

RHEUMATOID ARTHRITIS

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Abstract: *This article is written for patients with rheumatoid arthritis and contains information that may cause rheumatoid arthritis. We provide relevant information to help you understand the condition and how to manage it.*

Key words: *Rheumatoid arthritis, osteoarthritis, autoimmune, pressure, edema, pain, rheumatologist, antireumatic, corticosteroid.*

Research purpose: *Our research purpose is to study rheumatoid arthritis disease, its causes and treatment.*

The urgency of the problem: *Today, the number of patients suffering from this disease is increasing day by day. Further development of early detection, prevention and treatment methods and reduction of the number of diseases remain imperative today.*

Inspection methods and materials. Rheumatoid arthritis (RA) is an autoimmune disease. This causes pain and swelling in the joints. The original human body's immune system fights infections and protects human health. When an autoimmune disease develops, the body's immune system attacks healthy tissue. In rheumatoid arthritis, the immune system attacks the inside of the joint, causing damage to the joint. Causes inflammation and inflammation. Rheumatoid arthritis affects small joints such as the hands and feet. This is common. However, relatively large joints can also be affected. What are the symptoms? Symptoms of rheumatoid arthritis vary from person to person. The most common symptoms:

- Joint pain, swelling, tenderness, etc.
- Joint stiffness, especially morning stiffness.
- Bilateral symmetry (joints symmetrical between the left and right sides of the human body)
affects everyone).

What causes this? The cause of rheumatoid arthritis is known. it's not. It is more common if you smoke or have a family history.

How can I diagnose it? Check for relevant symptoms, do a physical exam, and various tests will be done, and your doctor will tell you if you have rheumatoid arthritis. A diagnosis is made. Test types include:

- Blood tests for inflammation

- Blood test for antibodies (proteins produced by the body's immune system). Diagnosis by anticyclic lemon peptide (Anti-CCP) test and rheumatoid factor. It is possible, but not for all rheumatoid arthritis patients.

- X-rays show damage to joints due to disease. You can check if it is broken or not. Changes in the early stages of rheumatoid arthritis are rare.

What happens after diagnosis? If diagnosed early and treated appropriately, in most cases, patients with rheumatoid arthritis can lead an active life as usual. However, the course is very diverse and there is no uniform situation. Most people have more inflammation in their joints. "Sudden flare-ups" where the pain gets worse. I'm dying from it. Of course, there is no clear reason. "Flares" are caused by too little inflammation. It often appears months or years later. Rheumatoid arthritis causes permanent joint damage and deformity, especially during the first few years after onset. The good news is that early diagnosis and treatment of rheumatoid arthritis can limit this joint damage.

Can rheumatoid arthritis be cured? Currently, there is no cure for rheumatoid arthritis. But over the past 20 years, treatment has been amazing. It is developed as much as possible and helps a lot in the early stages of the disease. The medicines given are also newly developed.

What are the treatments for rheumatoid arthritis? Do you have the disease? A rheumatologist determines the symptoms and severity of each patient. We will find the right treatment for you. It is impossible to predict exactly which treatment will be most effective. Your doctor may recommend some treatments. After experimenting, you can find the method that works best for you. Different treatments include:

- Drug treatment
 - non-steroidal anti-inflammatory drugs (NSAIDs)
 - Corticosteroid preparations or injections
 - Disease-modifying antirheumatic drugs (DMARDs)
 - Biological antirheumatic drugs (DMARDs).

- Keep joints flexible and exercise to increase muscle strength. Exercise works well in rheumatism.

Conclusion. In conclusion, consult a rheumatologist as soon as possible. A rheumatologist diagnoses rheumatoid arthritis and we find the right treatment for the patient. There are rheumatologists who treat patients with rheumatoid arthritis. If you haven't seen one, get a referral from your family doctor. Always consult a doctor or other medical professional, live a healthy life. lead an active life, maintain healthy eating habits and quit smoking. Reduce stress for overall health and a happier life.

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