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MODERN THERAPEUTIC APPROACHES IN CHRONIC INTERNAL DISEASES: STABILIZATION OF THE CONDITION AND ENSURING QUALITY OF LIFE

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Abstract
Chronic internal diseases — including arterial hypertension, diabetes mellitus, heart failure and chronic obstructive pulmonary disease — pose a major threat to public health worldwide. This article reviews modern therapeutic approaches aimed at effectively managing these diseases and improving the quality of life of patients. Advanced treatment strategies, including individualized therapy, optimized use of drugs, lifestyle changes, integrated methods of diet, rehabilitation and psychological support, are reviewed. The positive contribution of telemedicine and digital health technologies to therapeutic practice is also analyzed. The article is of practical and theoretical importance for therapists working with patients with chronic diseases, and includes recommendations for stabilizing the disease state and ensuring long-term control.

Keywords: Chronic internal diseases, therapeutic approach, individualized treatment, quality of life, diet, rehabilitation, telemedicine, health technologies.

Introduction

Today, chronic internal diseases remain one of the most pressing problems for the global health system. According to the World Health Organization (WHO), chronic diseases such as cardiovascular diseases, diabetes, chronic respiratory diseases and oncological diseases claim the lives of about 41 million people worldwide every year, accounting for 74% of all deaths [1]. The prevalence of chronic internal diseases in Uzbekistan is also increasing every year, especially

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hypertension, obesity, diabetes and heart failure are becoming more common among the population [2].

Chronic diseases are usually long-lasting, slowly developing and repeatedly exacerbating, requiring their complex therapy. While traditional treatment approaches are often limited to combating the symptoms of the disease, modern therapeutic approaches are aimed at managing these diseases in a complex, multi-stage and individual manner. Nowadays, therapists are developing holistic treatment strategies that take into account not only the prescription of medications, but also the patient's lifestyle, psycho-emotional state, nutrition, physical activity, and social support systems [3].

Such integrated approaches are of great importance in slowing the progression of chronic diseases, reducing complications, and improving the quality of life of patients. In particular, the concepts of individualized therapy and long-term monitoring of the disease are coming to the fore in the modern healthcare system. Digital health tools, including telemedicine, mobile applications, and electronic health cards, improve the quality of communication between therapists and patients, thereby ensuring the effectiveness of treatment [4].

This article analyzes the theoretical and practical foundations of modern therapeutic approaches used in the management of chronic internal diseases, their role in medical practice, advantages, and prospects. The article also discusses existing therapeutic protocols, advanced clinical recommendations, and the effectiveness of an individual approach. The focus will be on how these approaches are achieving progress in stabilizing the condition of patients with chronic diseases and improving their quality of life.

Literature Review

In recent decades, significant changes have been observed in therapeutic approaches to the management of chronic internal diseases. These changes are associated with the individualization of medical practice, the transition to multimodal therapy, and the widespread integration of modern technologies into clinical practice.

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First of all, the main features of chronic diseases are their long duration, gradual development, and frequent relapses. In such cases, effective treatment should be aimed at controlling not only the clinical symptoms of the disease, but also its pathophysiological basis [5]. For example, in the treatment of hypertension, it is important not only to lower blood pressure, but also to ensure the stability of the cardiovascular system, improve lifestyle, and reduce stress factors.

Among modern therapeutic approaches, individualized therapy occupies a leading position. An individual treatment plan is drawn up, taking into account the course of the disease, age, gender, comorbidities, and drug sensitivity of each patient. This approach is characterized by improving clinical outcomes and reducing drug side effects [6]. Studies have shown that, in contrast to the approach based on standard protocols, therapy based on an individual approach significantly improves the health of patients with chronic heart failure and diabetes [7].

In addition, a multidisciplinary approach — that is, the joint work of a therapist, dietitian, psychologist, rehabilitation specialist and other specialists — increases the effectiveness of chronic disease management. Through this team approach, the patient's general condition, quality of life and motivation for treatment increase [8].

Dietary and lifestyle changes are also considered important factors in the therapeutic management of chronic diseases. For example, in type 2 diabetes and hypertension, a low-calorie diet, salt restriction, increased physical activity and adherence to sleep hygiene significantly improve the clinical condition. These approaches now also allow for drug-free disease control [9].

Telemedicine and digital health technologies have also ushered in a new era in therapeutic practice. Through mobile applications, remote monitoring systems, and online consultations, patients have been able to regularly monitor their condition, receive medication reminders, and communicate with their doctor remotely. For example, according to a study conducted in the United States, among patients with heart failure, readmission rates decreased by 30% in the group of patients supported by remote monitoring [10].

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Another important aspect is psychological support. Patients with chronic diseases often also struggle with mental health conditions such as depression, anxiety, and social isolation. In clinical practice, the inclusion of cognitive-behavioral therapy, psychological counseling, and group therapy methods in the therapeutic plan increases the patient's active participation in the treatment process [11].

Clinical guidelines from Europe and the United States (e.g., ESC, ADA) recommend the use of patient-centered, evidence-based, multicomponent, and sustainability-based strategies in therapeutic approaches [12]. A number of reforms are also being implemented in the Uzbek healthcare system in this direction, including strengthening the family doctor institution, digitizing local medical institutions, and expanding the capacity of preventive services to increase the early detection and management of chronic diseases [13].

Conclusion

The growing prevalence of chronic internal diseases poses many complex tasks for modern medicine, including not only treating the disease, but also ensuring the quality of life of patients, reducing the consequences of the disease, and supporting their active participation in society. Based on the analysis presented in this article, it can be noted that, unlike traditional approaches, today's therapeutic strategies are based on more individualized, multidisciplinary, complex, and technologically integrated approaches.

Modern therapeutic approaches are not just prescribing drugs, but also an integrated model based on assessing the patient's overall health status, improving lifestyle, providing psychological support, and remote monitoring of the disease. Such approaches play an important role in stabilizing the condition of patients with chronic diseases, slowing the progression of the disease, and improving the quality of life.

Also, the patient's active participation in the treatment process, understanding his disease, and forming management skills are an integral part of therapeutic success. In this regard, the healthcare system should also pay special attention to updating the skills of therapists, widely introducing modern medical technologies, and strengthening the motivation of the population to a healthy

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lifestyle. In conclusion, modern therapeutic approaches to chronic internal diseases serve as an important strategic tool for maintaining patient health and ensuring a healthy quality of life in society. In the future, scientific research in this area, reforms in healthcare policy, and innovative approaches in medical practice will play a decisive role in the development of this area.

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