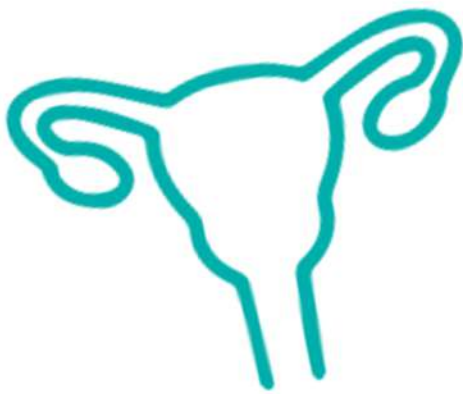


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**OBSTETRICS & GYNECOLOGY**





a magnesium drug, which has a normalizing effect on the functional state of the higher parts of the nervous system. After a week of use the above measures on the eve of the next menstrual bleeding, 10 women (50%) showed a decrease in the manifestations of pain at the onset of menstruation. And in 12 cases (60%), an improvement in the psycho-emotional state was recorded.

Conclusions. Studies have shown that with prolonged limitation of the volume of muscle activity, the factors contributing to the development of pain syndrome are a decrease in physical activity on the muscular system and changes in the state of the higher parts of the nervous system. The presented results make it possible to develop effective measures for the prevention and treatment of dysmenorrhea in women with prolonged hypokinesia.

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## **PREVENTION OF PREECLAMPSIA IN PREGNANT WOMEN USING AQUA AEROBICS**

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Relevance: among the causes of maternal mortality preeclampsia ranks 3rd. Etiology and pathogenesis still remain poorly studied, and therefore treatment is often ineffective. Therefore, various non-medical methods are currently being introduced to influence the course of preeclampsia. One of the most effective methods is water aerobics.

Purpose: to study the impact of aqua aerobics on the course of preeclampsia.

Materials and methods: a study was conducted on 32 women who showed signs of preeclampsia. All pregnant women were found to have swelling. BP was within 140/90-145/99. Daily proteinuria was 0.1-0.3. Thus, a mild degree of preeclampsia could be given to all pregnant women. Women were divided into 2 groups of 16 people. The average age of group 1 was 23 years, for group 2 - 25 years.





Results of the study: treatment was conducted in 28-34 weeks of pregnancy. Group 1 received only medical therapy, 2 groups of pregnant women were treated with water aerobics 2 times a week for 30 minutes in addition to therapy. The course consisted of 6-8 sessions. In studies of III trimester of gestation in women of group 1 the following results were obtained: in 10 women deterioration of condition was observed: swelling of legs and arms increased, BP changed insignificantly, proteinuria was preserved; in 5 women condition improved; in 1 pregnant woman severe degree of preeclampsia developed. In the 2nd group: in 14 people the condition improved, BP decreased, the rate of oedema decreased; in 2 women oedema remained, the condition changed insignificantly. There were no cases of severe preeclampsia in pregnant women who were engaged in aqua aerobics.

Conclusions: According to the results of the study it can be concluded that water aerobics in the 3rd period of pregnancy improves the condition of pregnant women, stabilizes and reduces BP, reduces the degree of oedema, prevents the development of severe forms of preeclampsia. Therefore, classes in the pool may be recommended as a non-drug method of preeclampsia treatment for pregnant women.

*Sydora Ruslan, Anastasiia Nahorna*

## **SPECIFIC FEATURES OF MANAGING FEMALE PATIENTS WITH CERVICAL CANCER FOUND DURING PREGNANCY**

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Introduction. Cervical cancer there is one of the most common malignant neoplasms during pregnancy, and it occurs with a frequency of 0.45 till 1.0 per 1000 births.. During pregnancy this pathological condition at first will detected in 3% of cases. Some authors attribute this to the fact that pregnant women during observation in the Women's health clinic are must-have could perform a colposcopy [Urmancheyeva A. F. et al., 2002]. The lack of a clear clinical picture of cervical intraepithelial neoplasia



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