

APPENDICITIS

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Abstract:

Appendicitis is the most common surgical disease of the gastrointestinal system and one of the most dangerous diseases. The danger of the disease is, first of all, the inevitability of its rapid development and appearance of serious life-threatening complications. The probability that a person will encounter acute appendicitis during his life is very high. 5-10% of people are diagnosed with this disease.

Appendicitis can develop in people of any age and gender. However, statistics show that most often this inflammation is observed in people aged 5-40. Among patients aged 20-40, the number of female patients is twice as large as that of men, but among patients under 20 years of age, men predominate. In general, women are more affected than men. After the age of 40, the probability of developing the disease decreases significantly, but is not equal to zero. Therefore, appendicitis develops even in older people. In addition, appendicitis is occasionally diagnosed in children under 5 years of age.

DEFINITION AND CLASSIFICATION OF DISEASE

Appendicitis is an inflammation of the appendix, a worm-like tumor located in the lower part of the intestine. Usually, the appendix is a small tube with a diameter of 7-10 mm and a length of 50-150 mm. It starts from the cecum, gradually narrows and has no way out.

The function of the appendix is unclear. Previously, the appendix was considered a simple rudiment, a remnant of humans' distant animal ancestors that ate mainly plants and is now considered redundant. Currently, there are serious reasons for proving that it plays an important role in endocrine and immune processes, as well as in the formation of intestinal microflora. It has been proven that people who have had their appendix removed have problems with having enough beneficial



microorganisms in their intestines. However, the appendix is not a vital organ for the body.

A worm-like tumor or appendix

Photo: corbac40/Shutterstock.com

As a rule, inflammation of the appendix is acute in nature. As a result of the disease, pus accumulates in the tumor, and due to the narrowness of the tumor, it cannot be easily removed. The appendix enlarges and begins to hurt. Eventually, this causes the wall of the appendix to rupture and leak pus into the abdomen. This, in turn, causes acute peritonitis, sepsis, or abscess in the abdominal cavity, which can lead to death with a high probability. The most serious injury is Pyle phlebitis - it causes liver damage, inflammation of the portal vein, the mortality rate is very high.

The disease passes very quickly and usually lasts more than 2-4 days, rarely a week. Cases of self-healing of acute appendicitis are rare. Sometimes a protective infiltrate from the surrounding tissues can develop around the affected appendix, but this formation can also lead to abscesses. Therefore, the disease requires surgical intervention and medical treatment. With timely treatment of the disease, the outcome will be positive.

Sometimes patients with acute appendicitis develop chronic appendicitis. The manifestation of this condition is 100 times less than acute disease. Usually, surgical treatment is not required.

Acute appendicitis is divided into simple (catarrhal) and destructive forms with complications. Without proper treatment, simple appendicitis usually turns into destructive appendicitis.

The main stages of the development of appendicitis:

Catarrhal;

Phlegmonosis;

Gangrenosis;

Perforative.

CAUSES OF APPENDICITIS

The causes of appendicitis in adults are not yet fully understood. However, scientists emphasize that there is no single cause of appendicitis common to all patients. Each patient may have their own reasons. In most cases, appendicitis is caused by a blockage of the entrance to the appendix. The reasons for the blockage can be



different - for example, tubal stones or the entry of foreign bodies. Adhesions caused by compression of the upper part of the appendix due to cholecystitis or enteritis are also causes of obstruction.

Also, bacteria play a big role in the development of appendicitis - enterococci, streptococci, staphylococci and Escherichia coli. Often, there is a combination of these two factors. Long-term preservation of the content inside the tumor leads to a decrease in its internal immunity and the creation of conditions for the penetration of pathogenic bacteria. In addition, append spasm of the blood vessel that supplies the tumor with blood is also the main cause of mycitis. Another reason is an injury to the abdominal cavity, which leads to injury or displacement of the appendix.

Factors contributing to the development of the disease include frequent constipation, intestinal peristalsis disorders, lack of plant fibers in food, overeating, a number of infectious diseases of the gastrointestinal system, and the presence of parasites. The origin of the disease is influenced by genetic factors, as well as bad habits, stress, lack of vitamins and microelements, and weak immunity.

Appendicitis is common in pregnant women - displacement of the appendix occurs due to the enlargement of the uterus. In case of certain diseases of the uterus, inflammation can pass from the center to the appendix.

SYMPTOMS AND SIGNS OF APPENDICITIS

Symptoms are very important for early diagnosis of appendicitis. Their quality makes it possible to exclude the possibility of other diseases of the gastrointestinal tract that are not related to appendicular inflammation.

The main symptoms of appendicitis in adults include:

Acute abdominal pain, including pressure;

Temperature rise;

Nausea;

Return.

The first signs and symptoms of acute appendicitis do not always allow to clearly identify this disease. At first, the disease may resemble other diseases, so patients may mistakenly think that this pain is not dangerous and is caused by a simple abdominal pain, gastritis attack or kidney stones.



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