EVALUATION OF SIGNS OF HYPOVITAMINOSIS C PRESENCE AMONG FOREIGN STUDENTS OF THE 3RD COURSE OF BOGOMOLETS NATIONAL MEDICAL UNIVERSITY

Asil-Meduka Jessica, Antonenko A.M.

Scientific supervisor: assistant professor, PhD Antonenko A.M.

Bogomolets National Medical University

Department of hygiene and ecology № 1

(head of department: correspondent member of NAMS of Ukraine, MD, professor V.G. Bardov)

Kyiv, Ukraine

Hypovitaminosis C takes the third place in the world in terms of growth after hypovitaminosis A and D. However, given that vitamin C is involved in many significant processes in the organism, for students its sufficient amount is very important to ensure high activity during the studying process and resistance to adverse environmental factors.

The aim was to identify and analyze the presence of hypovitaminosis C signs in III year of study foreign students at the beginning of the semester.

Materials and methods. We have given questionnaire, made by us (about nutrition peculiarities; presence of general symptoms, like tiredness, decrease of attention etc.; frequency of acute diseases and petechiae formation), for 28 III year of study students. The same student we have tested with 2 functional tests for hypovitaminosis C detection (3 times during week): determination of the capillary resistance using manometer and tongue test with Tilmans reagent. Statistical processing of the results was performed using IBM SPSS StatisticsBase v.22 and MS Excel.

Results. According to the results of the survey, most students eat bananas, apples and oranges; only one student practically does not eat fruit, but at the same time, only two eat berries regularly. About 30 % of students are often suffer from acute respiratory diseases, only one has vascular fragility. Fatigue, reduced attention, etc. are practically absent, which can also be explained by recent vacations. All

students had less than 15 petechiae. When conducting a test with Tillman's reagent, 9 students had a bleaching time of more than 23 seconds, another two had 21 and 22 seconds, and the rest had less than 22 seconds. There was no significant correlation between the number of petechiae and the bleaching time of Tillman's reagent.

Conclusion. Thus, the majority of students (around 75 %) showed no signs of hypovitaminosis C. Other students should conduct additional studies to clarify the possibility of hypovitaminosis C. All tested students should add more fruits and berries to their diet. In addition, we should repeat the testing of the same students in the second semester to study the dynamics.