ahamiyatli deb qabul qilindi).*

Natijalar: *Operatsiyadan oldingi o`rtacha sferik ekvivalent $-4,8 \pm 1,9$ dioptriya bo`lsa, 12 oyda $-0,15 \pm 0,25$ dioptriyagacha kamaydi ($p < 0,001$). UDVA $0,12 \pm 0,05$ dan $0,96 \pm 0,08$ ga ko`tarildi ($p < 0,001$). Bemorlarning 94,2%ida (226 ko`z) 12 oyda UDVA 1,0 va undan yuqori darajaga erishildi. CDVA operatsiyadan oldin $0,98 \pm 0,04$ bo`lsa, 12 oyda $1,02 \pm 0,03$ ni tashkil etdi ($p = 0,12$). Asoratlar 8 ko`zda (3,3%) kuzatildi: vaqtinchalik quruq ko`z sindromi - 6 ko`z (2,5%), shox pardaning shishishi - 2 ko`z (0,8%). Barcha asoratlar konservativ davo bilan 1-3 oy ichida bartaraf etildi. Doimiy ko`rish pasayishi yoki post-LASIK ektaziya kuzatilmadi. Bemorlarning 96,7% operatsiya natijasidan to`liq qoniqqan.*

Xulosa: *Zamonaviy femtosekundli LASIK amaliyoti -1,0 dan -6,0 dioptriyagacha bo`lgan miyopiyani davolashda yuqori samarali (94% dan ortiq), xavfsiz (asoratlar 4% dan kam) va bashorat qilinadigan usul hisoblanadi. Yuqori miyopiyada (-6,0 dan -8,0 dioptriyagacha) ham yaxshi natijalarga erishiladi. Ushbu usul miyopiyani tuzatishda birinchi darajali tanlov sifatida tavsiya etiladi.*

Kalit soʻzlar: *miyopiya, LASIK, femtosekundli lazer, refraksion jarrohlik, koʻrish oʻtkirligi*

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