



**IN THE MODERN CLASSIFICATION, THE PLACE OF INTESTINAL
YERSINIOSIS**

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Abstract

Acute intestinal infections are traditionally considered one of the most common groups of infectious diseases. This group of diseases affects up to 1 billion people annually. Acute intestinal infections are usually accompanied by dehydration, high fever and intoxication. Intestinal yersiniosis also belongs to this group of ailments.

Keywords: acute intestinal infections, yersiniosis, intoxication

Introduction

Intestinal yersiniosis (or "illness from the refrigerator") is an acute infectious disease that is widespread in the Russian Federation. Every year in our country there are about 3-5 thousand cases of intestinal yersiniosis, the incidence rate among preschool children is 3-4 times higher than among adults. A sharp increase in the incidence is manifested in the cold season (more often in spring and autumn).

The danger of this infectious disease lies in the complex diagnosis, the disease manifests itself in a variety of ways, the clinical picture is polymorphic. In the process of combating this disease, specialists are faced with the need to differentiate intestinal yersiniosis of a wide range of diseases of a parasitic, infectious and non-infectious nature with a similar clinical picture. The diagnosis of yersiniosis is aggravated by the existence of erased and atypical forms of the disease, the low frequency of referral of patients to medical institutions and widespread self-medication, due to the low awareness of the population about the symptoms of the infection.



The incidence of yersiniosis is recorded in our country almost everywhere, but there is an uneven spread of infection in certain territories and regions. Due to the ease of distribution and the complexity of diagnosis, the study of intestinal yersiniosis is an urgent problem and is of certain scientific interest.

Results and its discussion

"Refrigerator disease" refers to a widespread infection throughout the world. The high incidence rate (the frequency of detection of intestinal yersiniosis among other intestinal infections is about 36.5%, occurs in 97 out of 263 gastroenterological patients), the development of a number of severe complications (systemic diseases of the gastrointestinal tract and musculoskeletal system) creates the need to pay attention on the path of the spread of infection and the main methods of prevention, as a key component in protecting the health of the population.

The causative agent of intestinal yersiniosis is a bacterium - *Yersinia enterocolitica*. A feature of these bacteria is their extreme resistance to low temperatures, this is due to the trivial name "Disease of refrigerators". These microorganisms have the ability to reproduce at temperatures from 0 to 40 ° C, they tolerate freezing without consequences, but die during boiling within a few seconds.

The main natural reservoirs of *Yersinia enterocolitica* are soil and water. In water at 18-20 ° C, bacteria can remain viable for 40 days, and at temperatures below 4 ° C they live up to 250 days. Microorganisms inhabiting the soil get on agricultural products, when consumed they can become infected

person or animal. Thus, the transmission route is alimentary. A sick person does not pose a danger to others. *Yersinias* remain viable in food for a long time: in fresh fruits and vegetables - up to 2 months, in pickles - for 5-15 days, in milk, cottage cheese and cheese - about 20 days. Refrigerator conditions (4-8 ° C) are optimal for the reproduction of *Yersinia enterocolitica*. An interesting fact is that most often the most common vegetables and root crops in our country are infected - onions, beets, carrots and potatoes, as well as everyone's favorite pickles, tomatoes and sauerkraut. *Yersinias* are able to survive after a short pasteurization, they die only after 30-40 minutes, therefore, non-compliance with the technology of the pasteurization process leads to the survival of *Yersinia enterocolitica* in milk and dairy products. The organoleptic properties of food do not change at the same time.

According to statistics, preschool children are more likely to suffer from intestinal yersiniosis. This is due to non-compliance with the rules of hygiene, as well as the fact



that children often communicate with pets, cats, dogs, rodents, which in turn are carriers of the "refrigerator disease". The clinical forms of manifestation of intestinal yersiniosis are quite diverse, they can be easily confused with a group of gastroenterological diseases - these are enterocolitis, enteritis, mesenteric adenitis and terminal ileitis. Less common forms are angina, sepsis, and secondary foci of inflammation. The most common are inflammation of the small and large intestines. They have the following symptoms: frequent diarrhea, lasting on average about two weeks, subfebrile fever (sometimes up to 39-40 ° C).

Another characteristic sign of intestinal yersiniosis is an enlargement of the lymph nodes associated with the tendency of yersinia to persist in the lymph nodes. The leading symptom of "Disease of the refrigerator" is paroxysmal pain, contractions, localized in the lower abdomen on the right, which causes suspicions of appendicitis in specialists, in fact, contractions are caused by terminal velitis. Angina with yersiniosis is also manifested by an increase in temperature, an increase in lymph nodes, sometimes with diarrhea. This rare form of yersiniosis is sometimes fatal.

The icteric form of the disease is caused by a complication of enteritis. It is characterized by yellowing of the skin and mucous membranes, pain in the right hypochondrium, itching of the skin. The septic form develops when the infection is generated, i.e. the multiplication of microorganisms in the bloodstream. Most often it manifests itself in patients with weak immunity, with various chronic diseases. Often, the septic form of yersiniosis is accompanied by arthritis, which causes pain, swelling and redness in the knee and ankle joints. The course of arthritis is wave-like, with a cycle of 2 weeks, inflammation of some joints passes, new ones are involved. After about 1-3 months, the arthritis gradually disappears. Also, complications of the septic form of intestinal yersiniosis include myocarditis. It is characterized by a violation of the rhythm of the heart, tachycardia. Mortality from the generalized form of intestinal yersiniosis reaches 30-60%.

The secondary focal form occurs quite rarely, as a complication of other forms of the disease. In this form, the primary manifestations of the disease (enteritis) and secondary (lesions of individual organs) are separated from each other by cycles of well-being. Secondary manifestations most often include damage to the joints (arthritis), heart muscle (myocarditis), thyroid gland (autoimmune thyroiditis), rarely, damage to the meninges (meningitis).



Diagnosis of intestinal yersiniosis is carried out by detecting the pathogen in the feces, urine of the patient. In generalized forms of the disease, Yersinia is sown from cerebrospinal fluid, blood, bile, and purulent abscesses. Cultivates bacteria at low temperatures.

Another way to diagnose this disease is to detect antibodies to Yersinia. Specific antibodies to Yersinia appear at about 7-8 days of illness, however, the body's immune response may be mild, very weak or completely absent. Immunity after an infection is resistant and short-lived (lasts for 2-3 months).

The key direction of the prevention of "refrigerator disease" is the organization and conduct of microbiological monitoring of intestinal yersiniosis, monitoring the circulation of Yersinia enterocolitica in order to assess the nature of the epidemic process, trends in its development and identify the conditions of infection, develop on this basis optimal management decisions, targeted preventive and anti-epidemiological measures. Surveillance of this kind is one of the most important parts of the epidemiological surveillance of infections caused by these microorganisms.

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