

The Importance of ANEFRO in the Prevention of Urolithiasis

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Abstract: This article presents the results of a study conducted on patients with urolithiasis. In the study, the results of examination and treatment of patients with complicated and uncomplicated types of urolithiasis of different ages and genders, as a result of Anefro drug alone and in combination with other drugs, are presented. The results of the study showed positive results for patients in all groups, both when using the anefro drug alone and when using it in combination. There were no side effects, exacerbation of diseases and development of complications in patients.

Keywords: urolithiasis, anefro, urolithiasis, lithotripsy.

The urgency of the problem.

Urolithiasis is one of the most common urological diseases. The urgency of the problem lies in the fact that every year, especially in developing countries, including Uzbekistan, the incidence of the disease and the problems that arise in its treatment are increasing. The increase in these indicators would be correctly attributed to the following reasons: that is, an increase in the life expectancy of people, a change in lifestyle, a change in the chemical composition of food and drinking water of people, as well as menopausal changes. The medical, economic and social significance of urolithiasis lies in the fact that more than 60% of patients with this disease are working, that is, people aged 30 to 60 years. Features of urolithiasis cause frequent relapses, various types of severe complications, increased disability of patients. Recently, an increase in the number of drugs used in the treatment of urolithiasis, and the improvement of minimally invasive methods of diagnosis and treatment have led to a decrease in complications in the treatment of this disease. This study presents more effective methods for the diagnosis and treatment of urolithiasis.

Purpose of the study. Taking into account the above, the purpose of this study was to evaluate the results obtained with the use of Anefro in the treatment of patients with urolithiasis in the Bukhara region.

Materials and research methods. For the study, 31 patients from different districts of the Bukhara region were selected, who applied to the Department of Urology of the Bukhara State Medical Institute and the Karmen Plus Hospital from June 26 to July 14 with urolithiasis. Full name of the patient, year of birth, gender, time of admission to the hospital, date of examination, the number of leukocytes in the general analysis of urine, pH of urine, instrumental examination, treatment plan before and after taking the drugs, the number of leukocytes in the general analysis of urine and indicators of urine pH were evaluated. In order to diagnose urolithiasis, the patient underwent ultrasound examination, interpretive and intravenous excretory multislice computed tomography, general urinalysis and urine pH results of patients at the time of admission and after treatment, biochemical blood tests to assess kidney function, a blood test determined urea, creatinine, total protein and trace elements. According to the results of the examination, a patient

with urolithiasis was diagnosed and divided into groups: complicated and uncomplicated urolithiasis, as well as a group of taking only the drug anefroe and patients who received anefroe in addition to the main treatment. Taking into account the dose and duration of taking the drug Anefro, the following results were obtained.

Research results.

Patients selected for the study were first stratified by sex and age. Among the patients there were 23 men and 7 women. Men accounted for 77.4%, women - 22.6%. By age, men under 20 years old make up 2 people 0.8%, 20-29 years old 2 people 0.8%, 30-39 years old 4 people 16.7%, 40-49 years old 6 people 25%, 50-59 years old 21 % and pers. over 69 years old accounted for 5 21%. In women, depending on age for 2 people. under 20 years old accounts for 28.5%, 0 people. for 20-29 years old 0, %, 2 people for 30-39 years old 28.5%, 40-49 years old for 2 people. 28.5%, 50-59 years old 2 people accounted for 28.5%, and 1 person over 69 years old accounted for 14.5%. So, it is more common in men from 30 to 60 years old, especially at the age of 40-49 years. A relatively small number is found in patients younger than 20 and older than 60 years, and in women almost in the same number between the ages of 20 and 60 years. A relatively small number was found in patients younger than 20 years and older than 60 years.

Patients who applied were diagnosed in the following order.

Patients with urolithiasis were also divided into complicated and uncomplicated types. As an additional indicator, the number of leukocytes in the total urine obtained from patients before treatment and after 10 days of treatment (only anefroe and anefro + antibiotic in the scheme) and 20 days after treatment was studied.

Thus, the number of leukocytes in the total urine taken from patients with antibiotic + anefro, as well as indicators when using only anefro, showed that when using antibiotic + anefro and only anefro, the number of leukocytes in the urine of patients decreased by 65% after 10 days, and after 20 days, this figure fell by 85%.

As an additional indicator, we analyzed changes in urine pH. Of the 31 selected patients, 21 had a pH value of 5.5. After 10 days of treatment, 60% - 6.0 and 40% - 6.5. After 20 days of treatment, 50% had changed to 6.5, 30% to 6.0, and 20% remained at 6.0. In 5 patients, the pH was 6.5 before treatment. After 10 days, 60% remained at 6.5, 30% changed to 6.0, 10% changed to 7.0. After 20 days, 50% remained at 6.5, 30% changed to 7.0, and 20% showed a value of 6.0. In 2 patients, the pH was 5.0 on arrival. After 10 days it was 6.0, and after 20 days it changed to 6.6. In 2 patients, the pH was 7.5 on admission, 6.5 after 10 days of treatment, and 6.0 after 20 days. One of our patients had a pH value of 8.5, after 10 days it became 6.0, and after 20 days it became 6.5.

When comparing complaints of patients and objective indicators for the following indicator, it was found that after 20 days of treatment, 70% of patients got rid of their initial complaints. In 20% of patients, it was found that the intensity of pain radiating to the lumbar region decreased, but is still present. It was found that 10% of patients had the above complaints. Most patients who test positive have Urine stone disease. Renal microliths and kidney and ureteral stones smaller than 6 mm were found to be positive. Complex types of Urinary tract infection, coral stones. With bladder stones, an increase in urine pH was observed, a significant decrease in the number of leukocytes in the urine was found.

Conclusions

1. In this study, urolithiasis was more common in men i. 77.4% than women - 22.6%. When considered by age, this figure was higher in men aged 30 to 60 years. In women, this figure was almost the same between the ages of 30 and 50 years. It has been established that the majority of patients with urolithiasis are patients with ureteral stones.

2. In the treatment of patients with urolithiasis, urinary tract infection, antibacterial drugs + anefro and only the drug anefro were used, when analyzing the results of treatment, the change in the number of leukocytes in the general urine test was analyzed. It has been found that if the drug is taken for a particularly long time, the decrease in leukocytes in the urine will improve even more.
3. In the study of the pH of the urine of patients selected for our study, in most patients, the pH was in the range from 5.5 to 6.5, less often from 7.5 to 8.5. During the 10-day and 20-day treatment period, 70% of patients had an increase in pH, 20% had no change, and 10% had a decrease in pH.
4. Based on the clinical and anamnestic data obtained from the results of the study, it can be said that after the treatment, the complaints of patients significantly decreased, the number of leukocytes in the urine significantly decreased, the pH in the urine increased, the size of the calculi in patients decreased, and the natural excretion of microliths and small calculi through the urinary tract while taking the drug Anefro. It can be said that the use of the drug in patients with urolithiasis and urinary tract infection gave positive results.

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