

SOCIAL SIGNIFICANCE OF GONARTHROSIS IN THE STRUCTURE OF DISEASES

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There are still no genuine statistical data on the epidemiology of joint diseases both in Russia and in other countries, and in most publications the indicators vary widely.

In most cases, some scientists, orthopedic arthrology concerns large numbers of patients, among people over 50 years old it is detected in every second.

According to researchers, OA affects 10 to 12% of the world's population, others cite a higher degree - up to 20%. Among all orthopedic diseases for which patients consulted a doctor, 55% are osteoarthritis (OA). In Russia, 10 to 12% of the population is predisposed to osteoarthritis (OA). In 2010, 15,829,291 patients sought medical help for musculoskeletal diseases. The incidence rate was 136.5%. The initial incidence of the musculoskeletal system among the elderly population was 31.8%. Over the course of the year, the incidence of these diseases in the elderly population increased by 2.2% on average across the country.

Arthrosis ranks second after dorsopathies in the morbidity structure, accounting for 23.4% of all musculoskeletal defects. In 2020, 3,700,005 patients with arthrosis sought medical help. In 2010, the incidence of arthrosis increased by 9.2%. Thus, the initial incidence rate was 6.4%, i.e. in 20.0% of cases arthrosis was diagnosed for the first time. Depending on the region, arthrosis is characterized by a wide range of prevalence - from 5.4 to 60.9%.

In the structure of degenerative-dystrophic diseases of the joints, one third falls on the knee joint - 33.3% of cases, and in every third patient both knee joints are affected. Initially, patients with late (II and III) stages of the disease make up 75%. More and more often, OA of the knee joint increases with age and occurs in 10.0-14.3% of people aged 45-50, and in people over 60 years old already in more than 80% of cases. Women suffer from OA almost twice as much as men. Two thirds of patients are people of working age from 40 to 60 years.

Radiologically, knee OA is manifested in 25-30% of cases in people aged 45 to 64 years and in 85% of cases in people aged 65 years and older.

Due to the increase in life expectancy of the population and the reproduction of the cause of the risk of the disease, the number of patients with OA is constantly growing.

In addition, scientists predict an increase in the number of patients in various age groups by 2025, especially among people over 50 years old.

Epidemiological studies on the public program for studying knee OA in the United States First National Health and Nutrition Examination Survey (NHANES-1) showed that the prevalence of manifest gonarthrosis was 1.6% among people aged 25-74 years, and 9.5% among people aged 63-93 years.

The proportion of gonarthrosis among diseases of the musculoskeletal system that served as a factor in disability reaches 16.5%.

Among disabled people with musculoskeletal diseases, rheumatoid arthritis and deforming arthrosis account for 13.2%. Approximately one out of every 100 patients suffering from musculoskeletal diseases becomes disabled.

A significant decrease in the quality of life of disabled people is caused by pain syndrome, limited freedom of movement and loss of functional activity, sometimes even the ability to self-care.

In terms of reducing the quality of life of patients, osteoarthritis far exceeds gastrointestinal, respiratory and cardiovascular diseases. And also, together with ischemic heart disease, alcoholism, depression and diabetes, OA of the joints are among the causes that often create a long-term health disorder.

Osteoarthritis has an adverse psychological and economic effect not only on those suffering from it, but also on their relatives, as well as on the whole society.