

probable mild/moderate depression. There were also significant differences in depression by year of study, with a higher rate among 3rd and 6th year medical students; and gender, with higher rates among female students ( $\chi^2 = 10.39$ ,  $df = 2$ , and  $P = .005$  and  $\chi^2 = 20.1$ ,  $df = 3$ , and  $P < .001$ , respectively). With respect to nationality, depressive traits were more among foreign students, with the highest rate among African respondents.

Conclusion: In present study, we found that the prevalence of psychological stress among medical students was high (39%), which corresponds to other studies among medical students. There was also a significant association between psychological stress and depression among medical students in this study (Pearson's  $r=1$ ).

## **OBESITY AS UNFAVORABLE BACKGROUND OF ASTHMA**

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According to the WHO currently the number of people with higher body weight and obesity more than 1.5 billion. Visceral adipose tissue is an active producer of angiotensin estrogen, leptin, plasminogen activator inhibitor-1, pro-inflammatory cytokines — tumor necrosis factor- $\alpha$  (TNF- $\alpha$ ) and interleukin-6 (IL-6), and many others. In this case, an excessive accumulation of adipose tissue and increased body weight, especially obesity can lead to immune, metabolic, endocrine and hemostatic disorders. That is acting as a background for many diseases of internal organs, obesity may alter the clinical symptoms, contribute to the emergence of therapy-resistant forms of diseases and the development of complications.

Obesity often acts as a constituent unit of comorbid disease in the most common diseases of internal organs, among them a certain place belongs asthma.

Aim: to assess the content of IL-6 is the TNF- $\alpha$  in patients with asthma and obesity.

Materials and methods. The study involved 52 patients with asthma II and III stage disease and 51 patients in its combination with obesity 1st (32 patients) or 2nd (19) stage (study group). The age of patients was  $41.7 \pm 5.3$  and  $42.9 \pm 6.8$  years, respectively, for the duration of the medical history of asthma —  $13.4 \pm 3.8$  and  $14.6 \pm 4.2$  years. Overweight and obesity in 27 patients was preceded by the formation of asthma. All patients were hospitalized due to the worsening of the process in bronchopulmonary system. For benchmarks

were examined 50 healthy individuals of similar age and gender. Indicators of cytokine-mediated immunity was assessed on the content of IL-6 is the TNF- $\alpha$  using reagent kits ProCon Ltd., St.-Petersburg, Russia.

Results and its discussion. The study showed that in patients with asthma recorded an increase in the concentration of IL-6 ( $61.3 \pm 4.3$  mmol/l at a rate of  $42.5 \pm 3.6$  mmol/l) and TNF- $\alpha$  (to  $63.5 \pm 4.8$  mmol/l control  $24.2 \pm 3.2$  mmol/l). Accession obesity resulted in an increase in the studied parameters to  $79.5 \pm 4.8$  mmol/l and  $89.3 \pm 5.7$  mmol/l, respectively, indicating a negative influence on the obesity of the disease.

Conclusions. Asthma accompanied by increased of content of proinflammatory cytokines TNF- $\alpha$  (2.6 fold) and IL-6 of (1.4 times), while the comorbidity of asthma and obesity worsens the revealed violations (an increase of 3.7 and 1.9 times, respectively), which can be considered as a negative factor supporting the inflammatory process in bronchopulmonary system.

## **PHYSIOTHERAPEUTIC METHODS OF PROPHYLAXIS AND TREATMENT OF A PAINFUL SYNDROME IN STOMATOLOGY**

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The modern physiotherapy is an integral part of complex treatment of many acute and chronic inflammatory diseases of an oral cavity [1]. Physiotherapeutic methods adequately-prognostic picked up in a combination with biodoses, courses: are universal on influence, wide in indications to application to patients of a stomatologic profile inclined to the allergic conditions, weakened etc[3]. Researches on regions of Crimea have been conducted and often met landscape conditionally and pathogenic microorganisms in Simferopol are revealed: *S. epidermidis*, *S. aureus*, *S. cohnii*, *S. hominis*, *S. mutans*, *K. pneumoniae*, *Proteus*, *E. coli*, *P. aeruginosa* [2]. The purpose of our research was working out of physiotherapeutic prophylaxis and treatment of a painful syndrome in stomatologic practice. Selected biologically active points of acupuncture of an oral cavity (tszin-tszin-yuy-ye, hay-tsyuan, in-tszyao) for reflexotherapy of stomatologic diseases are used. The hydromassage of gums by water streams can be considered as fluidopuncture. Hydrolaser therapy — it is the combined influence of mechanical massage of a water stream, power influence of the laser and treatment by the structured water (thermal, table, medical and etc.). We clinically observed 45 persons (23 women, 22 men),