RELEVANCE OF ABNORMAL UTERINE BLEEDING

Temirova Dilnoza Olimzhonovna
Жумаева Дилноза Рустамовна
Asian International University

GENERAL INFORMATION Abnormal uterine bleeding (AUB) is bleeding that is excessive in duration (more than 8 days), volume of blood loss (more than 80 ml) and/or frequency (interval less than 24 days). Heavy menstrual bleeding is excessive menstrual blood loss, having a negative impact on the physical, social, emotional and/or material well-being of a woman. The obsolete terms "menorrhagia", "metrorrhagia", "hypermenorrhea", "hypomenorrhea", "menometrorrhagia", "dysfunctional uterine bleeding" are currently replaced by AUB, heavy menstrual bleeding and intermenstrual bleeding. The concept of "AMB" includes the terms: • heavy menstrual bleeding, which means a heavier or longer period of menstruation, • irregular and prolonged menstrual bleeding. However, anemia is not a mandatory criterion for heavy uterine bleeding. It should be noted that AUB includes bleeding from the body and cervix of the uterus, but not from the vagina and vulva. Abnormal uterine bleeding (AUB) not associated with pregnancy has remained one of the leading reasons for visiting a gynecologist for many years; the incidence of AUB is about 30% among patients of reproductive age and can reach 70% in the perimenopausal period. Repeated AUB lead to the development of iron deficiency anemia, significantly reduce the quality of life, and are also associated with additional costs for hygiene products.

Key words: abnormal uterine bleeding (AUB); reproductive period, menopause, anemia, diagnostics.

Relevance: Despite the progress in medicine, uterine bleeding remains a well-known medical problem. Abnormal uterine bleeding has a negative impact on the physical, emotional, social, including material well-being of the female population. About a third of women seek medical help from a gynecologist due to abnormal uterine bleeding. Their frequency increases with age: if in reproductive age it is 20-30%, then in the period of peri- and postmenopause it increases to 80%. Abnormal uterine bleeding ranks 2nd among the reasons for hospitalization of women in gynecological hospitals, and serves as an indication for most surgical interventions, including destructive ones.

The prevalence of abnormal uterine bleeding among women of reproductive age worldwide is estimated to be between 3% and 30%, with higher rates occurring during menarche and perimenopause. Many studies are limited to uterine bleeding, but when

irregular and intermenstrual bleeding are considered, the prevalence of AUB increases to 35% or more.

AUB is one of the main causes of anemia and iron deficiency in the female population, leading to increased maternal morbidity and mortality in pregnant women with pre-existing anemia [7]. Women with menstrual irregularities are more likely to report anxiety, depression, insomnia, excessive sleepiness, and pain syndrome than women without menstrual problems [8

Classification and terminology For a long time, there was no unified terminology and universal classification system for AMC, which significantly complicated the conduct of scientific research and the development of standards for patient care.

In 2011, the International Federation of Gynecology and Obstetrics (FIGO) developed a new classification system for AUB – PALM-COEIN. PALM-COEIN is an abbreviation that allows classifying the main causes of abnormal uterine bleeding. The first part, “PALM”, describes the structural causes of bleeding. The second part, "COEI," describes nonstructural causes. "N" stands for "not otherwise classified."

• P: polyp
• A: adenomyosis
• L: leiomyoma
M: endometrial hyperplasia/cancer.
• C: coagulopathy/bleeding disorder
• O: ovulatory dysfunction
• E: endometrial causes
• I: iatrogenic causes
• N: not classified

Iatrogenic causes of AUB include exogenous therapy that may result in uterine bleeding. This includes AUB associated with the use of systemic pharmacotherapy or intrauterine systems or devices. In addition to sex steroids such as estrogens, progestins, and androgens, and agents that directly affect their production or function, this category now includes nonsteroidal drugs that promote ovulation disorders, drugs that affect dopamine metabolism, including phenothiazines and tricyclic antidepressants. In the original classification, women with AUB associated with anticoagulant use were classified in group coagulopathies – AMK-C; in the new revision they are considered iatrogenic and classified as AMK-I [1]. This group of drugs includes vitamin K antagonists and modern oral direct anticoagulants. Recent studies have shown an increased risk of AMK with the use of rivaroxaban compared with other oral direct anticoagulants or warfarin.

