

## **Выводы**

1. У большинства пациентов с ХВГС (91,1 %), инфицированных вирусом 1-го генотипа, использовалась 12-недельная схема SOF + DCV.
2. ЛечениеПППД показало высокую эффективность, позволяющую добиться у пациентов с ХВГС, инфицированных вирусом 1-го генотипа, добиться достижения УВО 24 в 97,4% случаев.

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## **PRIMARY PREVENTION AMONG STUDENTS**

### **Introduction**

In modern society, due to ignoring a healthy lifestyle, more and more young people are facing problems related to cardiovascular diseases. While primary prevention focuses mainly on correcting arterial hypertension and hyperlipidemia, it is also important to influence behavioral and biological risk factors. Dietary changes, increased physical activity, and smoking cessation are specific actions aimed at successfully reducing the risk of cardiovascular diseases (CVD) at both individual and societal levels [1]. Maintaining a healthy lifestyle can potentially impact risk factors such as overweight, hyperlipidemia, diabetes, and arterial hypertension.

### ***Goal***

To emphasize the importance of correcting behavioral factors that may contribute to reducing the risk of CVD, conducted among students, aimed at lifestyle changes and promotion of a healthy lifestyle.

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

The study considered current recommendations for primary prevention of CVD from the European Society of Cardiology, the Russian Cardiological Society, and the American Heart Association. Information from these guidelines, literature mentioned in these recommendations, and modern studies over the past 5–7 years on the topic were analyzed using various search queries related to risk factors, diet, smoking, tobacco use, e-cigarettes, and alcohol. The evidence of the impact of the studied behavioral risk factors on CVD was evaluated and compared with data from various recommendations.

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

The study involved students aged 19 to 23 years. The study was conducted through anonymous questionnaires with the participation of 67 students, selected randomly. The results of the survey were analyzed using Google Forms analytics tools. The study was conducted from September to December 2023.

The average age of respondents was 22 years. Gender distribution showed a predominance of women – 56 (84%) and men – 11 (16%). According to the survey, nearly one third of the surveyed applicants, 34.3% (23), engaged in regular physical activity and proper nutrition upon entering university. However, only 15 out of the surveyed students, amounting to 22.3%, were able to maintain this trend by the 5th year of study. 17.9% (12) of the respondents have diagnosed diseases of the cardiovascular system, with 66.6 % (8) suffering from arterial hypertension of varying severity, and 33.3% (4) having heart defects.

Almost one third of the respondents, 31.3% (21), have concomitant diseases affecting other organs and systems. Chronic conditions such as vasomotor rhinitis, chronic rhinosinusitis, chronic autoimmune thyroiditis, transient ischemic attack, allergic reactions, bronchial asthma, and chronic gastritis were noted. The researchers hypothesize that in many cases, risk factors for cardiovascular pathology among young people are those with a history of chronic diseases listed above [2].

Based on the above results and familiarity with international standards for cardiovascular system prevention, only 15 % (8) of the surveyed students follow these recommendations. When analyzing methods of prevention, the most popular response was engagement in sports – 41.7%, followed by proper nutrition – 29.8%, and 28.5% of medical students using recommendations from international organizations.

The study was conducted among students and showed that the majority of them understand the importance of a healthy lifestyle for preventing cardiovascular diseases. However, many admitted that they do not always adhere to recommendations on proper nutrition, exercise, and avoiding harmful habits (smoking, alcohol consumption, use of e-cigarettes).

Most students expressed willingness to change their habits for the sake of improving their health, realizing that it is important to prevent cardiovascular diseases. This indicates the need for programs promoting a healthy lifestyle among young people.

### ***Conclusions***

The work on primary prevention of cardiovascular diseases among students showed positive results. Promotion of a healthy lifestyle, restriction of harmful habits, regular physical activity, and proper nutrition contribute to overall health improvement among students. Further preventive measures among students are necessary to maintain the health of the younger

generation. The conducted study suggests the need for mandatory health monitoring of students in medical universities, as well as the importance of educating future doctors on prevention methods. The results of this study draw attention to the growing problem among students and emphasize the importance of increasing awareness among medical students on health protection and prevention methods.

#### LITERATURE

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## ANTIBIOTIC USE AND MISUSE AMONG MEDICAL STUDENTS IN GOMEL STATE MEDICAL UNIVERSITY

### ***Introduction***

Antibiotics are a group of powerful medications that have revolutionized the treatment of bacterial infections. However, WHO recognizes antimicrobial resistance (AMR) as 1 of the 10 major global public health threats, with an estimated 5 million deaths annually associated with bacterial AMR worldwide. More than half a million of these deaths occur in the WHO European Region, which comprises 53 Member States in Europe and central Asia [1]. This issue is particularly relevant among medical students, as they get in depth information about antibiotics in various subjects and opt to use antibiotics on their own before obtaining a full comprehensive knowledge on the subject. It's important for medical students to understand the importance of antibiotic use and also, it's potential consequences of misuse.

### ***Goal***

The aim of this work is to evaluate medical students awareness and attitudes towards the issue of antibiotic resistance, as well as to examine the antibiotic usage practices of medical students of GSMU.

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

A survey was carried out among medical students of Gomel State Medical University, Among Pre-medicine to 6<sup>th</sup> year students using the author's an anonymous Google Form questionnaire. The questionnaires were distributed to groups of GSMU students via social messaging platforms. Based on the data obtained, a database was compiled using the Microsoft Excel program. 142 students submitted their answers. Among 142 students there were 92 females (65%) and 48 males (34%). 2 students (1%) didn't mention their gender. Majority of the participants are from 3<sup>rd</sup> year (42 – 30%), followed by 6<sup>th</sup> year (38 – 27%), 2<sup>nd</sup> year – 30 respondents (21%), 5<sup>th</sup> year – 18 people (13%), 1<sup>st</sup> year – 6 (4%), Pre-medicine – 4 respondents (3%) and 4<sup>th</sup> year – 2 respectively (1%).

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

When asked to describe what is an «antibiotic» majority was able to describe it correctly as a class of drugs that act against a specific bacteria, but 26 (3 from pre-med, 2 from 1<sup>st</sup> year,