

The use of some biomarkers (digomo- γ -linolenic acid) in stroke in patients of Tashkent city

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When admitting patients with ischemic stroke (IS), the choice of treatment methods determines its effectiveness and these factors play a special role in a positive outcome for stroke patients.

The purpose of the study: To study the possibility of using as a bio-marker the concentration of fatty acids (LC) in blood serum and the mass% of LC, or the content of digomo- γ -linolenic acid (DGLA) and the mass percentage% of docosahexaenoic acid (DHA), which has shown its usefulness in some studies.

Materials and methods: Along with standard diagnostic methods using various scales and biochemical analyses, we studied both the state of DGLA and the mass% of DHA. At the initial stage, there were 48 patients (group 1) who were admitted with a diagnosis of IS. Of these, 37.5% (18) were women, and 62.5% (30) were men. The average age of the patients was 63.2 (52-74) years. The control group of patients (group 2), also with IS, but for whom only standard diagnostic studies were performed, consisted of 43 people, 39.5% (17) were women and 60.5% (26) men.

Results: A follow-up period of 6 months during the rehabilitation period showed that in part 1 of the group of patients (70.8%), in whom high DGLA and low plasma DHA levels were initially determined and to whom corrective actions were applied respectively during treatment and rehabilitation procedures, the proportion of patients with the best recovery indicators it was significantly higher than compared with those in the control group. At the same time, there were no significant differences between men and women.

Conclusion: The results of the conducted studies indicate the informative value of DGLA and DHA levels in blood plasma, and that they can be a useful predictor of complications and a potential therapeutic target in patients with acute IS.