

СЕКЦИЯ ИНОСТРАННЫХ ЯЗЫКОВ

DISEASES OF THE GENITOURINARY SYSTEM IN ADULTS

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Research relevance: recently the prevalence of the diseases of genitourinary system has increased. The progression of these diseases is accompanied by a significant number of various complications and requires a serious treatment by an urologist.

Objective: to investigate the dependence of urological diseases upon the age and gender in the adult population from January to May 2018 using the database of Saint Luke Hospital, Saint Petersburg.

Materials and Methods: there was carried out the analysis of 250 accompanying sheets of patients at the age over 18. There were registered the following diseases: hematuria (blood in the urine), urolithiasis (stones in the urinary system), acute pyelonephritis (urinary system infection), acute cystitis (inflammation of the bladder mucosa), acute urinary retention and renal colic.

Results: the most commonly reported cases were acute pyelonephritis (53), urolithiasis (67), and the rarest cases were associated with acute urinary retention (11). Cases of acute pyelonephritis were most often registered among the younger generation of 35 y. o. (30), and mostly among men. Cases of urolithiasis were noticed more commonly in adults younger than 35 y. o. (26) and almost equally distributed between men and women, as well as in the age from 35 to 50 y. o. (19), and mostly among women. Acute cystitis was found mostly in the younger generation of 35 y. o. (21), with the majority of men. Renal colic has almost equally occurred in adults younger than 35 y. o. (14) and in people aged 50–70 y. o. (13), but in the first group there were more women, and in the second one there were as many women as men. Hematuria was registered with almost the same frequency in the generation younger than 35 y. o. (13) and the generation older than 70 y. o. (12), but in the first group there were more men and in the second one there were mostly women. Acute urinary retention has been mainly diagnosed in the generation over 70 y. o. (7), and these were women.

Conclusion: during these 5 months 96 women (38%) and 154 men (62%) were admitted to the hospital with different urological diseases. Our results showed that more men than women were characterized with the diseases of genitourinary system. The mean age of the patients registered at the hospital was under 35 years old. Acute pyelonephritis is the most common disease among men, and urolithiasis — among women of this age. Acute cystitis is most common among men younger than 35 years, and renal colic — among women younger than 35 years. Hematuria is more common among men under the age of 35 and among women over the age of 70. Acute urinary retention is the most common among women aged 70 years. The most commonly reported cases are acute pyelonephritis, urolithiasis, and the rarest cases were associated with acute urinary retention.

THE INFLUENCE OF VALEOLOGICAL KNOWLEDGE ON A PERSON'S LIFESTYLE

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Research relevance: health is affected by a set of factors. Such factors became controlled by the person, and now their quantity reached the highest point. Now human health and the duration of his life largely depend on him. And the way of life became a key factor in this question.

Objectives: to establish the level of valeological knowledge of students, to reveal its influence on a person's lifestyle, to find out the reasons of non-use of valeological knowledge in practice.

Materials and methods: the research was conducted according to the special questionnaire consisting of two parts: the first part is questioning, the second part is testing. Sex and age weren't considered. The majority of respondents were the students.

Results: 87 people took place in the questionnaire. 62.4% of respondents have sufficient valeological literacy and are well-informed in matters of a healthy lifestyle. 47.1% of respondents say that they lead a healthy lifestyle, while more than 70% do not perform the simplest health and preventive procedures, such as morning exercises or cold acclimation. 52.9% of respondents say that they do not lead a healthy lifestyle, 63% of them do not lead a healthy lifestyle due to the lack of time, 43.5% do not do it because of laziness, and 13% do not see it as necessity. It is also interesting that 51.7% of respondents drink alcohol, while only 20.7% smoke. It indicates a decline in this trend among young people.

Conclusions: based on the results, it can be concluded that people with greater valeological literacy often lead a healthy lifestyle, although it is impossible to say how systematically they do it. There was often lack of time showing high workload of students or perhaps an inability to organize their time. A separate item should be mentioned about the large number of alcohol users among young people, so it requires the need of educational work.

CHOLESTEROL: LIPOPROTEINS OF LOW AND HIGH DENSITY. THEIR MEANING IN PEOPLE CARDIOVASCULAR HEALTH

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Research relevance: nowadays the largest amount of the deaths in the entire world is due to cardiovascular pathologies. Cardiovascular diseases are associated with an excess of cholesterol in the blood which is controlled by lipoproteins and unbalanced cholesterol causes cardiovascular diseases.

Objectives: to analyze recent investigations of the role of high and low density lipoproteins in cholesterol metabolism and find out the optimal cholesterol concentration in blood to maintain health.

Materials and methods: studies of research papers and statistics about cardiovascular diseases over the last 10 years.

Results: cholesterol metabolism is controlled by lipoproteins. Low-density lipoproteins transport cholesterol from the liver to organs and tissues and high-density lipoproteins carry excess cholesterol to the liver cells to reduce it. Normally, the HDLP concentration should be greater than LDLP concentration. Otherwise, the low-density cholesterol accumulates on walls of blood vessels and forms plaques. The imbalanced proportion of lipoproteins of high and low density is one of the main reasons why is cholesterol accumulates in the blood, formulate thromboses and causes cardiovascular fatal diseases. According to the results of the analysis the optimal content of cholesterol in blood was found. For men from 35 to 55 years old this rate is contained within from 3,78 to 7, 17 mmol / liter, for women from 35 to 55 years old — from 3.37 to 7.38 mmol / liter.

Conclusions: there are about 30% of all deaths are caused by diseases like cerebral strokes, myocardial infarctions, atherosclerosis, arrhythmia and others. The imbalanced proportion of lipoproteins of high and low density is the main reason why is cholesterol accumulates in the blood. Excess of cholesterol deposits on the walls of blood vessels and causes cardiovascular diseases.

Healthy people should do a blood test of lipid profile and of cholesterol content once a year and people who have predispositions to diseases of the cardiovascular system and metabolic disorders