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LIFESTYLE BEHAVIORS AND THE PATHOLOGY OF DIGESTIVE SYSTEM

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Introduction

Diseases of the gastrointestinal tract are one of the important and difficult problems to solve in modern medicine. People of all age groups suffer from this pathology. This can be due to malnutrition, adverse environmental conditions, constant stress, and everyday activity of the patient's lives [1–3]. The gastroenterology department helps to treat and manage patients with different conditions in the digestive system.

The purpose of the study

Find out the common conditions in the Gastroenterology department, patient's history, lifestyle, attitude towards their condition.

Material and Methods

A cross-sectional study was performed at the Gastroenterology department, Gomel city clinical hospital № 3, Belarus using questionnaires among patients. Patients are citizens of Belarus with different conditions respectively.

The questionnaires consists of 9 structured questions. Patients completed the questionnaires that was designed to help find our their condition, history, lifestyle, attitude towards their condition.

This study was approved by the head of the Gastroenterology department, Gomel State Medical University, Belarus. All subjects gave consent to participate in the study.

Fishers' exact tests was used in comparing results. All P-values were two-sides and values less than 5 % ($p < 0.05$) were considered as statistically significant.

Results and Discussions

20 patients were examined 9 males and 11 females. Age ranging from 18–71 years of age; median age of the respondents was 46 years of age. Comparison between different patients with different conditions was carried out in the Gastroenterology department hospital № 3 Gomel, Belarus. Out of the 20 questionnaires that was being distributed, a total of 100 % of patients were able to answer the questions. Lists of 9 friendly structured questions were asked to patients.

Conditions that were seen in the Gastroenterology department, about 5 (25 %) of males and 5 (25 %) females has chronic pancreatitis with concomitant disease like diabetes mellitus, duration of the disease is between 5–11 years ago. 3 (15 %) of males and 3 (15 %) of females has liver cirrhosis duration between 1 month — 2 years ago. About 2 (10 %) of males have stomach ulcers, duration was about 3 weeks to 3 months. 2 (10 %) of females have chronic ulcerative colitis for 2–10 years.

Family history of the disease had 45 % of patients, 55 % of patients — hadn't.

55 % of patients agreed to drinking alcohol (15 % females and 40 % males), 45 % of patients said they don't drink alcohol (40 % females and 5 % males). 40 % of patients smokes (5 % females and 35 % males) while 60 % said that they don't smoke (55 % females and 5 % males).

About having any dental procedures in the past 60 % of patients confirmed it (30 % females and 30 % males) while 40 % of patients never visited the dentist for any dental procedures (25 % females and 15 % males), ($p > 0.05$).

70 % of patients said about eating healthy foods everyday (40 % females and 30 % males), while 30 % of patients don't eat healthy foods daily (5 % females and 25 % males), ($p = 0.00045$).

All patients (100 %) agreed to taking their medications prescribed by the doctor daily. About self medication 30 % answered yes (20 % females and 10 % males) and 70 % answered no (30 % females and 40 % males).

Conclusions

This data shows the most common diseases which can be seen in the Gastroenterology department to the least common one. Chronic Pancreatitis (affecting both males and females equally); Liver Cirrhosis being the second (affects both males and females equally); Stomach Ulcers (affected only males); and least was Ulcerative Colitis (seen only in females during the research in the Gastroenterology department).

Reasons were mainly due to family history, bad habits like alcohol intake and smoking, and poor diet. Bad habits and poor diet were seen mainly in the males.

According to the research all patients agreed in taking their medications daily prescribed by the Gastroenterologist. Patients are aware of their various conditions and are able to manage it very well.

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CARDIOVASCULAR RISK FACTORS AND LIFESTYLE BEHAVIORS ASSOCIATED WITH ISCHEMIC HEART DISEASE

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Introduction

Ischemic heart disease remains the leading cause of morbidity and mortality in Europe [1]. The Slavic countries of the former soviet region (F s u) Russian, Belarus and Ukraine retain one of the highest ischemic heart disease rate [2]. The latest who data published in 2017 coronary heart disease death in Belarus reached 60,337 or 49.90 % of the total death thereby ranking Belarus number four in the world [3].

The purpose of the study

To analyze and evaluate the most prevalent cause of cardiovascular risk factor and lifestyle associated with patients with ischemic heart disease.

Material and methods

This study was carried out in Gomel Regional Hospital N3 in the department of cardiology. 28 patients were examined — 30 % males and 70 % female. The age ranging from 35 – 70 years, 3 of the patient where below 35 years of age and 25 of the other patient where above 50 years of age. Most patients had arrhythmia and stenocardia.

Questionnaires was involved in this study and asking patients with ischemic heart diseases. Questions was based on known cardiovascular risk factor and lifestyle factors like: age, arterial hypertension, smoking, alcohol consumption, family history, obesity, diabetes, high cholesterol level, physically active and taking of drugs not prescribed by the doctor (over the counter drugs).