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MODERN APPROACHES AND TREATMENT STRATEGIES IN THE FIELD OF THERAPY

Bobojonova Gulnoza

Teacher of public health technical college named after Republic No.

1 Abu Ali Ibn Sina

Annotation: This article reviews modern approaches and treatment strategies in the field of therapy. Multimodal and individualized therapy methods, including pharmacotherapy, physiotherapy, nutrition, physical activity, and psychological support, help accelerate the patient's recovery process and improve the quality of life. The article highlights new strategies for increasing the effectiveness of therapy and controlling chronic diseases.

Keywords: Therapy; modern approaches; individualized treatment; multimodal therapy; pharmacotherapy; physiotherapy; chronic diseases; recovery process; quality of life; psychological support.

Therapy is one of the most comprehensive and fundamental areas of medicine, dealing with the diagnosis, treatment, control, and prevention of various chronic and acute diseases of patients. The development of the field requires the integration of modern treatment approaches, advanced diagnostic tools, and individualized strategies. Therapy is aimed not only at eliminating diseases, but also at improving the patient's quality of life, controlling chronic diseases, and promoting a healthy lifestyle.

Modern therapeutic approaches include diagnostic tools, laboratory tests, physical examinations, and comprehensive strategies that take into account psychological and social aspects. This approach allows you to identify the individual needs of the patient and develop a treatment plan tailored to each disease. At the same time, integrated therapy methods such as pharmacotherapy, physiotherapy, nutrition, physical activity, and psychological support significantly accelerate the patient's recovery process and reduce the risk of developing chronic diseases.

The article provides a comprehensive analysis of modern approaches in the field of therapy, their clinical effectiveness, individualized treatment strategies, and their role in improving the patient's quality of life. At the same time, practical recommendations for monitoring patients, monitoring the recovery process, and ensuring safe treatment using multimodal therapy and integrated approaches are also considered.

Modern approaches in the field of therapy allow you to adapt to the individual needs of patients and effectively treat diseases. Multimodal therapy strategies include pharmacotherapy, physiotherapy, psychological support, nutrition, and physical activity.

Studies show that an integrated approach helps to control chronic diseases, accelerate the recovery process and significantly improve the quality of life of patients. At the same time, modern therapy strategies require ensuring safety, individual monitoring and constant communication with the patient. In conclusion, modern approaches in the



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field of therapy are important for maintaining patient health, effective treatment of chronic and acute diseases, as well as for implementing preventive measures. Integrated and individualized treatment strategies help to improve clinical outcomes, accelerate the recovery process and improve the quality of life of patients. The concept of modern therapy takes medical practice to a new level by providing comprehensive and high-quality treatment of patients.

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