

НАУЧНАЯ ИНИЦИАТИВА ИНОСТРАННЫХ СТУДЕНТОВ

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ПРИВЫЧКИ И ОБРАЗ ЖИЗНИ СТУДЕНТОВ МЕДИКОВ КАК ФАКТОРЫ РИСКА РАЗВИТИЯ ЗАБОЛЕВАНИЙ СЕРДЦА

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Аннотация

Введение. В 2021 г. по результатам плановых медицинских анализов студентов при поступлении в медицинский университет в Каире установлено, что у 80 студентов (4%) выявлена гиперхолестеринемия, предрасположенность к коронарному атеросклерозу. **Цель исследования** –изучить привычки и образ жизни студентов-медиков Уральского государственного медицинского университета с первого по третий курс. **Материал и методы.** Мы провели опрос 65 студентов Уральского государственного медицинского университета, чтобы выяснить наличие вредных привычек у студентов и узнать, как они проводят свой день. **Результаты.** 65,6% студентов-медиков едят вредную еду, 52,8% студентов не занимаются спортом, 38,90% пьют энергетические напитки, 5,4% имеют хронические заболевания, 26% спят менее 6 часов. **Выводы.** Большинство студентов-медиков имеют вредные привычки и ведут нездоровый образ жизни, что делает будущего врача наиболее склонным к риску возникновения сердечно-сосудистых заболеваний.

Ключевые слова: студенты медики, вредные привычки, энергетические напитки, зарядка, риск заболеваний сердца.

HABITS AND LIFESTYLE OF MEDICAL STUDENT ARE RISK FACTORS FOR HEART DISEASE

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Abstract

Introduction. In 2021, the results of routine medical analyses of students for admission to Medical University in Cairo found that 80 students (4%) had hypercholesterolemia (FH) and these patients had a predisposition to coronary atherosclerosis. **The purpose of the study** is to reaserch the habits and life style of medical student in Ural state medical university especially from first to third course. **Material and methods.** We conducted a survey for 65 students in Ural state medical university to find out the role of negative habits of students and know how they spend their day as young doctors. **Results.** 65.6% of medical students have the opportunity to have hypercholesterolemia, 52.8% of the students did not exercise, 38.90% Drinking Energy drink, 5.4% have chronic diseases, 26% sleep less than 6 hours

Conclusions. Majority of medical student have negative habits and not healthy lifestyle and these make future doctor most purpose to risk of heart disease.

Keywords: medical student, negative habits, energy drink, exercise, risk of heart disease.

INTRODUCTION

According to a centuries-old story, the Four Horsemen of the Apocalypse will announce the end of the world. According to hard data, five harmful habits herald the coming of heart disease. These five are smoking, being inactive, carrying too many pounds, eating poorly, and drinking too much alcohol. Alone and together, they set the stage for artery-damaging atherosclerosis and spur it onward [1]. They do this by deranging metabolism and changing how cells and tissues work. They also disturb the markers of health we worry about so much: blood pressure, cholesterol, and blood sugar. The study focused on 15- to 34-year-old subjects because fatty streaks are prevalent and fibrous plaques begin to appear in this age group [2]. Due to continued lipid deposition and proliferation of smooth muscle and connective tissue, fatty streaks and fibrous plaques increase in size and extent and some undergo qualitative changes. The most serious change is rupture, which exposes the blood to lipid-rich thrombogenic material and precipitates an occlusive thrombus, which in turn leads to myocardial infarction or sudden cardiac death [3].

The purpose of the study – study the habits and life style of medical student in Ural state medical university especially from first to third course.

MATERIAL AND METHODS

To develop this hypothesis, we conducted a survey for the student in Ural state medical university to find out the role of negative habits of students, especially young doctors, and the role of food, and the evidence that a combination of food and negative habits such as smoking, fast eating, and sleeping a few hours causes atherosclerosis.

In the Survey, there were many questions to know the daily habits of students at the Urals Medical University. 65 students filled out the Survey and answered these questions:

- 1) Are you live alone or with your family?
- 2) Do you have a family member with any heart disease?
- 3) Do you have any chronic diseases? (Blood pressure/diabetes)
- 4) How many times you eat junk food during the week?
- 5) How many times do you go to exercise per week?
- 6) How many times a week do you drink an energy drink?
- 7) Are you Smoking?
- 8) How many hours do you sleep?

Data for this hypothesis were identified by searches using the search terms food, diet, weight, infectious agents, atherosclerosis, ischaemic heart disease, myocardial infarction and heart attacks. References listed in articles were also reviewed.

