CONTESTS

Biomedical sciences ............................................................................................................................................. 2

Dentistry ................................................................................................................................................................. 28

Akansha Singh ........................................................................................................................................................ 3

PECULIARITIES OF SOME BLOOD GROUP SYSTEMS IN BLOOD ................................................................. 3

Ananya Dwivedi .................................................................................................................................................... 5

Predictions For Development Of Rhinosinusitis ............................................................................................... 5

Anastasias Grigoruk ............................................................................................................................................... 7

THE INFLUENCE OF MUSIC ON STUDENTS’ COGNITIVE ABILITIES ............................................................... 7

Ankutova Anna, Atai Said .................................................................................................................................... 8

PHYSICAL STIMULATION OF REPARATIVE OSTEOGENESIS .......................................................................... 8

Karamysheva Anna ............................................................................................................................................... 10

FEATURES OF THE NUCLEI OF HIPPOCAMPPAL NEURONS ......................................................................... 10

Kuye Adesegun ........................................................................................................................................ 11

CONCILIATION OF MEMORY LOSS AND BRAIN AGING BY OSTEOCALCIN .............................................. 11

Kuye Adesegun Jacobs, Subham Srinivas ........................................................................................................ 13

EFFECT OF ELECTRONIC CIGARETTES ON VASCULAR ENDOTHELIAL FUNCTION OF LABORATORY RATS ................................................................. 13

Kuznetsova Milena, Borshchova Zlata, Pomazanov Dmytro ........................................................................ 15

EFFECT OF PRENATAL STRESS IN MATERNAL RATS ON THE STRUCTURE AND FRACTIONAL COMPOSITION OF LIVER LIPIDS IN THEIR ONE-MONTH-OLD OFFSPRING .................................................................................................................. 15

Kuznetsova Milena ............................................................................................................................................... 18

CONDITIONS FOR ADAPTATION OF A NOVICE TEACHER TO PROFESSIONAL ACTIVITY IN MEDICAL SCHOOLS ................................................................................................................................. 18

Makarova Valeria, Saveliev Vladislav ................................................................................................................ 19

Implementation of medical information systems ............................................................................................ 19

Maryenko Nataliia ............................................................................................................................................... 21

FRACTAL ANALYSIS OF THE HUMAN CEREBELLUM (MAGNETIC RESONANCE IMAGING STUDY) ................................................................................................................................................................. 21

Nazar Burlakov .................................................................................................................................................. 22

MEDICAL STUDENTS’ SLEEP QUALITY IN CORRELATION WITH THEIR HEALTH ........................................ 22

Nosova Yana, Tymkowych Maksum .................................................................................................................. 24

DETERMINATION OF NASAL RESISTANCE ACCORDING TO CT DATA ........................................................ 24

Rasuli Nelab ...................................................................................................................................................... 25

RISK OF THYROID DISEASES IN YOUNG PEOPLE .......................................................................................... 25

Dentistry ................................................................................................................................................................. 28

Bugayev Vladyslav, Hrybnyuk Vladyslav ............................................................................................................ 29

DYNAMIC OF HYGIENIC STATUS IN CHILDREN, WHO HAVE CHANGED THE MANUAL TOOTHBRUSH TO A SONIC ONE ............................................................................................................................................................ 29

Daryna Tymokhina ............................................................................................................................................... 30

ASSESSMENT OF RISK FACTORS OF DENTAL DISEASES AMONG YOUNG PEOPLE UNDERGOING THE ADAPTIVE QUARANTINE .................................................................................................................. 30

Dmytro Komarov, Komarov Oleksii .................................................................................................................. 31

Possibilities of clear aligners using in complex therapy of generalized periodontitis ................................... 31

Dobintsev Yaroslav, Akshentseva Oleksandra, Oleinchuk Alisii .................................................................. 33

CLINICAL ANALYSIS OF OCCLUSAL RATIOS OF THE ARTIFICIAL DENTITIONS IN ORTHOPEDIC TREATMENT OF PATIENTS BY REMOVABLE DENTURES .................................................................................................................. 33

Tishchenko Oksana ............................................................................................................................................... 34

Influence of vape devices on the microbiological landscape of the oral cavity of laboratory rats .................... 34

Influence of vape devices on the microbiological landscape of the oral cavity of laboratory rats .................... 34
Maryenko Nataliia

FRACTAL ANALYSIS OF THE HUMAN CEREBELLM (MAGNETIC RESONANCE IMAGING STUDY)
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Modern diagnostic methods of neuroimaging (CT, MRI, etc.) are the methods of choice for lifelong assessment of the morphofunctional state of various brain structures and the diagnosis of various pathological changes and diseases of the nervous system. The use of fractal analysis as a morphometric method allows to investigate biological structures that have the properties of fractals, including the human cerebellum. Adaptation of fractal analysis techniques to assess the state of brain structures using magnetic resonance imaging is an important area of modern morphology.

Objective: to determine the values of the fractal dimension (FD) of cerebellar tissue and its external linear contour different areas parts of the cerebellum according to magnetic resonance imaging using pixel dilation method.

Methods. Digital T2 weighted images of magnetic resonance imaging scans of 120 patients were used in the study of the cerebellum. The values of the fractal dimension of the outer linear contour of the cerebellum and its tissue for the upper and lower cerebellar lobes were determined using pixel dilation method in the author's modification.

Results. It was found that the average value of FD of the cerebellar vermis on the midsagittal section on T2 weighed images with a brightness threshold of 100 was $1.691 \pm 0.01$. The FD values of the cerebellar hemisphere tissue were: in the paravermal zone on the left $1.683 \pm 0.01$, on the right $1.685 \pm 0.01$; in the central zone of the hemisphere on the left $1.679 \pm 0.01$, on the right $1.672 \pm 0.01$; on the lateral zone of the hemisphere on the left $1.665 \pm 0.01$, on the right $1.682 \pm 0.01$. These values do not differ statistically significantly in the symmetrical areas of the right and left hemispheres and do not differ from the FD values of the cerebellar vermis.
The average FD of the cerebellar tissue was 1.836±0.005, of the upper lobe – 1.816±0.005, of the lower lobe – 1.855±0.005. The average FD of the external contour of the cerebellum was 1.400±0.008, of the upper lobe – 1.370±0.009, of the lower lobe – 1.431±0.008. Both FD values of the lower lobe of the cerebellum statistically significantly exceed the corresponding values of the lower lobe.

The developed algorithm of research can be used for diagnostics of a condition of a cerebellum as additional morphometric study for magnetic resonance imaging of a brain. Fractal analysis allows an objective assessment of the morphofunctional condition of the cerebellum, which can be used to diagnose various diseases of the cerebellum and other CNS structures.

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MEDICAL STUDENTS’ SLEEP QUALITY IN CORRELATION WITH THEIR HEALTH
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There is no doubt that sleep is significantly needed to maintain the proper functioning of our organisms. Sleep is responsible for the restorative processes of our body and mind. Humans spend, approximately, a third of their lives sleeping. Calculations based on numerous researches advise us to sleep at least 8 hours a day. Nevertheless, these recommendations cannot be applied to everyone’s daily routine, because of individual factors such as age, circadian rhythms, diseases, etc.

Many students underestimate the role of sleep in their lives, and this causes serious problems with their health. We have done studies to find out what is the root of poor health quality of students aged 16-23 years old, how is it chained to sleep and its duration, and what are the exact ways to improve it.

We have created questionnaires to achieve the goal of our research. More than 500 people participated in this investigation, which has shown that 17% of medical students sleep at least 5-6 hours, 28% — 6-7 hours, 40% — 7-8 hours, 12% — 8-9 hours, and