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СМІЛИВІСТЬ 

Obstetrics and Gynecology



As a result of mathematical data processing, it was found that women with a thickness of subcutaneous fat tissue of 21.7 - 24 mm are in the risk group for the development of gestational diabetes. In this category of pregnant women, the was BMI ≥ 30 kg/m² and impaired glucose tolerance as well.

Conclusion. Evaluation of the thickness of subcutaneous adipose tissue during the first ultrasound screening has a high prognostic value. Identifying the risk group for the development of gestational diabetes contributes to the improvement of perinatal outcomes.

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EARLY DIAGNOSIS OF OSTEOPOROSIS IN WOMEN WITH HYPOKINESIA

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One of the urgent problems that modern gynecology studies are the problem of osteoporosis. The disease usually begins in menopause and progresses to the time of menopause. Osteoporosis is quite common, has multifaceted clinical manifestations, and leads to severe consequences, up to the disability of the patient.

The lifestyle of a modern woman, due to modernization, automation, and extensive computerization of her work, is characterized by a long-term limitation of muscle activity - hypokinesia.

The aim of the work was the need to analyze, according to the literature, what symptoms can accompany osteoporosis and manifest themselves in women who have been in hypokinesia for a long time.

We have analyzed 40 available literature sources presented both in domestic and foreign periodicals.

The study showed that at the initial stage of the disease, pain in the back and discomfort in the area of the spinal column are typical among the numerous manifestations of osteoporosis.



Analyzing the literature, which presents observations of patients who were under conditions of hypokinesia, we concluded that prolonged exposure to this factor also leads to pain in the back and discomfort in the spinal column.

However, the etiological aspects of the presented violations are different. In osteoporosis, pain and discomfort are caused by changes in the skeletal system, due to a decrease in bone mass. Prolonged hypokinesia undergoes significant changes in the muscular system and ligamentous apparatus.

Thus, assessing the pain syndrome of this localization during prolonged hypokinesia and osteoporosis, we came to the conclusion that it is the same naturally, but not in origin.

By ignoring the beginning structural changes in the bones, the doctor misses the initial stage of osteoporosis and does not prescribe timely adequate therapy.

Conclusions. In women who have been in hypokinesia for a long time, at the first appearance of pain in the back and discomfort in the lumbar column, it is necessary to conduct a study of the bone structure using a modern, fairly accurate, and informative method - densitometry.

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**STRESS AND RELATED FACTORS AMONG PREGNANT WOMEN
DURING THE COVID-19 PANDEMIC IN UKRAINE**

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Relevance. Stress is a widespread problem faced by the majority of the world's population. Women, especially pregnant women, are a vulnerable group of the population. Women are susceptible to stress during pregnancy due to significant hormonal and physiological changes. While carrying a child, the expectant mother may react differently to certain stressful situations. It is especially difficult to cope with stress in our time, when the COVID-19 pandemic is raging on the planet. Stress is a very formidable enemy of a pregnant woman, it can provoke a miscarriage. During pregnancy, it can permanently change the physiology and functioning of the