



## "INNOVATIVE ACHIEVEMENTS IN SCIENCE 2026"

### FEATURES OF EARLY TREATMENT OF JOINT SYNDROME IN REACTIVE ARTHRITIS

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It is known that there is no precise data on the epidemiology of reactive arthritis (ReA), which is explained by the difficulty of comparing previously mildly manifested infections, as well as the similarity of clinical manifestations with other arthritis.

The aim of the study is to determine the specific clinical course of the disease in patients with ReA with targeted treatment based on the level of IL-17A.

Sources and methods of research: The study included patients aged 19-50 years ( $35.6 \pm 10.3$ ), the duration of the disease was  $3.1 \pm 1.4$  years. 50 patients with ReA of urogenital etiology were involved. To conduct the study, patients were divided into two groups depending on the treatment tactics. The control group ( $n=25$ ) included patients who received basic treatment, i.e., traditional treatment. The main group ( $n=25$ ) consisted of patients who, in combination with basic therapy, received a method aimed at treating early destruction of the affected joints.

Results of the study: 58% of patients included in the study were women. According to the anamnesis data, the average age of patients at the onset of the first signs of ReA was  $30.1 \pm 5.3$  years. The average period before the diagnosis of ReA with the appearance of symptoms was 2.5 months. Disorders of the functional state of the joints can be associated with specific changes in the inflammatory process in the joint.

The indicators of the acute phase of inflammation and the duration of morning stiffness observed in the joint, as well as the severity of the number of inflamed joints, revealed in patients, influenced the degree of limitation of the functional capabilities of the joints.

The majority of patients complained of oligoarthritis. In particular, synovitis was observed in all groups of patients, and it was mainly isolated and sometimes accompanied by peri-arthritis in the form of bursitis or tendinitis.

Disorders of the functional state of the joints can also be associated with typical structural changes caused by the immune-inflammatory process in them. In turn, the Leken algo-functional index was assessed taking into account secondary osteoarthritis of the knee joint and amounted to a total of  $8.8 \pm 1.6$ .

Based on the results of monitoring the dynamics of the level of IL-17A in the blood serum of patients based on the treatment method, clinical improvement and stability of the disease were achieved by reducing its level.

In the main group, a significant ( $p < 0.05$ ) decrease in the level of IL-17A was observed from the end of the 3rd month based on the implemented approach, while in the control group, after 6 months, there was a tendency to a statistically insignificant ( $p > 0.05$ ) decrease.



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Thus, the appearance of early destruction of the cartilage in patients with ReA and the method of its early treatment play an important role in improving and preserving the functional capabilities of the joint and improving the clinical course of the disease by reducing the progression of degradation processes in the cartilage.