RESULTS

The data for this thesis was determined by a survey of medical students at Ural state medical university using the search terms food, diet, weight, chronic diseases and smoking and the result was as the following. Most students and young people in all countries have a different lifestyle and a different university life depending on the country, customs and traditions, however, based on the survey that we did here at the Ural Medical University in which Russian students and a lot foreign students from many countries (Egypt - Palestine - Morocco - Uzbekistan - Tajikistan – Algeria, etc.) study.

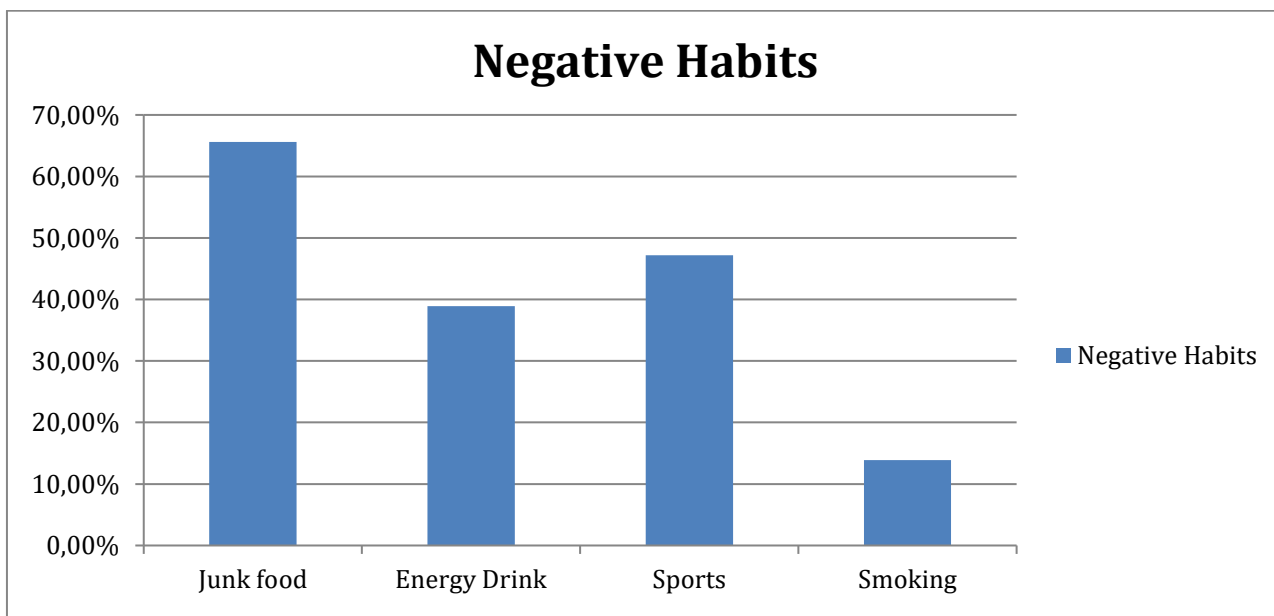


Fig 1. How many times during the week eat junk food, go to exercise, drink an energy drink and smoking

