

CLINICAL FEATURES OF SYSTEMIC SCLERODERMA

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Relevance. Systemic sclerosis (SSc) is a chronic autoimmune connective tissue disease characterized by progressive fibrosis of the skin and internal organs, microangiopathy, and immune disorders. The disease has various clinical forms and is distinguished by a high frequency of systemic complications that determine the prognosis and quality of life of patients.

Objective of the study. To evaluate the features of the clinical course of SSc in 60 patients, taking into account the form of the disease, duration, and degree of visceral involvement.

Materials and methods. A retrospective analysis of 60 medical records of patients with SSc who were treated in the rheumatology department was conducted. The mean age was 49 ± 12 years; women comprised 85% of the cohort. The diagnosis was confirmed based on the American College of Rheumatology (ACR/EULAR) criteria. Clinical manifestations, skin score, involvement of internal organs (lungs, heart, gastrointestinal tract, kidneys), and immunological profile indicators were assessed.

Results. The diffuse form of SSc was detected in 60% of patients, while the limited form was found in 40%. Skin manifestations (thickening of the skin on hands, face, and torso) were observed in 100% of patients. Pulmonary involvement (interstitial fibrosis) was present in 53%, pulmonary hypertension in 32%, esophageal involvement in 41%, gastrointestinal tract involvement in 28%, and cardiovascular system involvement in 25%. Renal crisis occurred in 6.6% of patients. Antinuclear antibodies were detected in 91% of patients, anti-Scl-70 in 48%, and ACA in 28%. The average disease duration at the time of diagnosis was 3.2 ± 1.4 years.

Conclusion. The course of SSc is characterized by systemic involvement with a predominance of pulmonary and esophageal-gastric pathology, as well as a high frequency of skin manifestations. The diffuse form is associated with earlier development of visceral complications and an unfavorable prognosis. The identified clinical features confirm the need for early diagnosis and multidisciplinary management of patients.

