

THE INFLUENCE OF IODINE DEFICIENCY ON THE DEVELOPMENT OF THYROID PATHOLOGY IN THE POLTAVA REGION AND MEASURES FOR ITS PREVENTION

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The term "iodine deficiency disease " (IDD) is used to designate the adverse effects of iodine deficiency (direct or relative) on the growth and development of the organism.

The study of iodine, fluorine and radionuclides containing in drinking water, what Poltava region residents use, was held and analyzed morbidity of thyroid disease in Ukraine and Poltava region.

Evaluating the ecological situation in the Poltava region, we note that this region is the zone of moderate iodine deficiency because a decline in the iodine content in all aquifers of Poltava region. Increases iodine deficiency and elevated levels of fluoride in Buchach aquifer. It should be noted that for the last 20 years in the Poltava region thyroiditis increased proportion of 54.5 times, while in Ukraine - in 31.7, 18.3 times increased volume of nodular goiter, in Ukraine it rise to 12, 7 times, thyroid cancer increased up to 0.6 times, in Ukraine – up to 0,4 times; hypothyroidism – up to 3.6 times, this pathology has grown up to 4.2 times in Ukraine in general and the proportion of diffuse toxic goiter - a total of 1.3 times, in Ukraine - 3.1 times.

So the starting point of thyroid disease in general, in the Poltava region is moderate decrease in the concentration of iodine and fluorine substantial increase

in the environment, imbalance between iodine and fluorine, radionuclide contamination determines the structure of thyroid pathologies in this region.

Implementation of prevention of IDD considering regional features of iodine deficiency more efficiently, than treating the consequences of iodine deficiency, especially as some of them (mental retardation, cretinism) is practically irreversible. Daily need for iodine is extremely small is 3-5 g of iodine. The norm of iodine should receive daily, year after year. It's Enough to forget about it, as iodine deficiency reminds of itself. Real consumption of iodine in Ukraine is only 40-60 mg a day that two to three times lower than the recommended level, which requires the implementation of measures for the prevention of mass and group, taking into account regional differences in iodine deficiency.

For optimal realization of this program is essential educational activities among all groups of population (the organization endocrinology clinics at schools and to highlight this problem in the media).