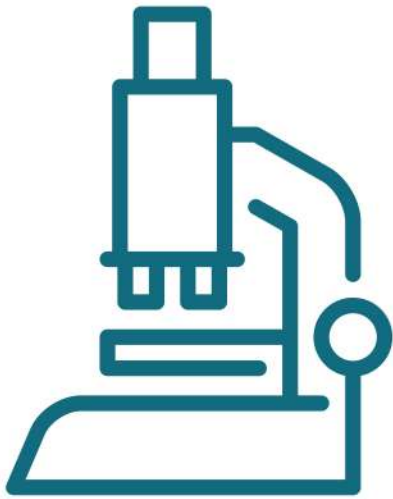


KHARKIV NATIONAL MEDICAL UNIVERSITY

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BIOMEDICAL SCIENCES





2 diabetes, the limitation of the vasodilation effect in response to occlusion is 13,5 % more common in comparison with patients with only hypertension without diabetes.

Kyrychenko Yana, Kolesnikova Yuliia

TRETTMENT OF OSTEOPOROSIS AGAINST THE BACKGRAUND OF BRONCHIAL ASTHMA

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Osteoporosis is a progressive metabolic bone disease that reduces bone density and disturbs structure. Osteoporosis is a topical problem because of the social consequences of the fractures to which the disease is increasingly linked. For example, in the elderly, 90 percent of hip fractures occur from osteoporosis.

Asthma and osteoporosis are linked. Asthma sufferers have a higher risk of developing osteoporosis for several reasons.

First of all, asthma is treated with glucocorticoids, which in turn reduce calcium intake and increase calcium loss with urine, and therefore increase bone mass loss. Corticosteroids also affect the production of sex hormones, which may contribute to bone loss and may cause muscle weakness, which leads to falls and fractures.

Second, people with asthma often do not eat dairy products rich in calcium and other micronutrients, mistakenly suggesting that these products could trigger a bout of bronchial asthma. Also, asthmatics, fearful of triggering a seizure, avoid aggravated physical activity such as jogging, basketball, volleyball, power training, which is good for strengthening bones.

The treatment of people with bronchial diseases is not substantially different from those who do not. Osteoporosis therapy consists of balanced nutrition, physical activity and taking special medications. Balanced diet includes fatty dairy products, cheeses, green leafy vegetables, sesame, seafish, almonds, garlic.



Patients who are allergic to dairy products may take calcium inward at a dose of 1,000 mg per day. Women over 50 and men over 70 must increase the dosage to 1,200 mg per day. People with bronchial asthma should exercise in institutions with a controlled environment.

Walking and outdoor exercise will be useful for them.

Harmful habits that adversely affect both the locomotor system and for health in general.

The medicinal treatment for osteoporosis consists of taking one of the existing drugs: bisphosphonate, calcitonin, estrogen, parathyroid hormone (hormone therapy).

Glucocorticoids are preferably inhaled, at the lowest possible dose that can control bronchial asthma symptoms.

Lina Aboelnour

STATING THE NEGATIVE IMPACT OF SOCIAL MEDIA ADDICTION ON OUR MENTAL HEALTH

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Introduction: It was announced by WHO that The number of cases of depression worldwide rose from 17.2 million in 1990 to 25.8 million in 2017 with an increase of 49.86 percent, Depression is a common mental disorder that presents with depressed mood, loss of interest, or pleasure, feelings of guilt or low self- worth, disturbed sleep or appetite, low energy, and poor concentration, Being socially linked to others can relieve stress, anxiety, and depression.

the increment of the cases of depression came along with the strong invasion of social media platforms to our lives, as it plays a huge impact on our mental health and happiness. it was proved that social media can promote negative experiences such as The inadequacy of existence or appearance, Fear of missing out, Self-absorption, Cyberbullying, Isolation and also many use social media as a “security blanket”.



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