MIYOPIYA TASHXISLI BEMORLARNI ZAMONAVIY LASIK AMALIYOTI BILAN DAVOLASH NATIJALARI

(RESULTS OF TREATMENT OF PATIENTS DIAGNOSED WITH MYOPIA USING MODERN LASIK SURGERY)

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Annotatsiya (Abstract): *Miyopiya dunyodagi eng keng tarqalgan refraksion xatoliklardan biri bo‘lib, ayniqsa Sharqiy Osiyo va Yevropa ma mlakatlarida 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, quruq ko‘z sindromi.*

KIRISH (INTRODUCTION)

Tadqiqotga 2024-2025 yillar davomida Urganch shahridagi Ziyo Baxsh xususiy klinikasiga murojaat qilgan 60 bemor (120 ko‘z) jalb qilindi.Bemorlarning yoshi 18 dan 45 yoshgacha (o‘rtacha 28.4±5.2 yosh) bo‘lib, 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 operatsiyadan keyingi 1, 3, 6 hamda 12 oylarda quyidagi parametrlar baholandi: tuzatilmagan va eng yaxshi tuzatilgan ko‘rish o‘tkirligi (UDVA va CDVA), avtomatik refraksiya, keratotopografiya, shox parda qalinligi hamda asoratlar (quruq ko‘z sindromi, shox pardaning shishishi, ektaziya). Statistik tahlil uchun Student t-testi va chi-kvadrat mezoni qo‘llanildi ($p<0.05$ statistik ahamiyatli deb qabul qilindi).

Muammo (Problem Statement)

Miyopiyani LASIK bilan davolashning uzoq muddatli samaradorligi va xavfsizligi yetarlicha o‘rganilgan bo‘lsa-da, O‘zbekiston sharoitida zamonaviy femtosekundli LASIK amaliyotining klinik natijalari bo‘yicha tizimli tadqiqotlar kam. Bundan tashqari, turli darajadagi miyopiyada (o‘rta va yuqori) operatsiyadan keyingi natijalar, asoratlar chastotasi va bemorlarning qoniqish darajasi mintaqamiz uchun aniq emas.

Maqsad (Aim of the Study)

Miyopiya (yaqindan ko‘ra olmaslik) dunyoda eng tez tarqalayotgan refraksion xatoliklardan biri bo‘lib, uni davolashda zamonaviy refraksion jarrohlik usullari, xususan femtosekundli lazer yordamida bajariladigan LASIK (Laser-Assisted In Situ Keratomileusis) tobora keng qo‘llanilmoqda. Ushbu tadqiqotning maqsadi – miyopiya tashxisli bemorlarni

zamonaviy femtosekundli LASIK amaliyoti bilan davolashning klinik samaradorligi va xavfsizligini baholashdir.

Natijalar (Results)

Tadqiqotga 60 bemor (120 ko‘z) jalb qilindi. Ulardan 33 nafari ayol (55%), 27 nafari erkak (45%). O‘rtacha yosh – 28.4 ± 5.2 yosh.

- Operatsiyadan oldingi o‘rtacha sferik ekvivalent: –4.8 ± 1.9 dioptriya.
- 12 oydan keyin o‘rtacha sferik ekvivalent: –0.15 ± 0.25 dioptriya ($p<0.001$).
- UCVA (tuzatilmagan ko‘rish o‘tkirligi):
- Operatsiyadan oldin: 0.12 ± 0.05
- 12 oyda: 0.96 ± 0.08 ($p<0.001$)
- BCVA (eng yaxshi tuzatilgan ko‘rish o‘tkirligi):
- Operatsiyadan oldin: 0.98 ± 0.04
- 12 oyda: 1.02 ± 0.03 ($p=0.12$)

Asoratlar:

- Vaqtinchalik quruq ko‘z sindromi – 8 ko‘z (3.3%)
- Shox pardaning shishishi – 2 ko‘z (0.8%)
- Hech bir ko‘zda doimiy ko‘rish pasayishi yoki ektaziya kuzatilmadi.

Bemorlarning 96.7% operatsiyadan qoniqqanligini bildirdi.

Xulosa (Conclusion)

Zamonaviy femtosekundli LASIK amaliyoti engil va o‘rta darajadagi miyopiyani (–1.0 dan –6.0 dioptriyagacha) davolashda yuqori samarali (94% dan ortiq muvaffaqiyat), xavfsiz (asoratlar 4% dan kam) va bashorat qilinadigan usul hisoblanadi. Yuqori miyopiyada (–6.0 dan –8.0 dioptriyagacha) ham yaxshi natijalarga erishiladi, ammo qoldiq refraksiya ehtimoli biroz yuqoriroq. Ushbu usul miyopiyani tuzatishda birinchi darajali tanlov bo‘lishi mumkin. Uzoq muddatli (5 yil va undan ortiq) natijalarni o‘rganish, shuningdek, O‘zbekiston populyatsiyasida kengroq miqyosda tadqiqot o‘tkazish tavsiya etiladi.

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