Classification of AMC by age groups

• Juvenile period (menarche - 17 years);

• Reproductive period (17-45 years);
• Premenopausal period (46-55 years);
• Postmenopausal period.
Classification of AMC according to ovarian function
• Ovulatory;
anovulatory (table 2).

SYMPTOMATICS
• Menorrhagia (hypermenorrhea) — excessive (more than 80 ml) or prolonged (more than 7 days) menstruation with a regular interval of 21–35 days:– a small number of blood clots in profuse blood discharge;– iron deficiency anemia of moderate to severe severity;– the appearance of hypovolemic disorders on menstrual days.
Metrorrhagia is irregular intermenstrual bloody discharge from the uterus (usually of a non-intensive nature).
• Menometrorrhagia is irregular prolonged uterine bleeding (the most common symptom is the absence of a rhythm of uterine bleeding: - frequent occurrence of bleeding after periods of oligomenorrhea; - periodic increase in bleeding against the background of scanty or moderate blood
discharge;– a marked difference in the duration of bleeding.

• Polymenorrhea — frequent menstruation with an interval of less than 21 days.

CLINICAL PICTURE
• Acyclic bleeding;
• lasting for a long time;
• always painless;
• contributes to progressive anemia
ation and possible development of DIC syndrome.

DIAGNOSIS
• Gynecological examination;
• ultrasound examination (US) of the pelvic organs taking into account the thickness and structure of the endometrium (M-echo);
• cytological examination of aspirate from the uterine cavity;
• hysteroscopy and diagnostic curettage of the endocervix and endometrium;
conducting a pathological examination of endometrial biopsy material;
• determining the content of β-hCG in urine or blood serum in sexually active girls.
In short, abnormal uterine bleeding seriously affects a woman's health, lifestyle, and work. Severe anemia can be recognized as a complication.

Due to anemia, the blood supply to vital organs is disrupted, and dystrophic changes occur in them. The woman feels tired, lethargic, her movements slow down, and her memory deteriorates. Therefore, if abnormal bleeding is detected, the woman must immediately undergo a medical examination and receive the necessary treatment.

References

1. Temirova, D. O. (2024). Diagnosis of Cervical Erosion. *American Journal of Bioscience and Clinical Integrity*, *1*(11), 84-89.
2. Темирова, Д. А. (2024). СОВРЕМЕННЫЕ МЕТОДЫ ЛЕЧЕНИЯ СИНДРОМА АШЕРМАНА. *Modern education and development*, *16*(10), 132-142.
3. Темирова, Д. О. (2024). КЛИНИЧЕСКОЕ ЗНАЧЕНИЕ МИОМЫ МАТКИ В ГИНЕКОЛОГИИ. *Modern education and development*, *16*(10), 116-131.
4. Olimjonovna, T. D. (2024). THE SYNDROME OF UNFORTUNATE CONSEQUENCES HELPPA. *Modern education and development*, *16*(10), 156-166.
5. Olimjonovna, T. D. (2024). UTERINE PROLAPSE IS A DELICATE PROBLEM FOR WOMEN. *Modern education and development*, *16*(10), 167-176.
6. Olimjonovna, T. D. (2024). BACTERIAL VAGINOSIS IS A DANGEROUS DISEASE. *Modern education and development*, *16*(10), 143-155.
7. Temirova, D. (2024). ADENOMYOSIS AND DISORDERS OF REPRODUCTIVE FUNCTION. *European Journal of Modern Medicine and Practice*, *4*(10), 195-199.
8. Saloxiddinovna, X. Y. (2024). Modern Views on the Effects of the Use of Cholecalciferol on the General Condition of the Bod. *JOURNAL OF HEALTHCARE AND LIFE-SCIENCE RESEARCH*, *3*(5), 79-85.
9. Халимова, Ю. С., & Хафизова, М. Н. (2024). МОРФО-ФУНКЦИОНАЛЬНЫЕ И КЛИНИЧЕСКИЕ АСПЕКТЫ СТРОЕНИЯ И РАЗВИТИЯ ЯИЧНИКОВ (ОБЗОР ЛИТЕРАТУРЫ). *TADQIQOTLAR. UZ*, *40*(5), 188-198.
10. Халимова, Ю. С. (2024). Морфологические Особенности Поражения Печени У Пациентов С Синдромом Мэллори-Вейса. *Journal of Science in Medicine and Life*, *2*(6), 166-172.
11. Темирова, Д. О., & Мухитдинова, Х. С. (2025). РАЗРЫВ МАТКИ–СЕРЬЕЗНОЕ ОСЛОЖНЕНИЕ В АКУШЕРСТВЕ. *Modern education and development*, *19*(2), 365-374.
12. Мухитдинова, Х. С., & Темирова, Д. О. (2025). КЛИНИЧЕСКОЕ ФАКТОРЫ СТРОЕНИЕ СПЕРМАТОЗОИДОВ ПРИ МУЖСКОГО БЕСПЛОДИЯ. *Modern education and development*, *19*(2), 416-426.
13. Мухитдинова, Х. С., & Темирова, Д. О. (2025). ОСОБЕННОСТИ ПАТОЛОГИЯ ЯИЧНИКОВ В СТРУКТУРЕ ГИНЕКОЛОГИЧЕСКОЙ ЗАБОЛЕВАЕМОСТИ. *Modern education and development*, *19*(2), 450-463.

