

minimum pressure on its components, characterized by minimal regurgitation, minimal turbulence and not to divide the flow of blood in the area of the valve.

In conclusion I'd say that in order to control the probability of disfunction of the implanted artificial heart valves should be evaluated in the dynamics of the growth of heart failure and multiple organ disfunction, using for this purposes the data of electrocardiography, radiographic and echocardiographic criteries.

HEALTH BENEFITS OF DONATING BLOOD

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Кафедра іноземних мов з латинською мовою та медичною термінологією

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The topicality of the theme consists in the fact that many persons know little how important blood donation is because its benefit is more than just those who receive blood, donating blood is advantageous for the donors as well. As medical care advances, more of today's treatments rely upon the availability of blood. Transfusions of blood and blood components have become an essential part of healthcare today. The increase in life expectancy, the creation of specialist intensive-care units, and the essential and ongoing needs of patients suffering diseases that were previously considered to be incurable, mean that the demand for blood continues to grow. Donations - the only way of obtaining blood. Because each blood donation provides three different blood components, each with its own role in treating patients, it helps up to three different people.

The aim of the thesis is to show all the benefits of the blood donation to the donor. Recent researches have proved that not only is giving blood good for the patients in need, but it's good for your own body as well. Here are some of the benefits you gain for you humanitarian efforts:

1) improves heart health: donating blood improves your overall cardiovascular health. Increased level of iron in the blood raises the chance of heart disease. Regularly donating blood helps males in particular to reduce the amount of iron in the blood. This can reduce the chance of heart attack by 88%. Additionally, regular blood donation can lower the risk of severe cardiovascular events such as stroke by 33%;

2) enhances the production of new blood cells: when blood is withdrawn, the donor's body immediately begins to replenish the lost blood. New cells are produced by marrow within 48 hours of donation, and all of the red blood cells the donor loses during donation are completely replaced within one to two months. Therefore, donating blood helps to stimulate the production of new blood cells.

3) burns calories: donating blood on a regular basis can also improve fitness. Donating one pint of blood (450 ml) burns 650 calories in donor's body.

4) reduces the risk of cancer: high levels of iron have been implicated in cancer. Theoretically, donating blood frequently will reduce the risk of cancers. More research is going on to find strong evidence on this one.

5) free health check-up: before every blood donation process, a series of health check-ups are performed on the donor totally free of cost. That will help diagnose some of the indolent diseases at the early stage before they get flared up and present with multiple medical problems. Further, after the blood is donated, the blood and blood products that are derived from them are screened for certain infections. Frequent blood donations are good free health check-ups that will help you stay healthy.

To draw the conclusion, one can say that you don't need a special reason to give blood, you just need your own reason. Some of us give blood because we were asked by a friend, some know that a family member or a friend might need blood some day and some just believe it is the right thing we do. We don't just need to give blood in the event of tragedies or emergencies. Instead, it should be a normal and routine part of our lives. Regular blood donations mean that there will be sufficient amounts of safe blood in stock. Whatever your reason, the need is constant and your contribution is important for a healthy and reliable blood supply. And you'll feel good knowing you've helped change a life.

THE ROLE OF VITAMINS IN OUR LIFE

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A vitamin is an organic compound required as a nutrient in tiny amounts by an organism. A compound is called a vitamin when it cannot be synthesized in sufficient quantities by an organism, and must be obtained from the diet. Thus, the term is conditional both on the circumstances and the particular organism. For example, ascorbic acid functions as vitamin C for some animals but not others, and vitamins D and K are required in the human diet only in certain circumstances.

The topicality of the research is to determine the importance and role of vitamins. Vitamins and their role in human life has long interested scientists. Vitamins allow your body to grow and develop. They also play important roles in bodily functions such as metabolism, immunity and digestion.

Scientific novelty of the work is to investigate the influence of different groups of vitamins in the human body and to determine the role of each type of vitamin in the normal functioning of the body.

The aim of my project is to learn more about vitamins, explain why they need our bodies.

The objective of this study is to study and analyze the classification of vitamins and their effects on the body, the daily requirement of vitamins for humans.

There are two different types of vitamins: fat soluble and water soluble. A fat soluble vitamin needs fat for proper absorption, and it can be stored in the body in fat cells. A water soluble vitamin can't be stored, so it must be consumed every day to maintain adequate amounts in the blood. Vitamins D, A, E and K are fat soluble, and all others are water soluble. Without vitamins, many of the essential processes of the human body would break down. Deficiencies cause serious health problems, such as rickets and scurvy, as well as affecting the organs and tissues in many smaller ways. All of the organs and tissues in the body depend on these micronutrients to help with cellular growth and repair, immune system functioning, and metabolism. In addition to the immediate effects of vitamins, they also have a long-term impact. A diet high in vitamins lowers the risk of some types of cancer as well as heart disease and dementia.

Vitamins and minerals are essential for the body to stay healthy. They function as regulator and inhibitors that control chemical pathways, transports nutrients, maintain pH levels, promote enzyme activity, etc. Making sure that you get your daily dose of vitamins is a great way to stay fit. When the body lacks a certain mineral, the nervous system automatically

alerts the body to consume certain foods that are rich in that specific mineral. For example, when the body is low calcium, the brain will tell the body that it wants milk. That's why we drink milk to maintain the levels of calcium needed in the body. Vitamins A, B complex, C, E and K are all vitamins that the human body needs to stay healthy. (keep in mind that every person and every organism has different requirements). Vitamin B complex include: Thiamine, Riboflavin, Niacin, Pantothenic acid and pyridoxine. Vitamins are also very important because a deficiency of any vitamin would increase the potential risk of diseases such as scurvy, the lack of vitamin C.

