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## Severity of Pneumonia in Metabolic Syndrome

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**Abstract:** In addition, regular monitoring of the situation is necessary in connection with the possibility of the occurrence of mutations of the pandemic strain, leading to a change in its virulence or the development of resistance. The vast majority of patients with interstitial pneumonia ended in recovery, obese patients more often required hospitalization and intensive care, and higher morbidity and mortality were recorded among them.

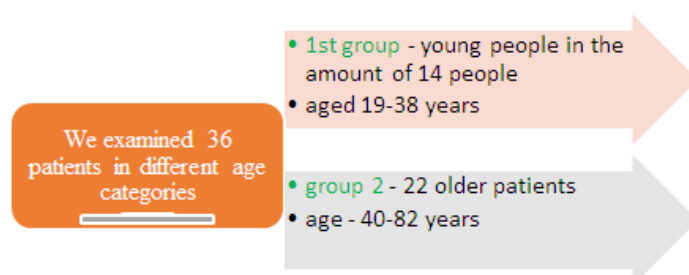
**Keywords:** COVID-19, SARS-CoV-2, coronavirus, human health.

**Relevance.** *The COVID-19 pandemic*, caused by the spread of the SARS-CoV-2 coronavirus, has caused serious concern in the medical community, and the analysis of its results is of great importance for developing action algorithms for possible new waves of viral infection.

Currently, experts from the World Health Organization assess metabolic syndrome as a new pandemic XXI century. This problem is dangerous due to its serious consequences for human health. Moreover, most people do not attach due importance to the manifestations of the syndrome. Meanwhile, this condition is reversible. For the disappearance or reduction of the severity of its symptoms, it is enough to consult a doctor, make lifestyle changes and control blood pressure or blood sugar levels. The influence of the metabolic syndrome on the course of CAP has been little studied.

**Purpose of the study:** To study the severity of the course of community-acquired pneumonia in patients with metabolic syndrome.

**Materials and research methods.** We examined 36 patients in different age categories (group 1 - young people in the amount of 14 people, aged 19-38 years, group 2 - 22 older patients - 40-82 years old).



The patients were hospitalized in the pulmonology department of GMO No. 1 in Samarkand. Among general patients, 60% underwent rehabilitation after pneumonia *COVID-19*. All patients were examined: objective examination, measurement of weight and height, as well as abdominal circumference. All patients, based on the standards, were diagnosed with community-acquired pneumonia of various degrees of severity. In all patients, blood and urine glucose were also determined. Among patients in 32% of cases, metabolic syndrome was also diagnosed. Metabolic syndrome is exposed on the basis of BMI and IR.

**Results and discussions.** On average, the stay of all patients in the hospital - bed days was 9 days. Patients who were diagnosed with metabolic syndrome were on average 3-4 days longer in hospital than other patients. All patients were also treated with antibiotics. In dynamics, the condition of patients improved by 7-8 days, compared with patients without metabolic syndrome, who noted an improvement in the condition on 5-6 days. This is a decrease in body temperature, a decrease in weakness, sweating and shortness of breath.

**Conclusions.** Thus, our studies confirm the opinion of foreign and domestic authors about the effect of overweight on the course and outcome of pneumonia. As our studies have shown, the metabolic syndrome aggravates the course, lengthens the time spent in the hospital of patients with CAP, therefore, when examining these patients, the presence of the metabolic syndrome in them should also be taken into account. With the development of any inflammatory reaction in the body, the endothelium, platelets, leukocytes, the plasma coagulation system and the complement system always interact. Violations at these levels cause all manifestations of MS. It has been established that all components of MS contribute to the development of intravascular thrombus formation. In general, the significance of the concept of MS lies in the formation of an early risk of vascular accidents due to thrombotic and rheological disorders. Metabolic disorders lead to more pronounced changes in hemorheology and hemostasis, as well as to endothelial dysfunction, to an imbalance between the production of vasodilating, angioprotective, antiproliferative factors. Such disorders of the blood and vascular wall occupy one of the key places in the development of cardiovascular diseases, respiratory diseases.

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