

dietary therapy and dispensary observation were recommended as preventive measures, and very little attention was paid to physical activity. Despite the preventive measures taken by pregnant women, who were classified as at risk, the development of gestational diabetes mellitus was observed, which may be explained by non-compliance with the recommendations or lack of prescribed preventive measures.

Thus, our observations have shown that the presence of any one, two or all the risk factors for GD is found in the vast majority of pregnant women with GD. The combination of two or all of these factors significantly increases the risk of developing the disease. The risk of developing gestational diabetes can be reduced through diet, exercise and lifestyle modifications.

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HISTORY OF DISCOVERING OF «MEDICAL» PAPYRUSES

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The most reliable sources from the history of medicine of Ancient Egypt were papyrus scrolls. Papyruses were written in Armenian, Syrian, Coptic and Arabic languages. Sometimes a late hieratic script (system of writing by black inks with red marks) was used. First texts on papyrus scrolls began to be studied in 1822 by French scientist G.F. Champollion. The most interesting among them is The Ebbers Papyrus composed between 3730 and 3710 BC, «surgical» «The Smith Papyrus» dated back to the beginning of 3000 DC, medical texts educed during excavations of city Al-Kahun, which had got the title «The Kahun Medical Papyrus or Gynaecological Papyrus», conditionally divided into medical and veterinary papyruses. Fragments of «Hearst Papyrus» and «The Beatty Medical Papyrus» were devoted to the separate diseases and the methodology of their treatment.

The majority of the information about internal illnesses and methods of treatment is contained in «The Ebbers Papyrus», found out in 1874 in Luxor and named after the German scientist-egyptologist Georg Ebbers. «Book of preparation of medications for all parts of body» was published for the first time and got the full title in 1875. This historical source contains the information about 900 scrolls related to the treatment of organs of digestive system, ear, throat and nose, burns and bleeding, eye illnesses, skin, parasitic diseases.

«The Smith Papyrus» is the oldest Egyptian text about structure of human body and surgery, which was composed approximatively in XVI century BC. Edwin Smith was an American merchant and collector of the Egyptian artefacts, manuscripts, he bought this papyrus in 1862 in Luxor. However, he was not able to carry out complete translation of papyrus and Smith did not succeed due to the shortage of knowledge of late hieratic script. After Edwin Smith's death his daughter passed a papyrus to New York historical society in 1906.

The American Egyptologist, head of the first in the USA department of Egyptology and Eastern History, James Henry Breasted translated the contents of papyrus, published this text, its transliteration and translation in English. More than 48 cases of traumatic damages of bones, brain, backbone, collar bones, forearm, thorax and rachis, methods of examination of patient, diagnoses and self-treatment are described in this papyrus.

Not less important are «gynaecological» and «veterinary» papyruses that comprise the only source «The Kahun Medical Papyrus» that was discovered by William Mathew Petrie during excavations of settlement of Medinet-Kahun. Thus, this papyrus is considered to be the oldest medical papyrus of Egyptian civilization. In 1898 The Kahun Papyrus was translated by F.L. Griffit and published for the first time. The source is dated 2000 BC. In this text we can find the description of 17 diseases, methods of their diagnosing, symptomatology of pregnancy, methods of determination of sex of baby. Part of papyrus contains texts from veterinary science. Beatty Medical Papyrus dated 1200 BC was named after the famous American collector and papyrolog Alfred Chester Beatty and sanctified to use of invocations against a headache and anorectal illnesses. Hearst Papyrus is dated back to the period of rule of pharaoh Thutmose III (XV century BC) and named after Randolph Hearst – American publisher and newspaper publisher who provided funds

on an archaeological expedition. A papyrus was found in 1901 during excavations near the settlement of Del Bullas on territory of Overhead Egypt, where the administrative center of ruling XVII dynasty of pharaohs was situated. It was published in 1905. Papyrus contains 18 foils with medical recipes.

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**PREVALENCE OF MAJOR NONCOMMUNICABLE DISEASES AMONG
THE ECONOMICALLY ACTIVE POPULATION OF CHERNIVTSI REGION AND ITS
AFFECTIVE FACTORS**

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Major noncommunicable diseases (NCDs) have been described as an unacceptable blind spot on the collective path to sustainable development, as they cause far more deaths and disabilities than any other group. The issue of NCDs has been included in the Global Sustainable Development Goals since 2015, in particular, Goal 3 provides for ensuring a healthy lifestyle and promoting well-being for everyone of all ages, and Goal 3.4 – reducing premature mortality from NCDs by a third.

In order to study the prevalence of NCDs among the economically active population (EAP) and the factors that were associated with it, we set the task to analyze the differences in indices by gender and place of employment. The materials were the results of a step-by-step cross-sectional sociological study of self-assessment of EAP concerning their health (N=1252), half of which were employed in the market (n=633). Sociological and statistical methods (PIVOT, -Square for comparing relative values) were used.

It was found that the prevalence of the main NCDs according to respondents' self-assessment was 35.5% and was lower among those employed in the market (33%) than among the other categories (41%), ($p < 0.05$). The lowest index was in the "market" group among men, 27% who were less likely to visit a doctor during the year than men in the "other categories" group – 32% vs. 51% ($p < 0.001$) correspondently; economically active people were less likely to visit a doctor "more than a year ago" in comparison with the respondents of the other category – 24% vs. 32%, ($p < 0.05$); more often did not go at all – 44% vs. 17%, ($p < 0.001$). The combination of major NCDs with each other was more characteristic among women than among men – 28% vs. 18% by the structure of diseases, or 11% vs. 5% by prevalence ($p < 0.01$). The presence of the main NCDs significantly affected the reason for going to the doctor. Respondents who had cardiovascular diseases, diabetes mellitus, and chronic respiratory diseases were more likely to be treated by a primary care physician (38%) than those who did not report the presence of the disease (29%) ($p < 0.05$). Among individuals without NCDs, there were 2 times more who did not visit a doctor at all (31%) than among the individuals with the above-mentioned NCDs (16%) ($p < 0.001$). Respondents who had NCDs were more likely to visit a doctor with acute or exacerbation of chronic illness (45%) than those without NCDs (25%) ($p < 0.001$) and were more likely to be admitted to monitor the disease – 21% vs. 12% ($p < 0.01$). At the same time, respondents without NCDs were more likely to apply for preventive examination (38%) than the ones with NCDs (30%), ($p < 0.05$) and for obtaining a certificate – 12% against 2%, respectively ($p < 0.001$). These patterns were the same regardless of gender and level of education. We see the quality of their implementation as a significant factor in the timely detection of diseases during preventive examinations.

The study showed that stress and overwork were common background conditions among a third of EAP (34%). It was found that the employment of business entities in the field of trade (market) associated with unpredictable risks did not increase their frequency (30%). In contrast, the "other categories" group, which included civil servants, were significantly more likely to be stressed (42%) ($p < 0.001$), as well as women in general (43%) compared to men (25%) ($p < 0.001$). Depression was noted by 12% of respondents: women – 15%, men – 8%, the least of all civil servants – 3%, which characterizes their work as stable with high responsibility. Social insecurity,