So, Vitamins remain essential nutrients for the healthy maintenance of the cells, tissues, and organs. I came to the conclusion and I want to give advice for you: eat a lot of fruit and vegetables, keep to the daily rules. sleeping 8-9 hours, regular meals, a healthy diet, including fruit and vegetables, and going in for sports is really a good way to live. To be healthy we should avoid bad habits.

SCHIZOPHRENIA IN MODERN SOCIETY

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Psychiatry in general and schizophrenia particularly are very actual problems in our days. Only in last decades psychiatry got the biggest upgrowth ever, but schizophrenia is still a secret for us in many ways. Schizophrenia is often diagnosed in people with an extraordinary mind, open soul and with the ability to feel the world around. Unfortunately a person with mental disorders, in fact, becomes a not equal member of our society. What does actually a person that suffers from schizophrenia feel? What methods does psychiatry offer to treat schizophrenia? Are there any alternative ways of treatment? Schizophrenia is a severe psychical disorder that affects many functions of conscious and behavior: mental processes, perception, emotions, motivation and even movements. The best way to understand schizophrenia is to perceive it like a syndrome, what means a complex of symptoms and signs. The practice also reveals, that schizophrenia also includes severe disorders. Each of them is characterized in each own peculiar progress and family anamnesis.

The term schizophrenia was introduced by a Swiss psychiatrist E. Bleuler in 1911. Bleuler tried to describe schizophrenia proceeding from «basic» symptoms: disorders of thinking and changes in the emotional state. But after time it became obvious, that not all people that suffers from schizophrenia, have disorders that becomes chronic or leads to degradation. In our days scientists says that to cure schizophrenia more effectively, we have to become clear on the reasons of the beginning and the progress of the disease. Therefore most of the researches are directed on finding the etiology of schizophrenia. The important pathologic factors may be living conditions in early childhood, neurobiological disorders, mental tendency and social relationship. Today combined therapy is used to treat schizophrenia: the main of them are treatment with medication and psychotherapy. Treatment with medication is performed by use of antipsychotic drugs. They affect on the «productive» forms of the psychosis by counteract its further development. The effect of antipsychotics is due to the oppression of dopamine-activity. Psychotherapy is also highly recommended, but sometimes the therapy is limited to pharmacology because of the problems with funding. It is possible to treat schizophrenia in alternative ways, but the efficiency of those ways is still unproven. They are being used only if the classic therapy doesn't help. Those ways include electroconvulsive therapy, treatment with drugs that include lithium, antidepressants, benzodiazepines and others.

The perspective for the patients has improved notably the last 25 years, although absolute effective therapy has never been detected. It is important to remember that the condition of many patients can be improved plenty, so they can lead an independent happy life. Considering the severity of schizophrenia as a scientific puzzle – its causes, prophylaxis and treatment requires further study.

In matters of the rehabilitation of mental ill people our country passes up in front of Europe. Except right treatment the patients requires understanding, compassion and respect. Schizophrenia can cause a lot of difficulties, but it must never destroy lives of schizophrenics, their families, and social contacts. The scientist are considered that one day new researches an medicines will give a hope for people, that suffers from schizophrenia.

PARANOID SCHIZOPHRENIA

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The main purpose of the research is to enrich students' knowledge on paranoid schizophrenia, its types, symptoms and options for treatment.

Let us start by considering the definition. Paranoid schizophrenia, also called schizophrenia, paranoid type is a sub-type of schizophrenia as defined in the Diagnostic and Statistical Manual of Mental Disorders, DSM-IV code 295.30, is the most common type of schizophrenia. Schizophrenia is defined as “a chronic mental illness in which a person loses touch with reality (psychosis)”. Schizophrenia is divided into subtypes based on the “predominant symptomatology at the time of evaluation”. The clinical picture is dominated by relatively stable, often paranoid, delusions, usually accompanied by hallucinations, particularly of the auditory variety (hearing voices), and perceptual disturbances. These symptoms can have a huge effect on functioning and can negatively impact a person's quality of life. Paranoid schizophrenia is a lifelong illness, but with proper treatment, a person suffering from the illness can live a higher quality of life. Although paranoid schizophrenia is defined by those two symptoms, it is also defined by a lack of certain symptoms (negative symptoms). The following symptoms are not prominent: “disorganized speech, disorganized or catatonic behavior, or flat or inappropriate affect”. Those symptoms are present in another form of schizophrenia, disorganized-type schizophrenia. The criteria for diagnosing paranoid schizophrenia must be present from at least one to six month. This helps to differentiate schizophrenia from other illnesses, such as bipolar disorder. It also ensures that the illness is chronic and not acute, and will not go away in time. The DSM-IV criteria for the diagnosis of schizophrenia require the presence of symptoms for certain periods of time in order to successfully diagnose a person with schizophrenia. Paranoid schizophrenia is differentiated by the presence hallucinations and delusions involving the perception of persecution or grandiosity in their beliefs about the world. People with paranoid schizophrenia are often more articulate or “normal” seeming than their schizophrenic counterparts who may have more disorganized speech and behavior. The diagnosis of paranoid schizophrenia is given with the presence of bizarre delusions or hallucinations that defy the natural laws of basic logical thought processes, or thought disorders and withdrawal due to