



**Харківський національний медичний університет**

**Кафедра фізичного виховання та здоров'я**

**III Науково-практична заочна конференція  
з міжнародною участю  
«Фізична активність і якість життя  
ЛЮДИНИ»**

*присвячена пам'яті Володимира Абрамовича Бляха,  
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**Харківський національний медичний університет  
Харківський національний педагогічний університет  
імені Г.С. Сковороди  
Харківський національний економічний університет імені  
Семена Кузнеця  
Харківська державна академія культури  
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## **«Фізична активність і якість життя ЛЮДИНИ»**

**Матеріали III Науково-практичної заочної конференції з  
міжнародною участю  
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Sushchenko E.V.

**CHRONIC FATIGUE SYNDROME IN HIGHLY  
QUALIFIED ATHLETES**

Higher education seeker Course 4, group 4 faculty 1  
evsushchenko.1m18@knmu.edu.ua

Department of Physical Education and Health  
Kharkiv National Medical University

Candidate of Sciences in Physical Education and Sports, docent

Supervisor - Galashko Maxim Nikolaevich

E-mail: [mm.halashko@knmu.edu.ua](mailto:mm.halashko@knmu.edu.ua)

Chronic Fatigue Syndrome (CFS) is a complex chronic condition characterized by clusters of symptoms that include: pathological fatigue and malaise that worsen after stress, cognitive, immune, autonomic, neuroendocrine dysfunction. CFS affects people's ability to do daily tasks, such as showering or cooking, schooling, and family and social life, can last for years, and can sometimes lead to severe disability. The symptoms of CFS can be similar to many other diseases. There is currently no test to confirm CFS, which complicates diagnosis. The disease can be unpredictable. Symptoms may appear and subside.

The physician should be able to distinguish CF from other diseases through a thorough medical examination. This includes asking many questions about the patient's medical history and current illness, as well as symptoms, to find out how often they occur and how long they last. It is also important for doctors to talk to patients about how the symptoms affect their lives.

In addition to these basic symptoms, the diagnosis requires additional: problems with thinking and memory; muscle pain and joint pain without swelling or redness, headaches; digestive problems; depression, stress, anxiety. The etiology of this

condition may be due to the fact that the functional system of the athlete's body, formed on the basis of nervous and humoral connections, which provides assistance in performing certain sports activities, may be disrupted during training and competition. As a result, the body increases the functional stress of organs and tissues, spends more energy on motor activity, does not ensure synchronicity and coherence, timeliness of regulatory processes. This disrupts the coherence of the interaction of physiological systems not only during training and competitive loads, but also at rest, ie in conditions of homeostatic regulation.

Records in sports are constantly growing, the motivation and reward for winning is very high. Most athletes go through the process of intensifying training and increasing the amount of load. As a result - depletion of the immune system, acute and subsequent chronic stress, CFS. Based on Leonova's questionnaire "Determination of the degree of chronic fatigue" among highly qualified athletes in Ukraine, the following conclusions were made: 63% have no signs of CFS, 22% have initial signs, 9% - severe signs of CFU, 6% - severe CFU. A classification by sport was also made: among swimmers, 57% suffer from severe CFS, while among climbers there is no sign of CFS.

Treatment and prevention of CFS. There is currently no definite treatment strategy because the etiology and pathogenesis of CFS have not been reliably studied. But prevention and symptomatic treatment involves more than just medication. For example, rational planning of work and rest, control over the implementation of restorative measures based on the competition calendar, a balanced diet, complementary therapy: meditation, light massage, deep breathing or relaxation therapy.

## References:

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Anshu

**EXPRESS ASSESSMENT OF THE FUNCTIONAL STATE  
OF THE CARDIOVASCULAR SYSTEM OF MEDICAL  
STUDENTS  
BY MEANS OF FUNCTIONAL TESTS**

Higher education seeker Course 2, group 35 faculty 7

E-mail: [anshu.7f20@knmu.edu.ua](mailto:anshu.7f20@knmu.edu.ua)

Kharkiv National Medical University

Academic advisor senior lecturer of the chair

Department of Physical Education and Health

Lenskaya O.V.

E-mail: [ov.lenska@knmu.edu.ua](mailto:ov.lenska@knmu.edu.ua)

One of the most important strategic tasks of the state is to preserve and strengthen health of student youth. Annual medical examinations of students going to higher education educational institutions, show a significant deterioration in their functional status, especially cardiovascular system (CVS), lag in physical development, and a high percentage persons with chronic diseases. These tendencies are especially pronounced in relation to medical students. The activity of a medical student is one of them