14. Темирова, Д. О., & Мухитдинова, Х. С. (2025). ВНЕМАТОЧНАЯ БЕРЕМЕННОСТЬ–ЗАБОЛЕВАНИЕ, ТРЕБУЮЩЕЕ НЕОТЛОЖНОЙ ПОМОЩИ. *Modern education and development*, *19*(2), 342-354.
15. Темирова, Д. О., & Мухитдинова, Х. С. (2025). МОРФОФУНКЦИОНАЛЬНЫЕ ОСОБЕННОСТИ ТРИХОМОНИАЗА. *Modern education and development*, *19*(2), 355-364.
16. Темирова, Д. О., & Мухитдинова, Х. С. (2025). ПРЕЖДЕВРЕМЕННАЯ ОТСЛОЙКА ПЛАЦЕНТЫ. *Modern education and development*, *19*(2), 316-327.
17. Темирова, Д. О., & Мухитдинова, Х. С. (2025). СПКЯ-ОДНА ИЗ ПРИЧИН БЕСПЛОДИЯ. *Modern education and development*, *19*(2), 328-341.
18. Xalimova, Y. S. (2024). Morphology of the Testes in the Detection of Infertility. *Journal of Science in Medicine and Life*, *2*(6), 83-88.
19. KHALIMOVA, Y. S. (2024). MORPHOFUNCTIONAL CHARACTERISTICS OF TESTICULAR AND OVARIAN TISSUES OF ANIMALS IN THE AGE ASPECT. *Valeology: International Journal of Medical Anthropology and Bioethics*, *2*(9), 100-105.
20. Salokhiddinovna, K. Y. (2024). IMMUNOLOGICAL CRITERIA OF REPRODUCTION AND VIABILITY OF FEMALE RAT OFFSPRING UNDER THE INFLUENCE OF ETHANOL. *EUROPEAN JOURNAL OF MODERN MEDICINE AND PRACTICE*, *4*(10), 200-205.
21. Salokhiddinovna, K. Y., Saifiloevich, S. B., Barnoevich, K. I., & Hikmatov, A. S. (2024). THE INCIDENCE OF AIDS, THE DEFINITION AND CAUSES OF THE DISEASE. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, *55*(2), 195-205.
22. Nematilloevna, K. M., & Salokhiddinovna, K. Y. (2024). IMPORTANT FEATURES IN THE FORMATION OF DEGREE OF COMPARISON OF ADJECTIVES IN LATIN. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, *55*(2), 150-157.
23. Saloxiddinovna, X. Y., & Ne'matillaevna, X. M. (2024). FEATURES OF THE STRUCTURE OF THE REPRODUCTIVE ORGANS OF THE FEMALE BODY. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, *55*(2), 179-183.
24. Хафизова, М. Н., & Халимова, Ю. С. (2024). ИСПОЛЬЗОВАНИЕ ЧАСТОТНЫХ ОТРЕЗКОВ В НАИМЕНОВАНИЯХ ЛЕКАРСТВЕННЫХ ПРЕПАРАТОВ В ФАРМАЦЕВТИКЕ. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, *55*(2), 172-178.
25. Хафизова, М. Н., & Халимова, Ю. С. (2024). МОТИВАЦИОННЫЕ МЕТОДЫ ПРИ ОБУЧЕНИИ ЛАТЫНИ И МЕДИЦИНСКОЙ

