



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

Biduchak A.S.

THE PROBLEM OF CARDIOVASCULAR DISEASES AMONG CHILDREN AND ADOLESCENTS

*Department of Social Medicine and Public Health
Bukovinian State Medical University*

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.

Chornenka Zh. A.

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

*Department of Social Medicine and Public Health
Bukovinian State Medical University*

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.



The aim of the study was to examine the prevalence of behavioral risk factors among students and their impact on health. A total of 82 students aged 19-21 were examined. The prevalence of behavioral risk factors was studied using a unified WHO questionnaire. The state of health of students was assessed by physical development and indicators of the cardiovascular and respiratory systems.

The analysis of the survey showed that one third of the surveyed contingent smokes. The prevalence of smoking has no gender differences and occurs almost equally often among both boys and girls (30% and 26.93%, respectively).

Cardiovascular and respiratory systems limit a person's physical capabilities, providing transport of gases at rest and during exercise. The most common method of determining the functional state of the body is to measure blood pressure. The difference between systolic and diastolic pressure, which is called pulse pressure (PP), objectively reflects the state of the body's health. In the cohort we examined, the PP rate was changed in 24.19% of students. More often these changes were found in boys (40%) than in girls (21.15%). At the same time, changes in PP were more often observed in young men who smoke than non-smokers (66.67% and 28.57%, respectively). In girls, the opposite trend was observed: changes in PT were more common in non-smokers (26.32% vs. 7.14%).

For a detailed description of external respiration, a number of tests and indices are involved, which allow the most correct analysis of its reserve capabilities. Among them is VL. 40% of surveyed students had unsatisfactory indicators of VL: girls more often (41.18%) than boys (33.33%). The decrease in VL did not depend on smoking and was more common among non-smokers, both boys and girls.

The most sensitive parameter, which has a rapid dynamics of change due to the occurrence of pathological conditions or eating disorders, is the physical development of man. According to WHO experts, the body mass index (BMI) is used to assess physical development. BMI calculations showed that 12.9% of surveyed students have deviations from the norm of this indicator. Moreover, both BMIs above normal and below normal were equally common. BMI abnormalities are also gender-specific: they are more common in boys (30%) than in girls (9.62%). At the same time, BMI below the norm is more typical for men who smoke (33.33% vs. 14.29%), and above the norm - for non-smokers (14.29% vs. 0%). In girls, only non-smokers had BMI deviations in one direction or another.

The study showed that about a third of students have behavioral risk factors that adversely affect the health of future professionals. Gender differences in the prevalence of behavioral risk factors and the state of health of young people were identified. In this regard, it is necessary to form in students a stable motivation to lead a healthy lifestyle and maintain their own health.

Grytsiuk M.I.

LIFESTYLE AND NUTRITION IN DIABETES MELLITUS

Department of Social Medicine and Public Health

Bukovinian State Medical University

Diabetes has reached a global epidemic, as the WHO estimates that the disease affects 347 million people worldwide, and by 2030 the number could rise by another 183 million. Diabetes is one of the leading causes of premature death, as it often leads to limb amputations, vision loss, renal failure and cardiovascular disease.

The aim of the study is to analyze the lifestyle and diet in diabetes. Objectives of the study: to analyze the lifestyle and diet in diabetes. Research methods: epidemiological - to study the sources of statistical information; medical and statistical - for the collection, processing and analysis of information obtained during the study.

According to official data, 1.3 million people in Ukraine suffer from diabetes, but according to endocrinologists, there are actually 2-2.5 times more patients. The fact is that most people do not even know their diagnosis until serious complications begin to develop.