

When choosing a contraceptive method participants answered that they think the most crucial factor to consider is its effectiveness at preventing pregnancy ( $81,91 \pm 3,97 \%$ ), effectiveness at preventing HIV and other STIs ( $56,38 \pm 5,11 \%$ ) ( $\chi^2 = 22,17$ ,  $p < 0,05$ ), acceptable to the partner –  $37,23 \pm 4,99 \%$  ( $\chi^2 = 2,57$ ,  $p < 0,02$ ), how easy it is to use ( $55,32 \pm 5,13 \%$ ) and factors like low cost ( $31,91 \pm 4,81 \%$ ) and does not contain hormones ( $27,66 \pm 4,61 \%$ ) seems to be less important.

When asked about whether they are reluctant to use any contraceptive methods, most answered that they are less likely to use IUDs as their relatives/friends have had negative experiences and some answered that OCPs are less likely to be used due to their side effects.

### **Conclusion**

So as seen in the results, regarding awareness of female condoms as a contraceptive method, male population seems to be more aware of its existence ( $\chi^2 = 1,99$ ,  $p < 0,05$ ), females are more aware that it is possible to get pregnant while breast feeding ( $\chi^2 = 22,23$ ,  $p < 0,05$ ), when choosing contraceptive method for males it is less important that it prevents STIs ( $\chi^2 = 22,17$ ,  $p < 0,05$ ).

This study showed that level of knowledge among Sri Lankans about contraceptives are not at all at an acceptable level. Knowledge regarding sex and safe family planning should be given during secondary education and require continued control and regular updates about the importance of family planning. As concluded in previous research, there is a clear relationship between the level of education, working status and contraceptive use and differences in socio-economic position, cultural difference, and differential access to family planning [2]. The findings from this study will help to develop programs that can improve knowledge and resources and reduce unplanned pregnancies and complications.

### **LITERATURE**

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## **THE UNEXPECTED EFFECTS OF EXERCISING ON THE MENSTRUAL CYCLE**

### **Introduction**

When we first think about exercising and going to the gym, the first thing that comes to our minds is that perfect summer body and that iconic healthy lifestyle. But have you ever considered the changes that could happen in your menstrual cycle because of it? Missed periods, breakthrough bleeding, changes in your flow and even your period pain. You’re probably telling yourself «Hold on!! I didn’t sign up for this!?!» but stay with me for a minute, it’s not all bad, actually you may even be surprised and consider adding these changes on your wish list when you finally decide to subscribe in the gym. Having personally experienced some of these changes myself, I decided to dig deeper into the subject, making my own little investigation in multiple gyms here in Gomel to unravel the reasons behind these individual changes.

### **Goal**

To find out the most common changes in menstruation in women who exercise regularly, and explaining their mechanisms.

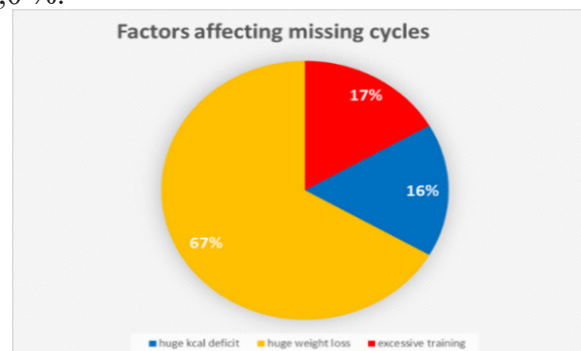
### **Material and methods of research**

We printed forms and distributed them to women in multiple gyms (fitness center, fitness plaza, adrenalin). Considering many factors such as age, BMI, the type of training, it's intensity and regularity, type of diet, daily calorie intake and its deficit, weight loss, medications and even personal stress. There was in total 58 women of reproductive age.

### **The results of the research and their discussion**

Also referred as «spotting», a vaginal bleeding occurring outside of the normal menstrual cycle. In our research, 12,0 % of all girls experienced at least once, breakthrough bleeding. 70,0 % of these girls were going 5–6 times per week and/or were having training sessions of 3-4h. 57,0 % on the other hand had an extreme weight loss of more than 0,5 kg/week. It's also important to note that 85,0 % of these women confirmed that outside personal stress could have caused their spotting. Intense exercising puts a tremendous amount of stress on our bodies, leaving our hormones unbalanced and disturbed. The uterus may respond to these mixed hormonal signals by shedding when it isn't supposed to [1].

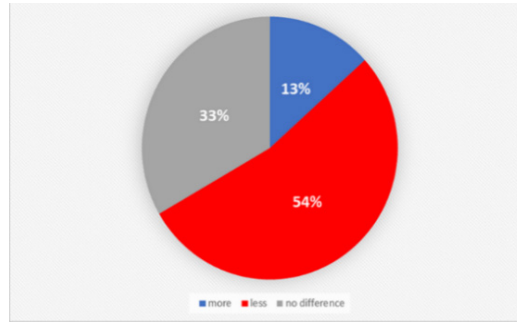
The hypothalamus is a control center for our menstrual cycle. It sends hormonal messages to our pituitary gland and our ovaries, which in turn triggers ovulation. If this communication gets interrupted by something that causes your body stress, like intense exercise or significant weight loss, you will not ovulate [2, 3]. And If you do not ovulate, the changes that trigger your menstruation will not happen and you will miss your period. Overall 10,0 % of the women experienced having missing periods. Previous weight loss played the major role in these women with a percentage of 67,0 %.



