



# ISIC-2022 International Scientific Interdisciplinary Conference





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Conclusions: The severe acute respiratory virus (SARS-CoV-2) coronavirus disease (COVID-19) can cause unknown and unusual health changes that are difficult to manage. Some complications, the signs of which are the occurrence of PA - one of these problems and it is becoming more and more common. According to the data of the conducted research, it can be concluded that the number of students suffering from PA after suffering from COVID-19 is quite large, but most of the students do not associate their condition with the disease. Currently, this can be attributed to the fact that there is too little information about such complications, since clinically they can manifest themselves in different forms and for a long time after clinical recovery, as well as in persons who did not have existing symptoms of COVID-19. In our opinion it is necessary to study in detail the possible distant complications of COVID-19, because people are much less likely to make complaints in the psycho-emotional sphere, as well as to carry out active educational activities regarding the possible consequences of clinical forms of coronavirus infection.

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## **SELENIUM AND THE FUNCTIONING OF THE THYROID GLAND**

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Nowadays, selenium deficiency worldwide remains a big problem. According to statistics, almost a billion people suffer from a lack of selenium.

The purpose of our research: explore the relationship between selenium and the thyroid gland.

Selenium is not a popular product, but it is of great value for people health. It is one of the essential trace elements; which can only be obtained by adhering to proper nutrition. Selenium is needed in very small amounts. The allowable intake of selenium per day is 300 micrograms. The physiological need for men is 70 micrograms per day, for women - 55 micrograms per day, and for children from 10 to 50 micrograms per day. This element, despite the low need for it, is necessary to maintain a normal



metabolism and improve the functioning of the thyroid gland. Taking too much selenium can lead to acute or chronic poisoning (selenosis).

The thyroid gland is a small organ located on the surface of the anterior gland in its lower part. It produces thyroid hormones, which, released in the blood, affect all cells and tissues of the body, regulate the rate of various formation processes. These hormones increase important functions: it regulates the activity of the brain, the nervous and cardiovascular systems, the gastrointestinal tract, the properties of reproductive function, the functioning of the mammary and gonads, and much more. Selenium is an element that allows you to maintain the normal functioning of the thyroid gland. In fact, the content of this microelement in this gland is much higher than in other human organs. The trace element helps protect the thyroid gland from the negative effects of oxidation and even improves hormone production. Maintaining the functioning of the thyroid gland and ensuring its protection is very important for a person, since this the body performs a number of vital functions, including growth control, normalization of metabolism and development of internal organs. An insufficient amount of selenium in the human body can lead to the occurrence of such a disease like Hashimoto's thyroiditis. This disease causes the immune system to attack thyroid cells. According to the results of numerous studies a reduced level of selenium in the blood can lead to the development of hypothyroidism and thyroiditis. However, consumption of foods high in selenium or specialized dietary supplements may eliminate the symptoms of these diseases. Despite this, for recommending selenium supplements as a cure for Hashimoto's disease, further research will need to be done. Selenium has proven its value as a nutrient with many health benefits. However, care must be taken when optimizing of diet, given the risk of possible potential side effects. Before taking selenium as part of a dietary supplement or introducing additional selenium-rich foods into of diet, people should consult the doctor.