выглядит следующим образом: вертикально близко к ребрам, а для женщин вертикально до бедренной кости. В нашем наблюдении у пациентов процент жировой массы составил в среднем $15,2 \pm 0,34$ % (норма 3,5-4%).

Оценить объем жировой ткани можно и с помощью ультразвукового исследования (УЗИ), разрешающие способности которого значительно выросли в последние годы [2]. В норме толщина висцеральной жировой ткани (ВЖТ) составляет ≤ 37 мм, а подкожной жировой ткани (ПЖТ) –

< 7 mm. У пациентов СД типа 2 эти показатели соответственно составили: ВЖТ - $82 \pm 2,09$ мм, ПЖТ - $15,5 \pm 0,34$.

Таким образом, измерение объема ВЖТ и ПЖТ, может быть рекомендовано в качестве скрининга калипером и при проведении рутинного УЗИ органов брюшной полости и забрюшинного пространства, а также при динамическом наблюдении за пациентами с ожирением и СД типа 2. Полученные результаты демонстрируют целесообразность определения объема жировой ткани, который тесно связан с развитием СД.

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Autoantibodies in pulmonary sarcoidosis

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doi 10.18411/gq-31-07-2019-37

idsp sciencerussia-31-07-2019-37

Abstract

Sarcoidosis is a systemic granulomatous disease, the etiology of which remains unknown. Literature data on the immunological mechanisms of sarcoidosis are rather contradictory. It was shown that granulomatous inflammation in sarcoidosis is characterized by a shift in the balance towards Th1 lymphocytes [1]. Quite a lot of works are devoted to gamma-interferon, soluble interleukin-2 receptor, neopterin, as well as various lymphocyte subpopulations [2-4].

The study of the humoral response in sarcoidosis, in particular, the production of autoantibodies, has received little attention so far. At the same time, at the present time, ideas about the biological role of autoantibodies have significantly expanded. It has been established that they play an important transport role by participating in the clearance of DNA degradation products that arise in the process of inflammation, necrosis, apoptosis; they regulate inflammatory reactions by limiting the production of pro-inflammatory cytokines; they affect the processes of proliferation and differentiation; some of them have catalytic functions [5].

The goal of this study was to investigate the role of autoimmune mechanisms in pulmonary sarcoidosis.

Patients and methods. Forty patients with pulmonary sarcoidosis between the ages of 29 and 67 years were examined. The duration of the disease ranged from 3 months. up to 25 years. 38 patients had a combined lesion of the lungs and intrathoracic lymph nodes, 2 had an isolated lesion of the lungs. Radiographically, Stage I was observed in 20%, Stage II in 58.8%, Stage II and I in 14.7%. The comparison group included 48 patients with pulmonary

dissemination of a different etiology, matched by sex, age, and duration of the disease. The study did not include patients with tuberculosis and malignant neoplasms. In all patients, the content of antibodies to double-stranded DNA (anti-dsDNA), antibodies to phospholipids (APL) and anti-neutrophil antibodies (ANA) were determined in the serum of peripheral blood by enzyme immunoassay.

Results. Analysis of the results showed that ANA and an increased level of anti-dsDNA with a sufficiently high frequency are found in both sarcoidosis of the lungs and in other pulmonary dissemination (47,5% vs 52,1% and 32,5% vs 35,4% respectively). In 6 patients with sarcoidosis and 5 patients from the comparison group, both autoantibodies were detected simultaneously. In general, the frequency of autoantibody detection was sufficiently high: 65% for sarcoidosis and 66.6% for other pulmonary dissemination.

When comparing the frequency of detection of autoantibodies and the duration of the disease, the following data were obtained (see the table 1):

Table 1

Duration of illness	Pulmonary dissemination	Sarcoidosis
< 1 г.	66,6% (24/16)	42% (19/8)
1-5 лет	71,4% (14/10)	91% (11/10)
5-10 лет	66,6% (6/4)	85% (7/6)
> 10 лет	50% (4/2)	66% (3/2)

Thus, in patients with pulmonary sarcoidosis, AHA and anti-ds DNA were more common with a disease duration of more than one year. In other pulmonary disseminations, the frequency of detection of these autoantibodies did not depend on the duration of the disease. The dependence of the studied parameters on the characteristics of clinical manifestations, as well as a correlation with the X-ray picture, was not revealed.

Conclusion. A rather high frequency of detecting antineutrophil antibodies and an increased level of antibodies to double-stranded DNA in sarcoidosis and other pulmonary disseminations indicates a certain role of autoimmune mechanisms in the pathogenesis of these diseases, but their clinical significance remains unclear, which requires more detailed studies.

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To the question about the possibility of the development of inflammatory periodontal diseases in professional athletes

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doi 10.18411/gq-31-07-2019-38

idsp sciencerussia-31-07-2019-38

Abstract

When describing the characteristics of chronic odontogenic foci in the process of sports activity, it was found that they were often diagnosed in athletes engaged in high-