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імені О. О. Богомольця

НАУКОВО-ПРАКТИЧНЕ ВИДАННЯ
**УКРАЇНСЬКИЙ
НАУКОВО-МЕДИЧНИЙ
МОЛОДІЖНИЙ ЖУРНАЛ**

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ANNUAL YOUNG MEDICAL SCIENTISTS' CONFERENCE 2020

АКУШЕРСТВО ТА ГІНЕКОЛОГІЯ OBSTETRICS AND GYNECOLOGY	4
ВНУТРІШНЯ МЕДИЦИНА INTERNAL MEDICINE	8
ЛІНГВОКУЛЬТУРОЛОГІЧНІ АСПЕКТИ ЛІКАРСЬКОЇ ПРАКТИКИ LINGUOCULTURAL ASPECTS OF MEDICAL PRACTICE	19
МЕДИЧНА, БІОЛОГІЧНА ХІМІЯ ТА КЛІНІЧНА ФАРМАКОЛОГІЯ MEDICAL, BIOLOGICAL CHEMISTRY AND CLINICAL PHARMACOLOGY	24
ОФТАЛЬМОЛОГІЯ OPHTHALMOLOGY	28
ПРОФІЛАКТИЧНА МЕДИЦИНА PREVENTIVE MEDICINE	36
СТОМАТОЛОГІЯ DENTISTRY	48
ХІРУРГІЯ ТА ОНКОЛОГІЯ SURGERY AND ONCOLOGY	60
АЛФАВІТНИЙ ЗМІСТ	68

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Methods and Materials Used: 10 rooms were selected in hostel no.7, 5 facing towards sunlight and 5 not facing towards sunlight.

The level of illuminance was obtained for each of the rooms using the Luxmeter. Each reading was observed 3 times a day; morning 10:00am, Afternoon 14:00, Evening 18:00 and performed trice to normalize the values. Measurements were performed within one month to consider all weather variations.

Technical specification of luxmeter tmd2725 Ambient Light Sensor Non-wakeup (ams AG); range: 0...1; resolution: 0.01 (1%); power: 0.08mA. Product Parameters – Supply Voltage [V] -1.7 - 2.0, I²C Bus -1.8, Programmable-Gain, integration time, interrupt Integrated Capabilities - ALS, Prox, IR LED, Recommended Operating Distances [cm] <15, Temperature Range [°C] - 30 to 85, Packages - Surface mount module, pin count 8.

The formula defined daylight factor as the ratio of the actual illuminance at a point in a room (lux) and the illuminance available from an identical unobstructed sky was used in calculations.

Data were processed statistically.

Results: During the research, the data obtained from 10 rooms of III course students, it was found that the building orientation of hostel no. 7 has divided rooms into two faces; one facing toward South-East; other – North-West.

Maximum Lux; 10:00am – 4458±7.34, 14:00pm – 63895±34.72, 18:00pm - 982± 8.99 (21 July, 2020), Minimum Lux; 10:00am – 163± 1.96, 14:00pm -1641± 3.94, 18:00pm – 64± 0.59 (25 July, 2020). Average Lux of Rooms Facing towards direct sunlight(outside): 10:00am - 1203±2.72, 14:00pm – 4951±7.39, 18:00pm - 461±2.45. DF (daylight factor) Morning: R2-0.9%, R5-1.8%, R6-1.5%, R7-0.94%, R9-1.8%; Afternoon: R2-2.0%, R5-2.9%, R6-3.9%, R7-3.6%, R9-3.1%; Evening: R2-1.9%, R5-1.25%, R6-1.16%, R7-1.3%, R9-1.4%.

Average Lux of Rooms not facing towards direct sunlight(outside): 10:00am – 353±1.8, 14:00pm – 3951±6.87, 18:00pm - 243±1.35. Df (daylight factor) morning: R1-0.5%, R3-0.4%, R4-1.8, R8-0.53%, R10-0.9%; Afternoon; R1-1.38%, R3-1.8%, R4-2.3%, R8-1.2%, R10-1.8%; Evening: R1-1.7%, R3-0.9%, R4-1.03%, R8-0.4%, R10-0.7%.

Conclusion. The rooms which are facing towards the sunlight are having normal illumination while comparing with the norms (1.0%) excepts for dawn and dusk (morning time & evening time). Contradictory the rooms which are not facing towards the direct sunlight are not having sufficient natural lighting or are very close but still below the norms and thus require artificial illumination;

Recommendation – The rooms which are not facing direct sunlight are not receiving adequate illumination (rooms – R1, R3, R4, R8, R10) and the require artificial lighting at the required timings.

HYGIENIC STUDY OF THE ARTIFICIAL TRANS-FAT AND SODIUM LEVEL CONTENT IN FOOD AND THE RATE OF CONSUMPTION AMONG GULF AREA UNIVERSITY STUDENTS

Elimam Noon.O., Anna Blagaia

Scientific supervisor: A. Blagaia, PhD, assistant professor

Department of hygiene and ecology #1

Head of the department – Bardov V.G., MD, professor; correspondent member of NASM of Ukraine

Bogomolets National Medical University

Kyiv, Ukraine

Actuality: The food labels unbelievably hold the key for studying chronic modern life morbidity.