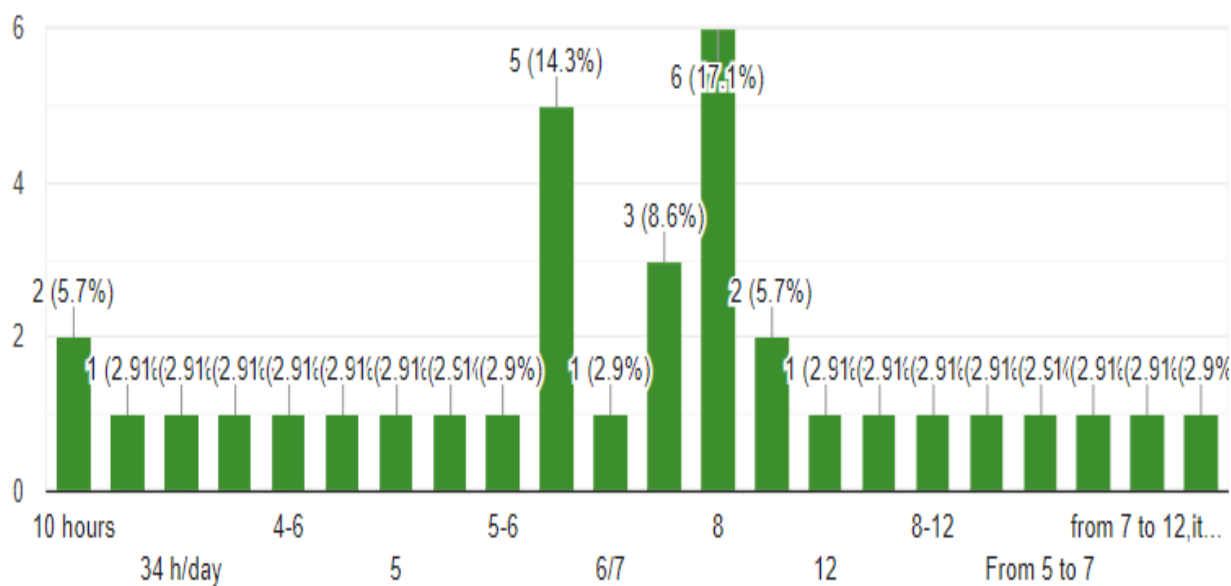


Fig 2. How many hours do students sleep

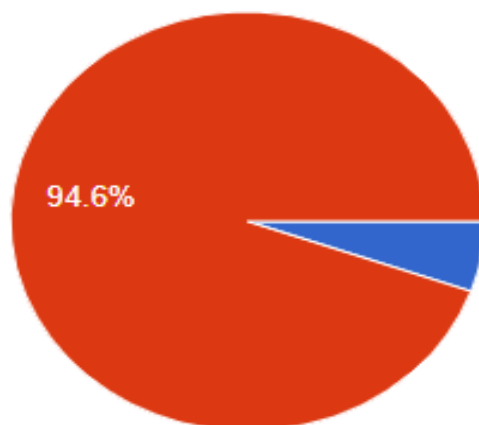


Fig 3. Do Students have any chronic diseases? (Blood pressure/diabetes)

It turned out that 88% of students do negative and wrong habits (Fig. 1) that make them vulnerable to atherosclerosis and various heart diseases, despite their different cultures [3]. We have conducted a survey to find out what are the negative habits of the students and we found 26% sleep less than 6 hours (Fig. 2), 65.6% of student eat junk food during the week, 52.8% of the students did not exercise, 13.9% Smoking, 38.90% Drinking Energy drink (Fig. 1) and 5.4% have chronic diseases (Fig. 3).

DISCUSSION

The risk factors for atherosclerotic coronary heart disease include: Eating junk food, tobacco use, diabetes, hypertension, abnormal blood lipids, obesity and lack of exercise. However, early signs of atherosclerosis can develop in up to 50% or more of teenagers and young soldiers, few of whom have these risk factors. Accordingly it is likely that different risk factors initiate atherosclerosis in childhood and young adults [1]. So to Prevent or decrease the probability to have Heart disease among student we must raise awareness of the dangers of all the negative and dangerous habits of these students and encouragement of diets systems, avoidance of overeating and vigorous prevention and treatment of infections among all age groups [2]. There is also a need to monitor students with a history of serious childhood infections and poor nutrition.

CONCLUSIONS

Majority of medical student have negative habits and not healthy lifestyle and these make future doctor most purpose to risk of heart disease.

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АНАЛИЗ РАСПРЕДЕЛЕНИЯ КОСТЕЙ ПО ЧАСТЯМ ТЕЛА У ВЗРОСЛОГО ЧЕЛОВЕКА

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Аннотация

Введение. Актуальность анализа распределения органов функциональных систем по частям тела обусловлена поиском математических закономерностей для перехода от эмпирического к теоретическому этапу развития анатомии человека. **Цель исследования** – выявить закономерности распределения костей по частям тела человека. **Материал и методы.** Материалом исследования являлись костные скелеты из коллекции кафедры анатомии человека, а также сведения учебной литературы. Были использованы методы количественной оценки костей скелета. **Результаты.** Выявлены соотношения: 1/2:1/2 между парными левыми и правыми костями относительно срединной сагиттальной плоскости; 1/2:1/2 между передними и задними костями туловища относительно фронтальной плоскости перед позвоночником; 2/3:1/3 между количеством костей выше и ниже горизонтальной плоскости через центр тяжести тела; 1/3:1/3:1/3 между осевым скелетом и скелетами верхних и нижних конечностей. **Выводы.** Выявленные соотношения распределения костей в частях тела относительно трех плоскостей 3–х мерного пространства являются проявлением одного из основных естественнонаучных принципов баланса (гармонии, симметрии). Практически это связано с обеспечением равновесия тела в покое и при движениях. Их следует рассматривать как адаптации эволюционного развития, связанные с прямохождением человека.

Ключевые слова: части тела человека, распределение костей, баланс, симметрия, сегментарность.

ANALYSIS OF THE DISTRIBUTION OF BONES IN PARTS OF THE BODY IN AN ADULT

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