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DETERMINATION OF THE PREVALENCE OF HELICOBACTER PYLORI INFECTIONS AMONG MEDICAL STUDENTS ON THE BACKGROUND OF MEASURING METABOLIC INDICATORS

Introduction. In the modern world, infection with *Helicobacter pylori* is the most common bacterial cause of gastroenteritis. *Helicobacter pylori* infection is a long-standing, but still an urgent problem of elderly people with the possible addition of oncological and cardiological pathologies.

Aim. Assess the prevalence of *Helicobacter pylori* in medical students due to metabolic parameters and dietary habits.

Materials and methods. Medical students, with a total of 40 people, were randomly selected at the medical faculty of Kharkov National Medical University from the age of 18 to 22 years. The following diagnostic methods were performed: REF IHP test for *H. pylori* antigen, gastroduodenal lesion symptoms questionnaire, a questionnaire on eating habits. The serum levels of triglycerides, total cholesterol, high density lipoproteins, low density lipoproteins were determined.

Results. We divided all medical students by gender (17 men - 37.5% and 23 women - 57.5%). The average age of medical students was 20,2 years. According to the results of the study, the prevalence of *Helicobacter pylori* among men was 42.5%, among women 32.5%. *Helicobacter pylori*-positive students had lower levels of triglycerides and total cholesterol, low density lipoproteins ($P = 0.048$) and higher levels of high density lipoproteins compared to *Helicobacter pylori*-negative students.

Conclusion. *Helicobacter pylori* infection is a fairly common human problem. According to the results of the study, the prevalence of *Helicobacter pylori* among medical students was higher in men and amounted to 42.5%. Clinical signs of the disease were absent. *Compilobacter*-positive students, according to the results of the questionnaire on dietary preferences, had a low amount of vegetables and fruits (less

than 50 g/day) in the diet, which is a prerequisite for the subsequent adjustment of the diet of medical students.