SECTION OF PUBLIC HEALTH AND PREVENTIVE MEDICINE

СЕКЦІЯ ГРОМАДСЬКОГО ЗДОРОВ'Я ТА ПРОФІЛАКТИЧНОЇ МЕДИЦИНИ

IDENTIFICATION OF MAJOR RISK FACTORS FOR CIRCULATORY SYSTEM DISEASES AMONG KAMPALA (UGANDA) ADULTS AND THEIR COMPARISON WITH SIMILAR DATA IN POLTAVA (UKRAINE)

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Relevance. The problem of noncommunicable morbidity, and especially of cardiovascular disease, is one of the major problems for any country's healthcare system. Considering the main trends of the present day, the public health system plays a big role in the successful fight against these weeds: development of adequate and timely prevention of risk factors (mainly behavioral ones), health protection and promotion of healthy lifestyles.

The aim of the research. Identify the main risk factors for cardiovascular disease in the population of Kampala (Uganda) and compare these data with data from Poltava (Ukraine).

Materials and methods. The risk factor data were examined by questioning the population of Kampala (Uganda) using a typical questionnaire. The obtained data were analyzed by using of statistical methods - odds ratio and regression analysis, as a result, significant risk factors for circulatory system diseases among the population of Kampala were identified. The obtained data were compared with similar ones in Poltava.

Results. The analysis identified the risk factors that had a significant increase in the risk of circulatory system disease among the population of Kampala: age over 40 (odds ratio = 7.892, p = 001), male gender (odds ratio = 4.642, p = 0.017), overweight (BMI over 25) (odds ratio = 2.128, p = 0.034), smoking (ratio chances = 2,122, p = 0,043), pork (odds ratio = 2,243, p = 0.02), lard (odds ratio = 2,091, p = 0,044), sweets (odds ratio = 2,433, p = 0.02), low physical activity (odds ratio = 2.450, p = 0.03), stress (odds ratio = 4.214, p = 0.009), working conditions (odds ratio = 2.194, p = 0.041). The factors of protection were: sufficient fruit consumption (odds ratio = 0.188, p = 0.008), vegetables (odds ratio = 0.135, p = 0.037), fish (odds ratio = 0.394, p = 0.008), poultry meat (odds ratio = 0.466, p = 0.031). Following a multiple regression, an indicative model for prevention of circulatory system diseases among the population of Kampala was constructed – special preventive activities require the following: age, gender, overweight, frequent use of lard and sweets, hard working conditions. At the same time, similar prevention model in the city of Poltava (Ukraine) focus prevention activities on the following factors: age, gender, anamnesis, BMI, smoking, pork and salt consumption, relationships in the family.

Conclusions. As a result of a study of risk factors for circulatory system diseases among the population of Kampala (Uganda) and Poltava (Ukraine), it has been determined that, despite virtually similar risk factors (by the odds ratio), there are differences in prevention models - there is a difference between the more influential risk factors (according to multiple regression analysis).

AWARENESS OF FOREIGN STUDENTS OF UMSA ON THE SAFE USE OF CHEWING GUM

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Actuality. Today chewing gum has become an integral attribute of the modern man who leads a dynamic lifestyle. Worldwide, it is particularly popular with children and young people, including students. The stereotype of the positive effect of chewing gum on oral hygiene, its ability to quench hunger and stress, is common. However, it is important for future physicians to formulate an informed position on the use of chewing gum, taking into account the known beneficial and harmful aspects of its impact on health.

Aim of the research. To investigate future physicians' awareness of the medical aspects of chewing gum use and to formulate appropriate hygienic recommendations for them.

Materials and methods. Analysis, systematization and generalization of literary sources on the problem, questionnaires, statistical data processing. The survey was conducted among 112 first-year students of the Faculty of Foreign Studies.

Research results. The expected minority among the respondents (24, or 21.4%) is students who never use chewing gum or use it very rarely. The rest of the respondents (88, or 78.6%) use chewing gum quite often. Most of them chew gum several times a week (38.6%) or once a day (27.3%), while regular use once a week (21.6%) and several times a day (12.5%) is less common. Among the motives for chewing gum, the highest priority is pleasure (45.5%), which is consistently inferior to maintaining oral hygiene (26.1%), stimulating mental activity (17.0%) and overcoming stress (11.4%). Regarding the average duration of the chewing gum process, the answers were as follows: «5–10 minutes» and «more than 20 minutes» – 35.2% each, «10–20 minutes» – 20.5%, «less than 5 minutes» – 9.1 %. The vast majority of respondents consider chewing gum an effective oral hygiene tool (69.3%) and are not accustomed to using it before eating (94.3%) or during classes (81.8%). Similarly, most respondents (68.2%) demonstrate selectivityto the type or brand of a gum. At the same time, only a small proportion of students are interested in the chemical composition of chewing gum (18.2%) and can assume its negative impact on human health (13.6%).

Conclusions. Thus, the survey showed that the majority of students surveyed have a habit of regularly using chewing gum to achieve a positive effect on their body. However, they are little aware of the potential negative effects of this product on human health and tend to underestimate the probable danger. According to literary sources it was found that