

## QUALITY OF LIFE IN SEASONAL ALLERGIC RHINITIS

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Allergic rhinitis (AR) is widespread among the population of the world (10-20%) (Bousquet J., 2021). The incidence of seasonal AR (SAR) has increased, it affects more than 20% of the adult population (Garashchenko T.I., 2015).

In 2009-2014 in the Republic of Uzbekistan an increase in the incidence rate of ATS was found, which was 13.5% (per 100 thousand population from 98.5 to 111.83) (Irsaliev F.H., 2015). According to N.D. Suyunov et al. (2017), the prevalence of AR in the Republic of Uzbekistan was: in Tashkent city - 0.95%, in Bukhara region - 2.36%, in Jizzak region - 1.12%, in Navoi region - 3.12%, in Surkhandarya region - 1.4%, in Khorezm region - 2.32%. (Suyunov N.D., 2017).

**Purpose of the study:** to study the clinical symptomatology, functional state of the nasal cavity and quality of life of adult patients with ATS living in Fergana region.

**Material and research methods:** We studied 104 patients with ATS who have applied in the clinic of Fergana regional multidisciplinary medical center at the age of 17-53 years (mean age  $27,6 \pm 0,84$  years), from them men were 40, women - 64. The control group (CG) consisted of 29 practically healthy persons whose mean age was defined as  $21.1 \pm 1.7$  years without nasal breathing disorders and changes in nasal cavity and nasopharynx at rhinoscopy.

ATS was diagnosed according to generally accepted criteria on the basis of complaints, a thorough history, the duration of the process and objective examination. An obligatory condition for enrolling patients in the main group was the presence of a positive own allergological history, as well as eosinophilia in peripheral blood and/or nasal smears. Concomitant pathology of our patients did not influence the conducted research, and patients with deviated septum, catarrhal, hypertrophic and vasomotor rhinitis were not included in the study group.

We studied the state of mucociliary clearance (MC) of the nasal mucosa by means of starch and agar gel with saccharin powder by the method of G.I. Markov (gel composition: starch - 0,2 g, agar-agar - 0,05 g, saccharin - 1 g, water to 10 ml). Smell was determined by the standard method according to V.I. Voyacek. Quality of life (QOL) of ATS patients was studied using a special Rhinoconjunctivitis Quality of Life Questionnaire (RQLQ) (Juniper E.F., 2000).

**Study Results.**

Complaints of patients were nasal breathing difficulty and profuse liquid transparent or whitish discharge in 100% of patients, olfactory disturbances in 54.81%, slight headache in 59.21%, fatigability and decreased working capacity in 56.12%, sleep disturbances in 52.14%.

In our study of MC in CG, the transitory time was  $16.92 \pm 0.14$  min, while in ATS patients it varied from 24 to 58 minutes. We identified the degrees of MC oppression in ATS patients: 31 (29.81%) patients had 1st degree of MC oppression - mean time  $28.71 \pm 0.91$  min, in 44 (42.31%) patients - degree II -  $38.43 \pm 0.69$  min, in 29 (27.88%) - degree III - mean time  $47.72 \pm 1.21$  min.

In our patients, grade I hyposmia was diagnosed in 27 (25.96%), grade II - in 18 (17.31%), grade III - in 12 (11.54%), grade IV and no anosmia were found. In 47 (45,19%) the sense of smell was normal.

Comparison of vital signs in the group of ATS and CG patients revealed reliably worse QOL in ATS patients (sum of scores,  $45,6\pm 0,4$  and  $15,4\pm 0,9$  respectively ( $p\leq 0,001$ )), which cannot help but cause concern, since ATS is widespread and is a socially significant pathology.

Moreover, for each of the symptoms studied we found a statistically significant difference ( $p\leq 0,001$ ).

The combination of difficulty of nasal breathing, MC depression, hyposmia, and all complaints of the patients together with the ballpoint subjective evaluation of their condition gives rather a vivid picture of the need for adequate effective treatment of patients with ATS, both symptomatic and pathogenetic.

### **Conclusion**

The clinical picture of patients with ATS has a depressing effect on the functional state of the nasal cavity, but also reliably and dramatically worsens their quality of life during exacerbation, reducing working capacity and increasing fatigue, which makes the problem of ATS not just medical, but also socio-economic.