

1ST INTERNATIONAL CONFERENCE FOR YOUNG SCIENTISTS

BIOMARKERS OF CIVILIZATION DISEASES

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**BOOK
OF
ABSTRACTS**

Abstract book

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BIOMARKERS OF CIVILIZATION DISEASES**

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Editors: Mateusz Maciejczyk and Małgorzata Żendzian-Piotrowska from Department of Hygiene, Epidemiology and Ergonomics of the Medical University of Białystok, Poland

Correction: Barbara Choromańska, Justyna Dorf, Karolina Dańkowska, Kamil Lauko, Miłosz Nesterowicz, Daria Trocka

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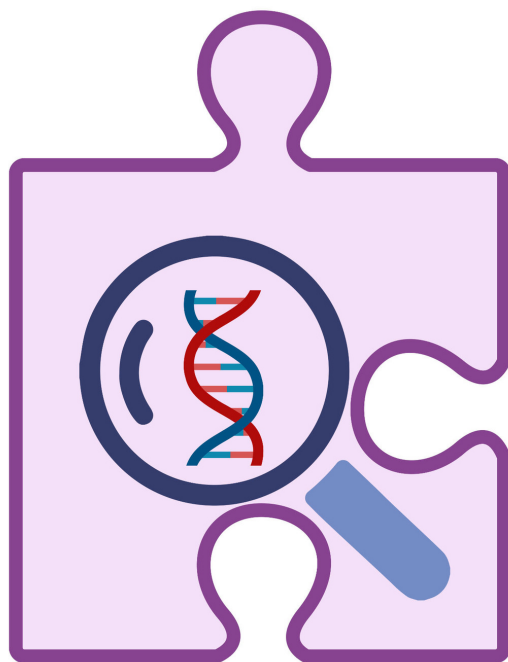
Development of arterial hypertension in young people under stress caused by the war in Ukraine

Fisun Anastasia¹, Stefanyts Alina¹, Kuznetsova Milena²

¹ Students Scientific Club Pathophysiology of General and Clinical Pathophysiology Department named D.O. Alpern; Kharkiv national medical university; Kharkiv; Ukraine

² General and Clinical Pathophysiology Department named D.O. Alpern; Kharkiv national medical university; Kharkiv; Ukraine

The stress factor acts as a protective, adaptive reaction of the body, accompanied by an acceleration of the heartbeat, an increase in cardiac output, that is, more blood enters the muscles and brain. Such changes occur under the influence of catecholamines - adrenaline and noradrenal, which lead to narrowing of blood vessels and a rise in blood pressure. It is proved that the longer and more intense the stress acts on the body, the stronger the nature of the changes that occur in the circulatory system. The purpose of the study was to establish the impact of stress caused by a full-scale war in Ukraine on the development of hypertension in young people. The survey involved 105 respondents, among them 77.1% of women aged 17 to 21 years, who were students of IFNMU, NMU and KNMU. Almost 100% of respondents were in Ukraine from the first days of the war, 68.7% near the front line or in the occupied territories. A sociological study was conducted through a survey using a special Google form, which was distributed using social networks Viber, Telegram. The survey showed that only 27.1% of respondents do not observe a deterioration in their well-being that began after the start of a full-scale war in Ukraine, which was accompanied, in particular, by dizziness (43.5%), tinnitus (28.2%), excessive sweating (38.8%), palpitations (42.4%), headache (52.9%), insomnia (45.9%). After analyzing the results of the survey, you can also see that the news in the media and anxiety in the air have a bad effect on the emotional state of constantly stressed respondents, with whom in 21.2% of cases they struggle with sedatives, mainly of plant origin (64.3%). Only 10.3% of respondents went to the doctor because of their complaints. Thus, according to the results of the study, it can be concluded that in conditions of chronic stress caused by a full-scale war in Ukraine, almost 100% of respondents showed symptoms of the initial stage of arterial hypertension.



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