were observed in 11 patients, 46 of them had myopia or accommodation spasm.

We have developed a protocol for the prevention of GLC:

1. Identification and adequate correction of refractive errors.
2. Compliance with the rational regime of visual load.
3. Stimulation of disaccomodative muscles with drugs.
4. Tear replacement therapy.
5. Vitamin therapy and antioxidant therapy.

Conclusions. Thus, the treatment of GLC should certainly be comprehensive and include all of the above activities.

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STUDY BORING THE BORE HOLES OF THE BIG DIAMETER ON ALLUVIAL DEPOSITS USEFUL FOSSILIZED

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In Uzbekistan's quarries and mines, the use of modern drilling equipment with hydraulic impact actuating equipment is increasingly being used, which in turn raises the question of establishing optimal basic technological dependencies and modes of hydraulic impact drilling in specific mining and geological and mining and technological conditions of field development.

Complexes of technical means for drilling large-diameter exploratory wells in placer mineral deposits (gold, tin) in permafrost distribution areas allow drilling wells up to 200 m deep and are used instead of impact-mechanical and rotary drilling with air blowing.

The efficiency of using EPH complexes (EPH - equipped with pneumatic hammers) is due to an increase in productivity by 35–40% relative to mechanical shock drilling and by 45–55% relative to rotary drilling with air blowing. This in the northern regions allows you to get an economic effect of at least 10-12 rubles. per 1 m of the well. In addition, the introduction of EPH complexes in the practice of exploring alluvial deposits eliminates seasonality - the main drawback of shock-mechanical drilling.

A significant advantage of pneumatic percussion drilling with EPH complexes over other technical means (shock mechanical drilling, rotary drilling with air purging and flushing with special solutions) is the increase in the reliability of geological information. This increase is determined by the possibility of obtaining 95-100% undisturbed and thawed core during pneumatic impact drilling, which makes it possible to make very precise

reference of samples to the section through the well, determine lithology, granulometric composition and ice content of placers, perform spore-pollen and other types of analyzes.

The technology of drilling wells with EPH complexes on placers (in the conditions of permafrost) does not significantly differ from the technology of pneumatic shock drilling in ore deposits. Its specificity is manifested only in the need to comply with more stringent requirements for temperature and humidity of compressed air supplied to the well. In addition, due to the small (relatively large diameter of the wells) air consumption during the drilling of the EPH, an air hammer must be enclosed in a special tubular casing having an outer diameter equal to the core and slurry to ensure unhindered lifting of the cuttings to the edge of the slurry pipe in bulk, and the length of the sludge pipe should provide the ability to collect the entire volume of sludge generated during the voyage. The calculation of the length of the slurry pipe can be carried out according to the formula [1]

$$L_{\text{ш}} = \frac{K_p\left(D_c^2 - 0{,}01\, d_{\text{к}}^2\, l_{\text{кр}}\right)\text{H}_\text{р}}{d_{\text{ш}}^2 - d_2^2}\ [1]$$

Under certain conditions, the EPH complex is also used in indigenous mineral deposits. In the latter case, wells drilled by the EPH can be used instead of pits, since the core sample here exceeds the furrow sample in volume and approximately corresponds to the chisel (250 000 - 300 000 sm^3) [1].

where K_P - coefficient of loosening of the rock ($K_P = 1.6\text{-}2.0$); Dc is the diameter of the well; d_K is the core diameter; d_2 is the diameter of the drill pipe; $d_ш$ - inner diameter of the slurry pipe ;. H_p - driving per flight; l_{cr} - volumetric core output.

The recommended drilling mode when using the EPH complex at alluvial deposits is as follows:

- rotation frequency 0.3-0.5 Hz;

- axial load of 0.5–4 kN (2–4 kN when drilling in dense cemented rock, 1–1.5 kN in boulder and gravel deposits, 0.5 kN when drilling in silts and soft clays) .

When drilling EPH, it is necessary to strictly control the air pressure in the network, which characterizes the intensity of well cleaning from sludge. A sharp increase in pressure with a simultaneous decrease in flow rate indicates the cessation of air circulation. The reasons for the cessation of circulation may be: the formation of a mud gland, overflow of the slurry pipe with sludge, overflow of the core pipe with core (when driving more than the length of the pipe during a trip), "plunge" of the rock cutting tool into the rock (when drilling soft semi-thawed rocks such as clay and silt) .

When the circulation stops, you can try to restore it by "walking" the projectile. If it does not resume within 2-3 minutes, it is necessary to lift the projectile.

Along with the EPH complexes, rotary drilling of large-diameter wells (up to 500 mm) in placers is also carried out using pneumatic drills - IP-4603, CO-134, etc.

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FEATURES OF STUDYING MULTIFACTOR MANAGEMENT OF TYPE 2 DIABETES

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Abstract: The steadily increasing prevalence of the combination with the mild frequency and severity of complications of diabetes mellitus and the fact that it takes a lot of steps to treat this disease and prevent it from turning biological into social. Stage-by-stage multifactorial exercise by type 2 diabetes mellitus according to the standards provides ideal glycemic compensation and reduces plants for treatment.

Keywords: diabetes mellitus, glycemic, multifactorial exercise, glucated hemoglobin

Relevance of the problem: Type 2 diabetes mellitus (DM) is one of the leading medical, social and economic problems of modern healthcare [1.2]. A British prospective study of type 2 diabetes (UKPDS, 1999) demonstrated the need to maintain normoglycemia in patients with type 2 diabetes to reduce the risk of developing microvascular complications, and a 7-year follow-up of patients after completion of the study proved more consistent with the earlier selection of optimal glycemic control to reduce risk of developing myocardial infarction of general mortality in type 2 diabetes [3.4]. The recognition of the fact that achieving the target values of glycemia, arterial pressure (BP), and lipid profile indicators will significantly reduce the progression of the disease, has made the effectiveness of treatment a