

Шкода 5G мереж просто недооцінена, оскільки немає достатньої кількості наукових досліджень в силу того, що на це потрібен час. Сьогоднішній темп життя вимагає високошвидкісних технологій, а людство прагне їх мати, навіть ціною власного здоров'я. Тому попереду виснажлива сумісна праця медиків і фізиків.

Список використаних джерел

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HEALTH HAZARDS OF NOISES POLLUTION

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Physical pollution of environment is a serious nowadays problem. The physical types of environmental pollution include the following types: thermal, light, noises, electromagnetic, radioactive. The mechanisms of influence on human health of these factors have been investigated over the last decades, and its main task is to identify the negative impact and possibility to avoid it.

One of the major physical pollutants, especially in big cities, is the permanent increasing noise pollution. The most common sources of noises are all modes of transport (80% of total noise), industrial manufacturing, household equipment and any arbitrary source of artificial origin. All of these can be considered as anthropogenic pollution.

Noise, unlike other types of physical pollutants, does not cause changes in the components of the environment, because they are mechanical waves propagating in the environment and fixed by the human ear. The effect of noise on hearing is determined by the spectral composition of the noise and the nature of the change in sound vibrations. However, noise pollution leads to the following disorders: hypertension, headache, fatigue, dyspeptic phenomena, impaired breathing, impaired motility, mental disorders (insomnia, nervous exhaustion, depression, behavioral and emotional abnormalities), and endocrine reactions.

Noise impact is one of the most acute environmental problems of the vast majority of developed countries. Today, more than half of Europe's population lives in areas with noise levels

of 55-70 dB. The most sensitive to noises is older people. According to observations near the age of 27 years, ~ 46% of people are sensitive to noises, 28-37 years ~ 57%, 38-57 years ~ 62%, over 58 years ~ 72%.

Recent research has shown that long-term noise can reduce life expectancy by an average of 8-10 years.

Today, noise is easy to determine using special appliances and technology, and even using smartphone in everyday life. Therefore, industrial control and assessment of working conditions at manufacturing, as well as control of noise levels at home, compliance with environmental noise pollution standards and compliance with WHO recommendations for protecting the population from noise pollution is a key to safeguarding human health.

EFFECT OF LIGHT ON HUMAN HEALTH

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In addition to ultraviolet and infrared radiation, electromagnetic radiation of the optical range includes visible light, which occupies the range of 380 to 760 nm on the scale of electromagnetic waves. Exposed to the retina, visible radiation causes a visual sensation. Light occupies a prominent position among environmental factors because its influences are important for physiological processes in the human body.

Humans have adapted to natural light in the process of evolution. Natural light has a tonic effect on a person. The insufficiency of natural light from the Sun for a long period causes depressing.

Insufficient illumination leads to rapid fatigue, work productivity decreasing, and myopia may result from prolonged eye strain. Attention is deteriorating, movement coordination is impaired, and irritation occurs because visual analyzer fatigue is associated with brain centers that inhibit its activity. Due to the connection of the nerve of the retina to the pituitary gland, which controls the autonomic nervous system, lighting can both inhibit and stimulate the activity of the body. It is proved that with proper lighting the activity of the respiratory organs is enhanced, the