

MODERN POSSIBILITIES OF TREATMENT OF MASTALGIA AGAINST THE BACKGROUND OF MASTOPATHY.

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The problem of breast diseases is one of the pressing issues in the modern world due to the high prevalence of this pathology in women of reproductive age. It should be noted that breast diseases are characterized by various course options from asymptomatic to painful sensations causing discomfort and burning, as well as the complexity of the choice of treatment methods. The frequency of mastopathy in the population of Uzbek women reaches 45-50%. The role of mastopathy in the development of breast cancer should not be underestimated, although in general it is not considered as precancer or a stage of the oncological process in the mammary gland, however, many of its forms significantly increase the risk of developing breast cancer. [2].

The mammary glands (MG) are part of the female reproductive system and a complex organ in terms of anatomical and functional aspects, undergoing pronounced cyclic changes. MG are in a state of constant alternation of proliferation and involution processes associated with the phases of menstrual cycles and the corresponding different levels of sex hormones, being a target organ for them [3, 10]. The processes of proliferation of the epithelium of the mammary glands are influenced by estrogens and progesterone produced by the ovaries and adrenal cortex, as well as gonadotropic hormones of the anterior pituitary gland, primarily follicle-stimulating hormone. Clinical and experimental data on the role of hormones in the development of mastopathy are often contradictory. Nevertheless, mastopathy is a hormone-dependent disease caused by an imbalance in the hypothalamic-pituitary -ovarian system [5, 8, 9, 11].

At the reception of the gynecologist-endocrinologist one of the most frequent questions from patients is the question of the possibility of prescribing them, depending on the age and condition of the mammary glands, combined oral contraceptives (COC). The doctor has to evaluate the safety of hormonal therapy in each specific case, including from the standpoint of the possible impact on the risk of breast cancer. It is generally accepted that changes in the synthesis and metabolism of estrogens and progesterone are of fundamental importance for the risk of developing breast cancer [4]. In the case of a combination of mastopathy with gynecological diseases requiring hormonal correction, the appointment of hormonal therapy is possible. In Uzbekistan, for the diagnosis of non-cancerous diseases of the mammary gland, the clinical and

radiological classification of mastopathy by N. I. Rozhkova is used [1], according to which 5 forms of diffuse mastopathy are distinguished: with a predominance of:

- glandular component;
- fibrous component;
- cystic component;
- mixed form of diffuse fibrocystic mastopathy;
- sclerosing adenosis .

The aim of the work: to study the effect of Memogen capsules on the frequency of mastalgia in women with fibrocystic mastopathy while taking COCs. For the treatment of mastalgia in women with FCM while taking COCs, a universal hyperplastic corrector of various pathological processes in the organs and tissues of the female reproductive system was used, including: mammary glands, ovaries, endometrium, myometrium , cervix. The drug has a normalizing effect on the balance of estrogens in the female body, suppresses the negative stimulating effect of the latter, blocks other hormone-independent mechanisms that activate pathological growth of cells in the mammary glands and uterus. It has a selective stimulation of the death of transformed cells with an unusually high proliferative activity. Mastalgia is one of the most common symptoms that can bother women. In most cases, this is premenstrual pain in the mammary glands lasting 1-4 days [6].

According to the results of population studies and data from specialized mammology clinics, pain in the mammary glands occurs in 70% of women under 55 years of age, most often at the age of 30–50 years. In 45% of cases, women report mild pain, considering its presence to be a normal variant, and 25% of patients suffer from intense pain lasting more than 5 days [1, 3, 11].

Research Methodology We examined 47 women aged 30 to 45 years with mastalgia against the background of FCM, taking COCs. The average age of the patients was 45.1 ± 1.69 . During the visit, the women were asked whether they were bothered by pain in the mammary glands, how many days a week it lasted, in case of pain, they were asked to assess its severity using a 10-cm visual analogue scale. The examination included collection of complaints, anamnestic data, physical examination, including palpation of the mammary glands with the patient standing and lying down, ultrasound examination of the mammary glands and/or X-ray mammography (after 35 years or if indicated based on the results of palpation of the mammary glands). The criteria for exclusion from the study were: malignant neoplasms in the patient or in close relatives of the patient, nodular forms of FCM, known individual hypersensitivity to any component of the drug " Memogen ", glucose-galactose malabsorption , galactose intolerance, lactase deficiency , pregnant and lactating women, children and adolescents under 18 years of age. All patients taking COCs and suffering from FCM who had mastalgia were prescribed the drug " Memogen ", 200 mg twice a day, the

duration of the course of treatment was 6 months, which has an antiestrogenic and antiproliferative effect, causes selective death of mammary gland cells with abnormally high proliferative activity. Study results and their discussion Evaluation of the effectiveness of the drug " Memogen " was carried out for 6 months, the study participants continued daily assessment of the presence and severity of pain in the mammary glands on a 10-centimeter scale. After 6 months, the presence of mastalgia was assessed in accordance with the above criteria over the past 30 days. Mastalgia at the end of the study was found in only 4 (10.8%) patients. No side effects were identified while using Memogen capsules.

Taking COCs is one of the most reliable methods of contraception and is gaining increasing popularity in Uzbekistan . One of the possible undesirable consequences that reduce adherence to treatment while taking COCs is mastalgia . Unfortunately, drugs with a large number of side effects are often prescribed to relieve pain in the mammary glands in patients with FCM (in particular, according to the literature, danazol is prescribed for the treatment of mastalgia by up to 75% of surgeons), while there are simpler and sometimes more effective drugs [11]. This study was conducted to evaluate the effectiveness of the use of Memogen capsules in the treatment of mastalgia caused by taking COCs. Since it has been scientifically proven that the incidence of COC-associated mastalgia – 18.7% [8].

In the general population, the incidence of mastalgia in women reaches 50–70% [4,10].

According to our data, COC-associated mastalgia occurs in 33% of cases. Among women suffering from FCM, mastalgia occurs more often than in women without FCM (37.5% versus 9%). The use of the drug " Memogen " made it possible to relieve pain in the mammary gland in 41 (87.3%) patients.

Thus, we studied the effect of Memogen when used in women with fibrocystic mastopathy while taking COCs and it gave a very good result.

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