



СЕКЦІЯ 20
АКТУАЛЬНІ ПИТАННЯ СОЦІАЛЬНОЇ МЕДИЦИНИ
ТА ОРГАНІЗАЦІЇ ОХОРОНИ ЗДОРОВ'Я

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THE PROBLEM OF CARDIOVASCULAR DISEASES AMONG CHILDREN AND ADOLESCENTS

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Diseases of the cardiovascular system are a problem of all developed countries, including Ukraine. Often the origins of these diseases in adults are in childhood and adolescence. Known risk factors for coronary heart disease - overweight, smoking, low physical activity - begin to form in childhood and adolescence. Beginning in childhood, most of them accompany a person throughout his life.

The aim of the study. Determine the incidence of diseases of the circulatory system among children and adolescents.

The task of the study is to conduct a statistical analysis of the incidence of diseases of the circulatory system among children and adolescents.

Research methods: epidemiological - to study the sources of statistical information; sociological - to study the most dangerous factors of diseases of the circulatory system; medical and statistical - for the collection, processing and analysis of information obtained during the study.

Results of the research. Specialists dealing with the physiology of labor (I.V. Zybkovets, T.D. Loskutova, M.V. Antropova) attribute the educational activities of children to mental work.

Stress, low motor activity and forced monotonous posture during mental work cause a weakening of metabolic processes, the phenomenon of stagnation in the muscles of the legs, abdominal organs. From here it is easy to trace change of consumption of oxygen, insufficient supply of oxygen of vital bodies - a brain, heart. And as a result there is a decrease in functional and adaptive capabilities of the body.

The problem of arterial hypertension in children and adolescents is an important area of pediatric cardiology. According to research, children with higher than average blood pressure tend to increase with age. At the same time at 33-42% of children arterial pressure remains raised, and at 17-26% arterial hypertension progresses, that is at each third child with the raised arterial pressure further formation of a hypertensive disease is possible.

Therefore, one of the priorities of educational institutions is to preserve and strengthen the health of the younger generation. Thus, special attention should be paid to the development and implementation of preventive and corrective programs, namely the control of functional indicators of the cardiovascular system of children to prevent the development of hypertension, as one of the most common diseases among children and adults.

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PREVENTION OF NON-COMMUNICABLE PATHOLOGY IN STUDENTS DUE TO LIFESTYLE AND RISK FACTORS

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One of the most serious problems of the modern world is non-communicable diseases, the formation of which is due to people's lifestyle and the presence of behavioral risk factors. According to WHO experts, non-communicable diseases account for 63% of all deaths in the world. The main contributors to morbidity and mortality from non-communicable diseases are cardiovascular disease, cancer, chronic respiratory pathology and diabetes. The formation of this pathology is due to lifestyle and the presence of common risk factors: tobacco use, unhealthy diet, lack of exercise and harmful alcohol consumption.