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THE DEVELOPMENT OF GASTRITIS IN YOUNG ADULTS: PRELEVENCE, ETIOLOGY AND PREVENTION

Introduction

Gastritis, characterized by inflammation of the gastric mucosa, has become increasingly prevalent among young adults aged 18–35. Historically considered a condition of older populations, its rising incidence in younger cohorts prompts investigation into modern etiological factors. Lifestyle changes, dietary habits, and irregular eating schedules are frequently implicated, reflecting shifts in societal norms such as fast-paced living and increased reliance on processed foods. Chronic gastritis, if untreated, may lead to complications like peptic ulcers or gastric cancer, underscoring the need for early identification of risk factors. Studies indicate that approximately 20–30% of young adults in urban settings report gastrointestinal symptoms annually, with gastritis being a leading diagnosis [1]. This paper examines the interplay of food choices, lifestyle, and eating timing in the development of gastritis, focusing on preventable causes. By understanding these contributors, targeted interventions can be designed to mitigate this growing health concern.

Goal

This research aims to explore the primary etiological factors – specifically dietary habits, lifestyle choices, and eating schedules – associated with gastritis development in young adults. It seeks to identify key patterns and propose evidence-based strategies for prevention.

Material and methods of research

This article is based on scientific publications from PubMed and Google Scholar. Were analyzed to extract, and generalize data focusing on gastritis etiology in young adults.

The results of research and their discussion

The etiology of gastritis in young adults is multifaceted, with dietary habits emerging as a significant contributor. Frequent consumption of spicy, acidic, or processed foods irritates the gastric lining, a pattern observed in urban populations where 35% of young adults report regular intake of such items [2]. Alcohol and caffeine, often consumed excessively in social settings, exacerbate mucosal damage, with studies showing a 40% higher gastritis incidence among those consuming over 200 mg of caffeine daily [3]. Lifestyle factors, including chronic stress, amplify this risk. Stress-induced cortisol elevation disrupts gastric acid balance, a phenomenon linked to 25% of gastritis cases in individuals under prolonged work-related pressure [4]. Smoking, prevalent among 15% of young adults, further aggravates inflammation by impairing mucosal blood flow [5]. Eating timing also plays a critical role; irregular schedules, such as skipping breakfast or late-night meals, disrupt gastric motility. Research indicates that 30% of those eating the last meal up to 3 hours before bedtime exhibit endoscopic signs of gastritis. These factors collectively suggest that modern living patterns amplify susceptibility, necessitating a holistic approach to prevention.

Conclusion

Gastritis in young adults stems from a convergence of poor dietary choices, stressful lifestyles, and erratic eating schedules. High intake of irritant foods, coupled with stress and smoking, significantly heightens risk, while irregular meal timing compounds mucosal stress. Preventive measures should focus on dietary moderation, stress management, and structured eating habits to curb this trend.

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INTELLIGENT SYSTEM FOR PREPARING FOREIGN STUDENTS IN POST GRADUATE EXAMINATIONS IN SURGERY IN INDIA

Introduction

For foreign students, the primary outcome of obtaining medical education abroad is passing examinations to validate their medical degrees, allowing them to practice in their home countries. In India, this examination is called the FMGE (Foreign Medical Graduates Examination) and is conducted by the National Board of Examinations in Medical Sciences (NBE) twice a year. The examination consists of 300 multiple-choice questions covering basic and clinical disciplines [1].

Currently, artificial intelligence (AI) can be used to create personalized educational systems, which is particularly relevant for exam preparation [2].

Goal

The primary goal is to develop an intelligent system to optimally prepare foreign medical students for surgery examinations required for diploma validation in India.