

also increases the success rate of peripheral regional anesthesia in patients undergoing the upper limb surgery.

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ASSESSMENT OF NUTRITION AND LIFESTYLE OF SCHOOLCHILDREN FROM IVANO-FRANKIVSK CITY IN MODERN CONDITIONS

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Lifestyle is seen as a complex concept that includes biological, social, ethnic and other aspects, according to the WHO strategy for prevention of diseases named one of the major risk factors affecting health. The aim of our work was to study lifestyle of school age children living who are in Ivano-Frankivsk. To perform this goal was conducted questioning 300 high school students (including 138 girls and 162 boys) some general and specialized schools. The survey was attended by 176 children 16 years old, 124 – 17 years. Analysis of the questionnaires designed the department, allowed to establish that the vast majority of children (64.33%) find their diet as regular. Mostly girls have irregular nutrition, but with age number of them are growing. Breakfast children of different ages are eating mostly at home, 68% of students regularly have lunch at home, dinner at home have almost all the respondents, and 8.33% have no dinner generally (all of them – girls). It should be noted that all children have dinner at the afternoon after returning from school, nobody of surveyed students does not use school cafeteria. Research of the products used at schoolchildren meals found that providing basic food products can be characterized as a deficit for all the studied groups of schoolchildren. Meat dishes daily consume from 2.67 to 28.66% of respondents. Most of the children (44%) have meat dishes once in a few days. A similar situation with the consumption of milk and lactic products: 44.33% of children eat this product once in few days. The main products in the diet of most students are bakery and pasta products: daily these products use from 50.3% – 58.66% of students. Undoubted and established is the fact that modern students are living in hypokinesia condition, which have negatively influence on development of the organism and its resistance. Only 7.33% of the respondents (mostly boys) do morning exercises every day. A third of respondents (32.66%) spend their free time watching TV, 16.66% – play computer games. Only 7.67% of schoolchildren spend their free time for reading books. Thus, the profile we had prepared allows to estimate lifestyle of pupils, to identify risk factors in violation of health and can be used for monitoring life quality. Lifestyle feature of modern schoolchildren are deficiency of nutritional and locomotor modes. Discovered risk factors should be removed or reduce their importance as they deepening impact risk factors of medical and biological character.

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ОСОБЕННОСТИ СОМАТОТИПА И ПСИХОТИПА У ПАЦИЕНТОВ С САХАРНЫМ ДИАБЕТОМ

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Основой всех состояний нормы и патологии является взаимодействие генетических особенностей организма и факторов внешней среды. Многофакторная патология, к которой относится сахарный диабет, характеризуется полигенной предрасположенностью, реализуемой через присущие конкретной конституции особенности генотипической нормы реакции.

В популяционных эндокринологических исследованиях основное внимание до сих пор уделялось изучению факторов риска, по своей биологической природе представляющих собой либо поведенческие модели, через которые осуществляется взаимодействие человека и внешней среды (характер питания, физическая активность, вредные привычки), либо результат этого взаимодействия (гипергликемия, избыточный вес). Значительно меньший интерес вызывало изучение предрасположенности к развитию сахарного диабета, хотя известно, что сахарный диабет первого типа чаще всего проявляется лишь у лиц с определенным генотипом. В исследовании проблемы предрасположенности к сахарному диабету одним из перспективных является конституциональный подход, предусматривающий изучение частных подсистем общей конституции чело-