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## Overlap Syndrome of Asthma and Copd: Clinical Characteristics and Implications

**Tasheva F, Khamdamov B. Z.**

Bukhara State Medical Institute

**Relevance:** The overlap of bronchial asthma (BA) and chronic obstructive pulmonary disease (COPD) represents a significant challenge in public health due to its high prevalence, severe impact on patient quality of life, and the complexity of diagnosis and treatment. Understanding the clinical features and complications of this overlap can aid in improving patient outcomes and developing targeted therapeutic strategies.

**Objective:** To investigate the clinical and functional parameters in patients with overlapping bronchial asthma and COPD (ACO) compared to those with isolated bronchial asthma or COPD.

**Materials and Methods:** The study examined 187 patients with chronic lower respiratory tract diseases from 2021 to 2024. The clinical material was collected at the Bukhara Regional Multidisciplinary Medical Center and the Bukhara branch of the Republican Scientific and Practical Center for Emergency Medical Care. Patients were divided into four groups: 72 with bronchial asthma, 54 with COPD, 61 with ACO, and a control group of 20 without respiratory pathologies.

**Results:** The study found that patients with ACO had an earlier onset of the disease and a longer duration compared to those with isolated COPD. Professional hazards and smoking were more prevalent among ACO patients. The sputum analysis for ACO patients showed eosinophilic inflammation, and blood tests revealed leukocytosis with neutrophilic inflammation. ACO patients had more pronounced gastrointestinal issues and a higher incidence of cor pulmonale and respiratory failure.

**Conclusions:** The overlap of bronchial asthma and COPD is characterized by distinct clinical features, including earlier onset, longer disease duration, and significant comorbidities like gastrointestinal diseases and cor pulmonale. These findings highlight the need for specific diagnostic and therapeutic approaches to manage ACO effectively.

### Literature

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