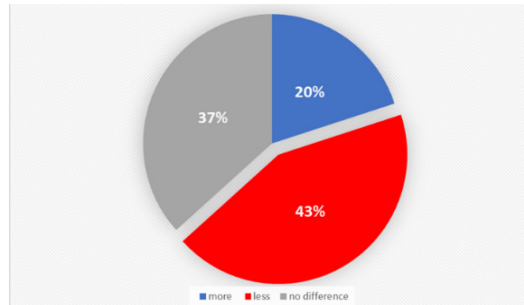
**Figure 1 – Factors affecting missing cycles**

The same hormonal changes that can stop periods altogether can also lead to a lighter flow. Regular exercise can lead to weight loss, which may also lead to a lighter flow [4]. Body fat (adipose tissue) actually produces a type of estrogen. Excess estrogen in your body can cause the lining of your uterus to build up more than usual during the first half of your cycle. The thicker the lining, the heavier your menstrual flow. Weight loss therefore decreases the amount of estrogen in your body, which in turn decreases the buildup of your uterine lining that occurs each cycle. A thinner lining means a lighter flow. Overall, over 54,0 % of the women in our research experienced a lighter flow. The results are shown in figure 2.

The hormonal changes that regular exercise causes may decrease the amount of prostaglandins in the lining of the uterus. Prostaglandins are chemicals that cause the uterine muscles to contract and create cramps. That is why anti-inflammatory pain medications that block prostaglandin production, like ibuprofen, treat menstrual cramps best [1, 3]. Exercising also sparks the production of those feel-good (and pain-relieving) hormones. Results are shown in figure 3.

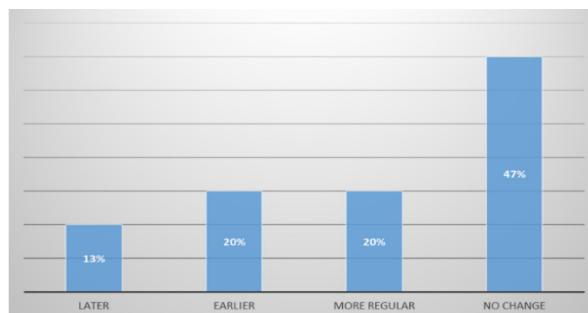


**Figure 2 – The character of menstrual flow**

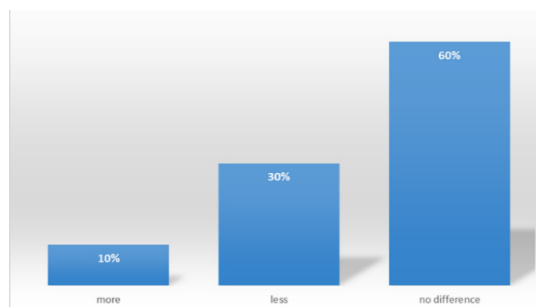


**Figure 3 – The rate of pain during menstrual flow**

According to our research, exercise even had an effect on the regularity of the cycle and even its duration. We found three different responses as shown in the following diagrams shown in figure 4 and 5.



**Figure 4 – Regularity of menstrual flow**



**Figure 5 – Duration of menstrual cycle**

### ***Conclusion***

Finally, extreme weight loss of more than 0,5 kg/week led to breakthrough bleeding at 12,0 % of all girls, overall 10,0 % of the women experienced having missing periods. Over 54,0 % of the women in our research experienced a lighter flow. According to our research, exercises even had an effect on the regularity of the cycle and its duration (we found three different responses).

To prevent these undesirable side effects, it's important not to exaggerate your calorie deficit, rapidly loose a drastic weight (more than 1,0 % of body mass per week or overdo your training (not more than 3h per session and not more than 5 times per week, especially for beginners).

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### RETROSPECTIVE STRUCTURE OF ONKOLOGICAL CONCERNS IN THE REGIONS OF UZBEKISTAN

#### ***Introduction***

Cancer science, armed with advances in science and technology, has made great strides in the fight against malignant neoplasms (MN) in recent decades, in spite of this, malignant tumors continue to be malignant neoplasms (MN), yet they continue to be a major problem for humanity, claiming millions of lives.

#### ***Goal***

In our country the problem of diagnostics, treatment of diagnostics, treatment and prophylaxis of MN are paid a lot of attention in our country, as it is a global problem which is not completely solved.

#### ***Material and methods of research***

Brief information about the country Uzbekistan is a country with huge human potential. The territory of Uzbekistan consists of 12 regions, the autonomous Republic of Karakalpakstan, and the city of Tashkent. Each region, in turn, consists of several districts, 162 in all.

The population of the Republic of Uzbekistan (01.01.20), was 34 million 558,9 thousand people. Of which urban population 17487,5 thousand people (50,6 % of total number of population of the Republic of Uzbekistan), including The rural population – 1771,4 people (49,4 %).

The government pays constant attention to improving the efficiency of oncology services.

The government pays constant attention to the functioning of oncology services. Health issues in the republic have been elevated to the rank of state policy, and today Uzbekistan is continuing the large-scale work that has been underway since the first days of independence.

Today in Uzbekistan a large-scale work on its reform, begun from the first days of independence, is continuing.

The work to reform it, which began from the first days of independence, continues today. The improvement and further modernization of specialized medical care is one of the priority issues.