Artificial trans fats, which has been banned by Food and Drug Administration (FDA) and other global administrations, and a high-level sodium diet contributes to dangerously high levels of heart diseases, which is considered the first cause of death worldwide.

Purpose: The hygienic assessment of the presence of trans fats and assessing the level of sodium in the most consumed products by university students.

Objectives: (1) To perform a hygienic inspection in food shops, markets about common brands. (2) To assist the presence of artificial trans fats and level of sodium. (3) To hygienically assess the received results.

Materials and methods: To figure the consumption pattern (1) A questionnaire, done by us, was answered by 104 of residents and citizens university students in the gulf area aging (17-28), Saudi Arabi n=25, Kuwait n=32, Oman n=16, United Arab Emiratis n=20, Bahrain n=3, Qatar =3, Iran n=4, Iraq=1, (2) To examine several foods providing markets, (3) Statistical processing by MS Excel, IBM SPSS statistic.

Results: A study was done on 40 types of snack brands (Chocolate bars, bakery, chips...etc.) show that 43.9% of products contain artificial trans fat (partially hydrogenated fat, vegetable shortening, margarine). From higher to lower in the percentage of trans fat: coffee creamers, chocolate bars, and baked snacks. The most consumed goods according to the questionnaire are potato chips, deep-fried fast food, cookies, and chocolate bars with 68,

48,40,40 responses respectively. The American Heart Association recommends less than 2,300 mg/day and less than 400mg/100 g is recommended, 37.5%(n=15) type of brands consumed contain amount ≥ 400 mg/100 g, mainly in chips brands.

Conclusion: On June 2018, the United States officially banned the use of trans fats, or partially hydrogenated oils (PHOs), in all food's restaurants and grocery stores, some gulf countries are taking steady steps to ban the use of trans fat by 2023. On the other hand, some nations did not present a clear statement regarding their plans for banning or replacing trans-fat containing products. Trans fat intake leads to more than 500,000 deaths yearly all over the globe due to cardiovascular disease based on world health organization estimation. Such high values of sodium per 100g additional to the sodium we get from our nutrient meals will contribute to an unbalanced diet, high blood pressure, and future heart diseases.

PECULIARITIES OF ACCLIMATIZATION OF FOREIGN STUDENTS FROM DIFFERENT COUNTRIES

Sainudeen Thaj Saiju, Rajeevan Manju Pallavi, Antonenko A.M.

Scientific supervisor: MD, professor, Antonenko A.M.

Department of hygiene and ecology No 1 of Bogomolets National Medical University

Head of department: correspondent member of NAMS of Ukraine, MD, professor V.G. Bardov

Bogomolets National Medical University

Kyiv, Ukraine

Relevance. Ukraine has seen one of the largest number of foreign students arriving in each year. Such students come from various countries face acclimatization. This is significant in case of students who come from tropical regions like India, Pakistan etc. These students face a drastic change from a tropical climate to a chilly winter in a very small interval of time. Therefore, a study on how acclimatization affects such students taking other factors like food into consideration is necessary.

The purpose of work was to conduct a hygienic assessment of acclimatization peculiarities of foreign students from different countries.

Research methods. An online survey (<https://docs.google.com/forms/d/1TwpBioWY52L7-ErtRCuIZoH9jZ2JBjtXtp9vOLKTU5w/edit?usp=sharing>) was conducted among 109 Indian students of various ages, socio-economic status, work, lifestyle, eating habits and professions from different regions to assess the nutrition information and disease history: regimen, diet preference, types of cooking(homely and junk) both in their native place and in Ukraine, history of health problems both in their native country and Ukraine, treatment etc. Statistical processing of results were performed using google forms, MS Excel.

Results. The people who took part in the survey were predominantly students of age groups 20-30 with majority ranging from 23-26. Majority of them are pursuing medical courses and come from countries with moderate weather, 7.5% people come from cold countries and 17.8 come from hot countries. 88.8% of these students marked their region of residence in Ukraine as cold while rest marked as moderate weather. Around 93.5% of these students have home cooked food in their native country. In Ukraine however only 63.6% of these students have home cooked meal, rest follow a junk food-based diet. Most of them had three meals a day in their native country but on arrival in Ukraine the majority shifted to two times a day. There wasn't a significant variation in diet preference when place of residence changed. The most significant result is percentage of students who fell ill frequently was less than six percent in their native country; it rose to almost 30% in Ukraine. On considering health problems reported on the survey except for stress which 9% to 27%, the incidence of other health problems remained same. The difference in percentage of students using chlorinated and pure water in their place of residence in Ukraine is less with chlorinated water being more predominantly used. Almost 58% people treated their health problems using medicine, 30 solved it via changing food intake while a small percentage focused on drinking regime.

Conclusion. It was found out that there was a significant increase in the number of frequently ill students. There was a general deterioration in the health of students. This can be attributed to the rapid change in climatic conditions encountered and also due to falling quality of food intake. Use of chlorinated water is also a factor.