

ме тому мова має йти про вивільнення потенціалу жінок й природи від утисків патріархального домінування, яке шкодить і жінкам, і чоловікам, і природі.

Публічне обговорення екологічних проблем у гендерному вимірі забезпечує вільний обмін думками між чоловіками і жінками, а точніше, між поборниками гендерного і патріархального підходів до екологічної комунікації. Внаслідок цього не лише поширюється інформація про сучасні екологічні проблеми і недостатню самореалізацію жінок у їх вирішенні, а й змінюються соціальні установки й пріоритети обох сторін цього доленосного діалогу. Гендерночутливі інновації зможуть забезпечити більш раціональні паритетні рішення, що не є результатом політичного, економічного чи будь-якого іншого тиску з боку патріархальної влади. Екологічний інтерес у всіх людей один – це життя в безпечному, здоровому середовищі. А тому необхідно знайти такі форми впливу на суб'єктів суспільних відносин, які б об'єднували їх інтереси.

Наразі важливо сформулювати і систему показників, що відображають екологічний ефект від використання природних ресурсів у системному контексті, який має включати гендерну складову. За цих умов критерії оцінки еколого-економічного розвитку, застосовані для єдиної системи «природа-суспільство», будуть менш суперечливими й односторонніми. Оцінка потенціалу екосистем на глобальному, регіональному, національному та місцевому рівнях повинна бути цілісною і інтегральною. Без цього неможливим є екологічне оздоровлення природи і суспільства й забезпечення екологічної безпеки всього живого.

Сучасне покоління стає свідком і безпосереднім учасником перегляду всієї системи цінностей нашого буття і формування нового екологічного світогляду, нової оцінки гендерних відносин. На цій основі відкривається перспектива переорієнтації людської свідомості на екологічні установки і створення економічних і політичних умов для забезпечення екологічно стабільного розвитку, у якому буде також втілена гендерна рівність екологічних інтересів. При відсутності гендерного підходу і пріоритету екологічних імперативів ніякі технічні досягнення не приведуть до зменшення екологічної напруженості.

Екологічні проблеми можна розв'язати, якщо в різних формах природокористування проявляється гармонія особистості, суспільства і природи. У відносинах з навколишнім середовищем мета повинна бути орієнтована на стратегію сталого розвитку, а пріоритетом має бути здоров'я, гендерна рівність і безпека, в тому числі і екологічна.

Література

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THE INFLUENCE OF LIFESTYLE ON THE ONSET AND MANIFESTATION OF GASTROESOPHAGEAL REFLUX DISEASE IN YOUNG MEN

Relevance of the topic. According to the results of numerous studies, gastroesophageal reflux disease (GERD) is one of the most common diseases of the digestive system. For example, it was found that GERD symptoms occur in 10–40% of the European population. The urgency of the problem of GERD is caused not only by its

high prevalence, but also by its atypical clinical manifestations that complicate diagnosis or lead to overdiagnosis, complications that worsen the quality of life of patients, and significant economic costs of treatment. The modern quick life rhythm of working people has radically changed the rational diet, work and rest. As a result of the use of fast foods in order to save time, and the formation of bad habits and food addictions, GERD has become an urgent problem among young patients.

The goal of the study is to study the lifestyle features, risk factors and clinical manifestations of gastroesophageal reflux disease in young men.

Materials and methods. 14 men aged 25–44 years with symptoms of GERD were examined. The comparison group consisted of patients 15 patients with the same pathology of the female gender. The diagnosis of this pathology was established according to the requirements of the Montreal Consensus (2006). To assess the symptoms of GERB, we used the GerdQ questionnaire. To identify risk factors and lifestyle analysis, we collected information about bad habits (smoking status, alcohol use), food addiction (eating sweet, fatty, fried foods, chocolate, coffee and other), lifestyle (presence of stress, the level of physical activity was assessed), body mass index (BMI) was calculated.

Research results. The average age of men was 34 ± 6 years, women – 31 ± 7 years. According to GerdQ questionnaire, the average score was 14 ± 3 for men and 9 ± 4 for women. Non-erosive form of GERD prevailed in both sexes. At the same time, we found that the frequency of heartburn with erosive form of GERD is the same in both sexes, while in non-erosive it is noted 1.5 times more often in men. We found that erosive esophagitis, esophageal ulcers and Barrett esophagus are more common in men than in women.