ТЕРМИНОЛОГИИ. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, *55*(2), 165-171.

26. Халимова, Ю. С., & Хафизова, М. Н. (2024). ОСОБЕННОСТИ СОЗРЕВАНИЕ И ФУНКЦИОНИРОВАНИЕ ЯИЧНИКОВ. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, *55*(2), 188-194.
27. Халимова, Ю. С., & Хафизова, М. Н. (2024). КЛИНИЧЕСКИЕ АСПЕКТЫ ЛИЦ ЗЛОУПОТРЕБЛЯЮЩЕЕСЯ ЭНЕРГЕТИЧЕСКИМИ НАПИТКАМИ. *TADQIQOTLAR. UZ*, *40*(5), 199-207.
28. Халимова, Ю. С., & Хафизова, М. Н. (2024). кафедра Клинических наук Азиатский международный университет Бухара, Узбекистан. *Modern education and development*, *10*(1), 60-75.
29. Халимова, Ю. С., & Хафизова, М. Н. (2024). КЛИНИЧЕСКИЕ ОСОБЕННОСТИ ЗАБОЛЕВАНИЙ ВНУТРЕННИХ ОРГАНОВ У ЛИЦ, СТРАДАЮЩИХ АЛКОГОЛЬНОЙ ЗАВИСИМОСТЬЮ. *TADQIQOTLAR. UZ*, *40*(5), 240-250.
30. Халимова, Ю. С., & Хафизова, М. Н. (2024). МОРФО-ФУНКЦИОНАЛЬНЫЕ И КЛИНИЧЕСКИЕ АСПЕКТЫ ФОРМИРОВАНИЯ КОЖНЫХ ПОКРОВОВ. *Modern education and development*, *10*(1), 76-90.
31. Khalimova, Y. S. (2024). Features of Sperm Development: Spermatogenesis and Fertilization. *American Journal of Bioscience and Clinical Integrity*, *1*(11), 90-98.
32. Salokhiddinovna, K. Y., & Nematilloevna, K. M. (2024). MODERN MORPHOLOGY OF HEMATOPOIETIC ORGANS. *Modern education and development*, *16*(9), 50-60.
33. Khalimova, Y. (2025). MORPHOLOGY OF PATHOLOGICAL FORMS OF PLATELETS. *Modern Science and Research*, *4*(2), 749-759.
34. Jumaeva, D. R. (2025). VAGINAL MIKROBIOTSENOZ, BAKTERIAL VAGINOZ HOLATI VA UNI DAVOLASH USULLARI. *Modern education and development*, *19*(3), 65-77.
35. Djumaeva, D. R. (2025). TOMOSINTEZ BILAN RAQAMLI MAMMOGRAFIYA NAZORATI OSTIDA KO'KRAK BEZINING STEREOTAKSIK BIOPSIYASI. *Modern education and development*, *19*(3), 53-64.
36. Жумаева, Д. Р. (2025). ОПТИМИЗАЦИЯ МЕТОДОВ ДИАГНОСТИКИ РАЗЛИЧНЫХ ФОРМ ЭНДОМЕТРИОЗА У ЖЕНЩИН РЕПРОДУКТИВНОГО ВОЗРАСТА. *Modern education and development*, *19*(3), 78-87.
37. Жумаева, Д. Р. (2025). СОСТОЯНИЕ МИКРОБИОЦЕНОЗА ВЛАГАЛИЩА, БАКТЕРИАЛЬНЫЙ ВАГИНОЗ И ВОЗМОЖНОСТИ ЕГО ЛЕЧЕНИЯ. *Modern education and development*, *19*(3), 88-101.

