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S.I. Sayfetdinov, R.A. Boboev Sodikova D.I. Xamraev O.A.

Andijan State Medical Institute

SPECIFIC FEATURES OF UROLOGICAL DISEASES

Abstract: *This article discusses the specific features of urological diseases. the main symptoms of the most common urological diseases are explained. The main directions of treatment of urological diseases are indicated.*

Key words: *urology, urological diseases, prostatitis, prostate adenoma*

There is a whole list of diseases that all men do not like to talk about. Although many of them know about some male diseases not by hearsay. For the diagnosis, treatment, prevention of such diseases, there is a urologist and a branch of medicine, which is often called male urology. Today, the section of urology that studies male diseases includes a rather large list of pathological conditions and methods of their treatment. The main thing here is to diagnose the disease in time and contact a specialist for its treatment.

By the way, lately male urology, or rather “male” diseases, are rapidly “getting younger”. According to medical experts dealing with this problem, many men who feel healthy have a predisposition to the development or initial stages of various urological diseases. For example, about 40-60% of men over 25-30 years old now suffer from such a disease as prostatitis.

That is why, after 30 years, all men are recommended to regularly, at least once every 2 years, undergo examinations with a doctor of this orientation. And after 40 years - such examinations should become annual. an is immune from unpleasant inflammatory diseases of the genitourinary system. It is worth noting that hypothermia or violation of personal hygiene rules, for example, can contribute to the occurrence of such diseases.

If we talk specifically about male urological diseases, then it includes such diseases as:

BPH

prostatitis
urethritis
cystitis
epididymitis, etc.

And although in one article it is impossible to tell in detail about all the diseases and symptoms of male urology, we will try below to briefly tell you the most important facts for you about these ailments and their symptoms.

Adenoma of the prostate is a benign tumor that occurs in men over 30-35 years old. Prostatitis is a disease of the prostate gland. Urethritis is a disease of the urethra, it is caused by damage to the canal wall by various kinds of bacteria and viruses. Cystitis is an inflammatory disease of the bladder.

Epididymitis is a disease of the epididymis, it is characterized by inflammation, swelling, edema and hyperemia in the scrotum. Male urological diseases can be manifested by pain, itching, burning, swelling, redness of the corresponding part of the reproductive system. For example, an adenoma grows slowly, and therefore the symptoms of this disease may not appear for a long time. The main symptoms of the development of the disease are as follows: frequent urination; Difficulty urinating small portions of urine; feeling of incomplete emptying of the bladder; increased frequency of urination at night; lethargy of the jet.

Prostatitis is considered chronic if the disease persists for more than three months. Only 50% of patients with chronic prostatitis experience real pain. The rest have only weakened, "erased" symptoms. For the treatment of chronic and acute urological male diseases, harmless and effective physiotherapy procedures and therapy are usually used, which are aimed at suppressing infection, eliminating inflammation. It also has a strengthening effect on the entire immune system. However, in advanced cases, surgical treatment may be required. For example, adenoma and prostatitis may well lead to malignant tumors, if you do not seek timely treatment in the department of male urology.

Many people know that one of the diseases of elderly men is adenoma of the prostate gland (prostate gland). However, not everyone knows that this name is already outdated - in recent years, experts have been using the term benign prostatic hyperplasia (BPH).

Benign prostatic hyperplasia is so common that many researchers talk about the inevitability of this condition in men who have lived long enough for BPH to develop. By the age of 80, 80% of men suffer from this ailment.

Prostate adenoma as a disease should be discussed only when there is a combination of enlargement of the prostate gland with symptoms of urinary dysfunction. The reasons for the development of benign prostatic hyperplasia are not well understood. Nevertheless, numerous studies in this area have proved that all theories are based on the idea of hormonal changes in the body, starting at 45-55 years old, and called "male menopause".

The reasons for urinary disorders are a gradual increase in the size of the prostate gland and an increase in the tone of the smooth muscles of the bladder neck, leading to compression of the urethra and narrowing of its lumen. (Figure 1) An equally important reason is the weakening of the contractility of the bladder muscle, which is mainly due to the deterioration of its blood supply.

At the initial stage of prostate adenoma, the bladder after urination is completely emptied and there is no kidney damage. At the final stage, the patient develops "residual urine" (incomplete emptying of the bladder after urination), as a result of which stones form in the bladder. Against the background of a violation of the outflow of urine from the bladder, the ureters and renal pelvis are gradually stretched, in which chronic inflammation occurs - pyelonephritis. In the absence of adequate treatment at the end stages of prostate adenoma, chronic renal failure develops, which poses a threat to the patient's life.

Potential treatment options for benign prostatic hyperplasia are surgery, drug therapy, and follow-up. Based on modern concepts, drug treatment, that is,

treatment of prostate adenoma without surgery should be prescribed to patients with initial manifestations of urinary disorders without involvement of the upper urinary tract in the process and complications, patients with relative and absolute contraindications to surgical treatment, patients who refuse surgery treatment or postponing it for various reasons. According to statistics, these patients make up 60-70% of the total number of patients with various urinary disorders caused by BPH.

Dynamic observation is acceptable in patients with mild symptoms, whose quality of life is not significantly affected by the existing symptoms, and implies monitoring of blood and urine tests, PSA, ultrasound and uroflowmetry results every 6-12 months. Surgical treatment of prostate adenoma is indicated for patients with severe symptoms, involvement of the upper urinary tract in the process, who have contraindications to the appointment of drug therapy.

The modern strategy for the treatment of benign prostatic hyperplasia is based on comparing the effectiveness with the potential complications of a particular method. Surgical intervention, which is most effective, has the highest percentage of complications. Herbal preparations practically do not cause side reactions, but their effectiveness is also very low. The middle ground in terms of effective treatment of prostate adenoma and the risk of adverse reactions is occupied by drugs from the group of alpha-blockers. Against the background of the use of these drugs, on the one hand, the smooth muscles of the bladder neck and prostate relax, which leads to an increase in the lumen of the urethra. On the other hand, the effect on the smooth muscles of the walls of blood vessels leads to their expansion and an improvement in the blood supply to the pelvic organs and, in particular, to the bladder. An increase in the level of metabolic processes in the bladder explains the improvement in its contractility and eliminates most of the symptoms of urination disorder that are troubling patients. Treatment is effective in 85% of patients.

On the basis of the Consultative and Diagnostic Center of Clinical Hospital No. 50, the first room for early diagnosis of prostate diseases was opened in the capital and in Russia. Highly qualified specialists, on a free basis, daily receive patients with urination disorders caused by various diseases of the prostate gland, and perform the entire range of necessary examinations.

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