Estimating the frequency of identifying bad habits, we found that 42.9% of men are smokers, while women with similar smoking status had 26.7%. 78.6% of men and 20% of women confirmed alcohol consumption. The level of physical activity corresponding to hypodynamia was observed in 73.3% of men, while in women only 57.1%, moreover 33.3% of women were fond of various sports as amateurs (visits to the gym, swimming pool, morning jogging, etc.). We found that the average BMI was significantly higher in men than in women.

Analyzing the eating habits of patients in both groups, we found that most men prefer "eating on the go" and fast food supporters. Furthermore, 40% of women were supporters of a variety of diets, which we regarded as an indicator of a more healthy lifestyle. 85.7% of men indicated the presence of stressful situations at work as a feature of professional activity, while the same indicator was only 26.7% among women.

Conclusions. In general, male patients with GERD lead a less healthy lifestyle. The leading risk factors for GERD in the lifestyle of men are stress, smoking, alcohol consumption, eating fast food, physical inactivity. The frequency of heartburn at the non-erosive form of GERD is higher in men. Probably, the severity of clinical manifestations of GERD is caused by stress. Therefore, it can be assumed that the predominant mechanism for the development of heartburn and loaded pain in men is the increased sensitivity of the body to the irritant effects of hydrochloric acid due to stress. It can also be assumed that nicotine promotes relaxation of the sphincter circular muscle, which facilitates the throwing of gastric contents into the esophagus.

A higher value of BMI in men is observed, which suggests another possible dominant mechanism of GERD – a high standing of the diaphragm due to visceral

obesity, which contributes to throwing the contents of the stomach into the esophagus. In men, a more severe course of GERD is observed, due to the development of complications such as erosive-ulcerative damage to the esophageal mucosa and Barrett esophagus.

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PETRA KELLY AND HELEN CALDICOTT – TWO PROMINENT ACTIVISTS IN THE INTERNATIONAL ANTI-NUCLEAR MOVEMENT

The Australian pediatrician and antinuclear activist Helen Caldicott spearheaded an antinuclear movement in the 1970s in her native Australia, which forced an end to French nuclear testing in the South Pacific and managed to stop Australian uranium exports from 1975 to 1982. When the partial meltdown occurred in Pennsylvania's Three Mile Island nuclear reactor in the US in March 1979, Caldicott also became a leader in the antinuclear movement of the United States where she lived at that time: she headed the organization Physicians for Social Responsibility and with Caldicott at its front, its membership, budget, and size of paid staff continued to grow impressively. In the same year Caldicott travelled to Germany to attend the first women's anti-nuclear congress that took place in September 1979 in Cologne where she held a speech about the danger of radioactive materials and informed the participants about the nuclear weapons already stationed in Germany. One of the women at the congress was Petra Kelly.

Petra Kelly, who had also lived and been active in the US, had started her struggle against the civil and military use of nuclear power and for mutual disarmament because she held radiation responsible for the death of her sister at a very early age. Kelly's fighting against nuclear power and thinking beyond national borders was influenced by her years in America and led her around the world, also to Australia. At the invitation of the local anti-uranium movement, she experienced something that became a key moment in the unfolding of the global environmental cause: Sydney's Green Bans movement that happened to take place at the same time as the anti-uranium protests and which was a fight to save an area of natural bushland in Sydney from destruction. This bushland was the last remaining open space in that area: the plan had been to build luxury housing on the site. Indeed, some argue that Kelly took back the idea of Green Bans, or at least the green terminology, with her to Germany. In today's paper, I intend to demonstrate not only that Helen Caldicott and Petra Kelly established an international network via their anti-nuclear activism but also that the success of their networking and activism arose from ecofeminism and difference feminism theory that espoused the assumption of woman's closer affinity with nature and hence a fundamental distinction between men and women which entitled and predestined the latter to fight against a male-dominated technocratic world.

Many women in the ecological and peace movements believed the world would be a better place eschewing any form of oppression if it possessed more of the assumed female characteristics of motherliness and peacefulness. On the one hand, this implied differential feminism led to a clash of opinions while, on the other hand, it promoted solidarity between women in different countries, created vast potential for the feminist ecological and peace movement and was interpreted as an emancipatory force by many women, among them Caldicott and Kelly. The criticism that both women incurred from their contemporary colleagues, and their ensuing marginaliza-