38. Жумаева, Д. Р. (2025). АНАЛИЗ ГИНЕКОЛОГИЧЕСКОЙ ПАТОЛОГИИ У ЖЕНЩИН ПОЗДНЕГО РЕПРОДУКТИВНОГО ПЕРИОДА ЗАБОЛЕВАНИЯМИ МОЛОЧНОЙ ЖЕЛЕЗЫ. *Modern education and development*, *19*(3), 102-112.
39. DR Zhumaeva, D. R. (2024). The State of the Vaginal Microbiocenosis, Bacterial Vaginosis andits Treatment Options. *American Journal of Bioscience and Clinical Integrity*, *1*(11), 78-83.
40. Хикматова, Н. И., & Жумаева, Д. Р. (2023). Инвазивные И Неинвазивные Методы Диагностики Заболевания Молочных Желез. *Central Asian Journal of Medical and Natural Science*, *4*(6), 652-658.
41. ZHUMAEVA, D. (2024). OPTIMIZATION OF METHODS OF DIAGNOSTICS OF VARIOUS FORMS OF ENDOMETRIOSIS IN WOMEN OF REPRODUCTIVE AGE. *Valeology: International Journal of Medical Anthropology and Bioethics (2995-4924)*, *2*(9), 120-125.
42. Абдукаримов, У. Г., Ихтиярова, Г. А., & Джумаева, Д. Р. (2024). Скрининг Рака Молочной Железы: Настоящее И Будущее. Обзор Литературы. *Research Journal of Trauma and Disability Studies*, *3*(2), 144-148.
43. Zhumaeva, D. R. (2025). IMMUNOLOGICAL CHARACTERISTICS OF THE ENDOMETRIUM IN WOMEN WITH IMPAIRED FERTILITY. *Modern education and development*, *19*(2), 390-402.
44. Jumaeva, D. R. (2025). REPRODUKTIV BUZISHLI AYOLLARDA ENDOMETRIYNING IMMUNOLOGIK XUSUSIYATLARI. *Modern education and development*, *19*(2), 403-415.
45. Jumaeva, D. R. (2025). REPRODUKTIV BUZISHLI AYOLLARDA ENDOMETRIYNING IMMUNOLOGIK XUSUSIYATLARI. *Modern education and development*, *19*(2), 403-415.
46. Jumaeva, D. R. (2025). REPRODUKTIV BUZISHLI AYOLLARDA SURUNKALI AUTOIMMUN ENDOMETRITNNING KECHISHI. *Modern education and development*, *19*(2), 375-389.
47. Zikrillaev, F. A. (2024). Cardiorehabilitations from Physiotherapeutic Treatments in Cardiovascular Diseases. *American Journal of Bioscience and Clinical Integrity*, *1*(10), 96-102.
48. Зикриллаев, Ф. А. (2024). ОПРЕДЕЛЕНИЕ РАННИХ ФАКТОРОВ РИСКА ХРОНИЧЕСКОЙ БОЛЕЗНИ ПОЧЕК В ПУБЕРТНОМ ВОЗРАСТЕ. *Modern education and development*, *16*(7), 166-180.
49. Зикриллаев, Ф. А. (2024). РОЛЬ ПРЕПАРАТОВ ЛЕРКАНИДИПИНА И АМЛОДИПИНА В ЛЕЧЕНИИ АРТЕРИАЛЬНОЙ ГИПЕРТЕНЗИИ ПРИ ХРОНИЧЕСКОЙ БОЛЕЗНИ ПОЧЕК. *Modern education and development*, *16*(7), 213-229.

