

# A CROSS-SECTIONAL STUDY ON LIFESTYLE FACTORS INFLUENCING GASTRITIS AND DYSPEPSIA AMONG INTERNATIONAL STUDENTS' FACULTY OF MEDICAL UNIVERSITY

Mohamed Rilwan Maryam, L. R. Sathisha Deshan Liyanage,  
Patel Grishma Rajendrakumar

Grodno state medical university

Научный руководитель: Lemeshevskaya Z. P.

**Introduction.** Dyspepsia, or indigestion is a syndrome that is diagnosed efficiently in primary healthcare facilities but treatment and management are indistinct. The conditions that fall under the general classification of gastritis are categorized as chronic upper gastrointestinal tract illnesses. Gastritis is a tag commonly applied to a plethora of clinical symptoms associated with the upper abdomen and epigastrium. The more accurate medical definition of this cluster of symptoms is dyspepsia. Adolescents are the most common who suffer from gastritis, but people of any age can be affected as well.

**Aim of the study.** To determine the lifestyle characteristics that predispose to gastritis and dyspepsia among the medical students of the faculty of international students' of Grodno State Medical University.

**Materials and methods.** A descriptive survey strategy was used to evaluate the variables associated with gastritis. Data was collected using a questionnaire in the format of an online Google form and recorded. Responses from 211 respondents were collected.

**Results and discussion.** Our study reveals that there is a strong relationship between the lifestyle of students and the occurrence of gastritis. The findings of this study indicate that 9%, 60.1%, and 30.8% have mild, medium, and high levels of spice in their food respectively. Thereby, the majority (more than 90%) of them were consuming their food at a considerable spicy level. When it comes to eating habits, the frequency of processed food consumption was the highest of all. It was 87.1% conversely; the consumption of fiber food was low. The link between diet and disease has become a growing amount of scrutiny in recent years, as well as greater awareness. Yet additional explanation is N-nitroso compound is produced by nitrates in processed foods and excessive salt consumption. Patients with gastritis are encouraged to amend their dietary habits; in particular, they should limit their intake of sweets, salty meals, meats, spicy foods, and fried foods [1]. Over 160 respondents (75.8%) who took part in the survey were tense for a range of reasons. Gastritis incidence and occurrence are strongly associated with stress [2]. Thus, there was a substantial correlation between stress and gastritis in the current study. These

findings could be explained by psychological stress leading to stress-induced gastritis, which is caused by increased acid secretion originating in erosion development and chronic gastritis[3].

In the gastrointestinal system, healthy circadian rhythm and sleep functions include the growth of intestinal stem cells, control of motility, digestion, absorption of proteins and carbohydrates, sustaining an electrolyte balance, preservation of the gut microbiota, and maintenance of the intestinal barrier. Pro-inflammatory cytokines associated with sleep problems enhance the fragility and unprotected of the stomach mucosa, which can result in gastritis[4]. Subsequently, 51.1% of the students in our survey slept for fewer than four to five hours daily. This particular study also discovered that coffee and carbonated beverage consumption seems to raise the risk of gastritis. In contrast to fruit juices and tea, it seems that carbonated beverages may cause some possible physical stress[5]. Within the study 60.1% consumed carbonated drinks in contrast to tea/coffee accounted for 39.3%. In the survey, the concern regarding alcohol consumption and smoking was answered positively by 28.9% of the respondents. However, smoking is one of the important factors influencing gastritis.

**Conclusion.** The results of this study collectively demonstrated that changing one's lifestyle can be the cause of gastritis. The incidence of gastritis among students was noticeable for the reasons of stress, changes in sleeping patterns, and consumption of processed food more than fiber food. It is due to balancing their lifestyle in a new environment and coping with academics. Non-availability of certain vegetables, fruits, and other products that they have been including in their diet since childhood. This can be another reason to switch to more processed food. Eventually, gastritis among them was also evidently due to the consumption of spicy food. This study demonstrates that the incidence of gastritis among the respondents was multifactorial.

#### ЖИТЕПАТҮПА

1. Li, Y. *et al.* Association of Symptoms with Eating Habits and Food Preferences in Chronic Gastritis Patients: A Cross-Sectional Study. *Evidence-based Complement. Altern. Med.* 2020, (2020).
2. Lihm, H. S., Park, S. H., Gong, E. H., Choi, J. S. & Kim, J. W. Relationship between occupational stress and gastric disease in male workers. *Korean J. Fam. Med.* 33, 311–319 (2012).
3. Ricuarte, O. *et al.* Atrophic gastritis in young children and adolescents. *J. Clin. Pathol.* 58, 1189–1193 (2005).
4. Cantay, H. & Büyüksandalyacı Tunç, E. Association of Gastritis with Sleep and Quality of Life: A Hospital-based Cross-sectional Study. *J. Turkish Sleep Med.* 9, 263–268 (2022).
5. Ito, Y. *et al.* The Risk of Helicobacter Pylori Infection and Atrophic Gastritis from Food and Drink Intake: A Cross-sectional Study in Hokkaido, Japan. *Asian Pacific J. Cancer Prev.* 1, 147–156 (2000).