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*Enemigin E.*

**EFFECT OF HYPOKINESIA ON THE OCCURANCE OF**

**VULVOVAGINITES OF CANDIDAL ETIOLOGY IN TEENAGE GIRLS**

Kharkiv National Medical University

(Department of Obstetrics and Gynecology №2)

Research advisor: Starkova I.

Kharkiv, Ukraine

**Introduction.** Hypokinesia is a problem of the contemporary society, caused by automation and all-around mechanization of production, large-scale implementation of computer technologies. The muscle activity limitation evokes diverse changes in human. Research of effects of hypokinesia on teenage girls is of the outmost interest because formation of the reproductive system function in them is observed and they are sensitive to various exogenous and endogenous factors. The aim of the work is to research effects of the muscle activity limitation on the level of lymphocytes in blood, as one of indicators of cell-mediated immunity, and on incidence of candida vulvovaginitis.

**Materials and methods.** 20 teenage girls with hypokinesia, who were second-year students of a college of computer sciences, and 20 teenage girls, who led an active lifestyle with normal physical activity, were examined. The groups were identical by anamnestic indicators and social status. Absence of focal points of chronic infections in the patients from the study groups was ascertained. All girls had sexual relationships with use of barrier contraception. Episodes of candidal vulvovaginitis were observed 1-3 times annually. A microscopic examination of the vaginal discharge in the setting of clinical manifestation of the disease, and evaluation of the total number of lymphocytes, which constitute the structural base of the human immune system, were carried out.

**Results of research.** The study results evidence that 2-3 episodes of candida vulvovaginitis were observed in 18 teenagers with hypokinesia (90%), but the number of lymphocytes in the complete blood count was low – 14.8 ± 0.2 %. In the teenagers with a normal activity regime, three episodes of candidal vulvovaginitis were not detected; one–two were detected in 5 girls (25%); and the level of lymphocytes was within the normal physiological range of 28.1 *±* 0.2 %.

**Conclusion.** Therefore, the muscle activity limitation in the teenagers is followed by reduction in the percentage of lymphocytes, and this constitutes a manifestation of deterioration of the state of the cellular components of the immune system and leads to the increase of the incidence of candidal vulvovaginitis.