50. Abdurashitovich, Z. F. (2024). DETERMINATION OF THE ETIOPATHOGENESIS AND RISK FACTORS OF OBESITY AMONG ADOLESCENTS. *Modern education and development*, *16*(7), 181-194.
51. Abdurashitovich, Z. F. (2024). EARLY RISK FACTORS FOR ARTERIAL HYPERTENSION AND FEATURES OF ITS ASSOCIATION WITH OTHER DISEASES. *Modern education and development*, *16*(7), 195-212.
52. Abdurashitovich Z. F. ODAM ANATOMIYASI FANIDAN KALLA SUYAKLARI TUZILISHI VA SHAKLLANISHI HAQIDA //Modern education and development. – 2024. – Т. 16. – №. 7. – С. 149-165.
53. Халимова, Ю. С. (2024). КЛИНИКО-МОРФОЛОГИЧЕСКИЕ ОСОБЕННОСТИ ВИТАМИНА D В ФОРМИРОВАНИЕ ПРОТИВОИНФЕКЦИОННОГО ИММУНИТА. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, *36*(3), 86-94.
54. Saloxiddinovna, X. Y. (2024). CLINICAL FEATURES OF VITAMIN D EFFECTS ON BONE METABOLISM. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, *36*(5), 90-99.
55. Saloxiddinovna, X. Y. (2024). CLINICAL AND MORPHOLOGICAL ASPECTS OF AUTOIMMUNE THYROIDITIS. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, *36*(5), 100-108.
56. Saloxiddinovna, X. Y. (2024). MORPHOFUNCTIONAL FEATURES BLOOD MORPHOLOGY IN AGE-RELATED CHANGES. *Лучшие интеллектуальные исследования*, *14*(4), 146-158.
57. Saloxiddinovna, X. Y. (2024). CLINICAL MORPHOLOGICAL CRITERIA OF LEUKOCYTES. *Лучшие интеллектуальные исследования*, *14*(4), 159-167.
58. Saloxiddinovna, X. Y. (2024). Current Views of Vitamin D Metabolism in the Body. *Best Journal of Innovation in Science, Research and Development*, *3*(3), 235-243.
59. Saloxiddinovna, X. Y. (2024). MORPHOFUNCTIONAL FEATURES OF THE STRUCTURE AND DEVELOPMENT OF THE OVARIES. *EUROPEAN JOURNAL OF MODERN MEDICINE AND PRACTICE*, *4*(4), 220-227.
60. Toxirovna, E. G. (2024). QALQONSIMON BEZ KASALLIKLARIDAN HASHIMOTO TIREODIT KASALLIGINING MORFOFUNKSIONAL O'ZIGA XOSLIGI. *Modern education and development*, *16*(7), 120-135.
61. Toxirovna, E. G. (2024). REVMATOID ARTRIT: BO'G'IMLAR YALLIG'LANISHINING SABABLARI, KLINIK BELGILARI, OQIBATLARI VA ZAMONAVIY DAVOLASH YONDASHUVLARI. *Modern education and development*, *16*(7), 136-148.

62. Эргашева, Г. Т. (2024). ОЦЕНКА КЛИНИЧЕСКОЙ ЭФФЕКТИВНОСТИ ОРЛИСТАТА У БОЛЬНЫХ ОЖИРЕНИЕМ И АРТЕРИАЛЬНОЙ ГИПЕРТЕНЗИЕЙ. *Modern education and development*, *16*(7), 92-105.
63. Ergasheva, G. T. (2024). THE SPECIFICITY OFAUTOIMMUNE THYROIDITIS IN PREGNANCY. *European Journal of Modern Medicine and Practice*, *4*(11), 448-453.
64. Эргашева, Г. Т. (2024). ИССЛЕДОВАНИЕ ФУНКЦИИ ЩИТОВИДНОЙ ЖЕЛЕЗЫ ПРИ ТИРЕОИДИТЕ ХАШИМОТО. *Modern education and development*, *16*(7), 106-119.
65. Toxirovna, E. G. (2024). GIPOFIZ ADENOMASINI NAZORAT QILISHDA KONSERVATIV JARROHLIK VA RADIATSIYA TERAPIYASINING UZOQ MUDDATLI SAMARADORLIGI. *Modern education and development*, *16*(7), 79-91.
66. ERGASHEVA, G. T. (2024). OBESITY AND OVARIAN INSUFFICIENCY. *Valeology: International Journal of Medical Anthropology and Bioethics*, *2*(09), 106-111.
67. Ergasheva, G. T. (2024). Modern Methods in the Diagnosis of Autoimmune Thyroiditis. *American Journal of Bioscience and Clinical Integrity*, *1*(10), 43-50.