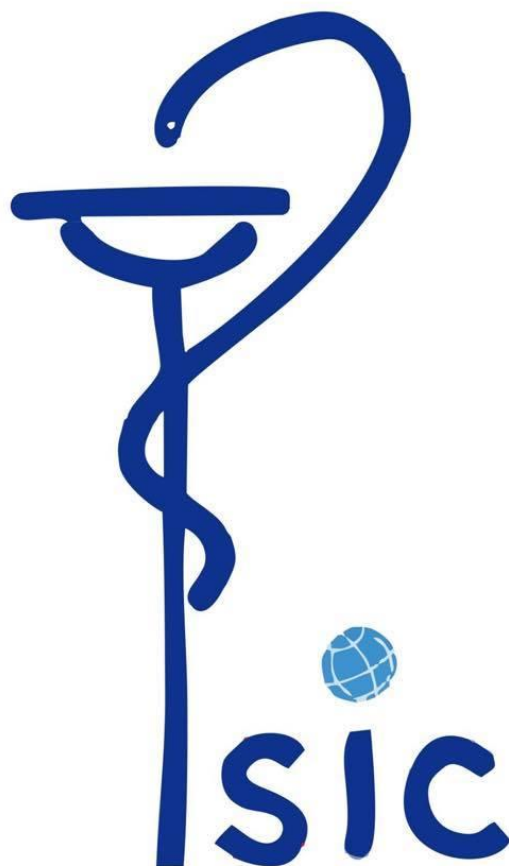




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«Actual problems of clinical and
theoretical medicine»***

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***«Actual Problems Of Clinical And
Theoretical Medicine»***



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EFFECT OF PHYTOESTROGENS IN PATIENTS WITH ABNORMAL UTERINE BLEEDING

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Actuality: In the pathogenesis of abnormal uterine bleeding (AUB) the main role is given to the violation of the relationship between the hypothalamus, pituitary, ovaries and uterus, resulting in the change of the processes of folliculogenesis, ovulation, formation and development of the corpus luteum, and, consequently, this leads to the disruption of processes of proliferation, secretion and endometrium desquamation. AUB frequency ranges from 15 to 20%. AUB can be not only manifestations of pathological processes in the reproductive system, but the first sign of violations of hemostasis fundamental units, as well.

The aim. To examine the feasibility of phytoestrogen therapy in the treatment of AUB to reduce this pathology in women of reproductive age.

Materials and methods. To achieve this goal, we have studied the effectiveness of phytoestrogenotherapy in treatment of patients with AUB. When making the diagnosis, complaints of patients, menstrual function, clinical and laboratory techniques, tests of functional diagnostics, hormone,

histological and ultrasound examinations were taken into consideration. We had the comparative analysis of the AUB treatment: 31 patients who received traditional treatment, which included hemostatic and hormone therapy (comparative group) and 28 patients treated with combined therapy, which included the use of phytoestrogens. The control group consisted of 12 healthy women. All patients had complaints of general weakness, fatigue, menstrual disorders.

The results. The average age of women was $31,8 \pm 1,53$ years with individual ranges from 22 to 48 years. In the analysis of menstrual function it has been revealed that the average age of menarche was $13,71 \pm 1,4$ years. Full normalization of menstrual function was noted in 26 (92.8%) patients of the main group, compared with 28 women (90.3%) from the comparison group. In the use of phytoestrogens a positive trend has been noticed, confirmed by clinical and laboratory, hormone, histological and ultrasound studies. All patients of the main group have significantly improved their overall health conditions, there were no



complaints, menstrual blood loss decreased. 2 (6.4%) patients from the comparison group required discontinuation of hormone therapy due to side effects. All patients whose treatment was conducted with the use of phytoestrogens underwent ultrasound examination 6 months later and endometrial pathology was not found.

Conclusion. Thus, the received data, the positive dynamics of clinical symptoms and absence of recurrence in patients who used phytoestrogens, show the effectiveness of the therapy and it can be recommended for widespread use in gynecological practice.

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TREATMENT OF BACTERIAL VAGINOSIS WITH MONOCHROMATIC RED LIGHT

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Actuality. Light of helium-neon laser has an influence on processes in tissues during metabolism shifts. Vaginal dysbacteriosis is a structural disturbance of mucosa's biofilm. Collective immunity of pathological biofilm prevents from correction of bacterial vaginosis (BV) with probiotics.

The aim. To investigate influence of lasers' radiation on character of pathological vaginal biofilms at often recurrent vaginal dysbiosis.

Material and methods. Experimental group (40 women with BV) passed a treatment course of BV: metronidazole 500 mg orally twice a day for 5–7 days and clindamycin 100 mg intravaginally for 6 days

with simultaneously using of «Mustang-2000» device – 7 procedures. In control group (15 women) were used analogical drugs with successive topical administration of lactobacterise. Effectiveness of therapy was assessed according to the character of BV's intensity before and after the treatment as the data shows: presence or absence and quantity of biofilms; quantitative assessment of anaerobes to aerobes, detected after treatment; lysozyme's level of vaginal biotope.

Results: Patients with BV in 72.5% (n=29) of cases had biofilms in the experimental group and 73.3% (n=11) in the control group. Correlation of anaerobes to aerobes in experimental group was 153:1, in



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