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**XVI МІЖНАРОДНА НАУКОВА КОНФЕРЕНЦІЯ
СТУДЕНТІВ, МОЛОДИХ ВЧЕНИХ ТА ФАХІВЦІВ**

АКТУАЛЬНІ ПИТАННЯ СУЧАСНОЇ МЕДИЦИНИ

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Results. Increase of all the cytokines has been revealed in kidney function disorder model ($p < 0.05$). Analysis of their interrelations was carried out and in the intact rats no correlation has been found between adiponectin and visfatin levels, weak positive correlation between adiponectin and IL-17 and weak negative correlation between visfatin and IL-17 was shown. This may demonstrate the same direction of adiponectin and IL-17 regulating action and opposite one of visfatin and IL-17 in the intact animals. In kidney function disorder model changing of interrelations of these cytokines has been revealed. It was high negative correlation ($r = -0.79$) of adiponectin with visfatin levels, medium strength negative correlation ($r = -0.43$) of adiponectin with IL-17 levels and high positive correlation ($r = 0.84$) of visfatin with IL-17 levels, demonstrating unidirectional regulatory effects of visfatin and IL-17 and opposite adiponectin with visfatin and adiponectin with IL-17 directions of their effects. This may give evidence of these three cytokines compensatory effects in impaired functional regulatory cytokine network in rats with kidney function disorder.

Conclusions. This work represents evidence of cooperative effects of adiponectin, visfatin and IL-17 on renal function which can be identified as a new link in its regulatory mechanisms.

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REGARDING THE CONCEPT OF CHRONONUTRITION AS MEANS OF OBESITY PREVENTION

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Introduction. Circadian rhythms manifest in food intake, appetite, digestion and metabolism, that is determined in variation of levels of hormones, absorption and transport of proteins carbohydrates, lipids, etc. (S. Almoosawi et al., 2016). Connection between meal schedule and circadian clock can become a vicious circle, as their misalignment may greatly influence the metabolic state of an organism causing weight changes, overweight and obesity development, increased risk of metabolic syndrome, gastrointestinal disorders, diabetes of type 2, cardiovascular diseases, etc. (S. Banks et al., 2015), that endangers people's health, and vice versa, realignment of biological clock with food plan can be a simple means of body weight normalization and health maintenance, thus providing the importance of researches going in that field.

The aim of research was to determine the state of synchronization of circadian rhythms and food intake patterns in young people and to study the possible outcomes on body weight changes.

Materials and methods. 60 students of KhNMU participated in current study, 57% were young men and 43% young women, aged 18-21. The chronotype as the determinant of circadian clock was evaluated by Munich Chrono Type Questionnaire (MCTQ). For meal schedule study the Eating Habits Questionnaire (EHQ) was used. Categorization of body weight was based on body mass index (BMI) calculated by standard formula.

Results. By comparing the correspondence of individual chronotype of MCTQ to meal schedule by EHQ, all participants were divided into 2 groups. 1st group included only 36% of participants with alignment of circadian rhythms and meal schedule; 2nd group consisted of 64% of people with uncoupling of mentioned parameters. Average BMI in 1st group was 20,15 that is normal; variations in BMI were in range from 17,36 to 23,73; 14% (all young women) were underweight, 86% had normal BMI. In 2nd group the average BMI was 23,45, varying from 17,95 to 30,86; among them 11% were underweight, 56% had normal BMI, and 33% were overweight. Such results show that there's a significant difference in body weight between people with coupled and uncoupled circadian clock and eating patterns. That can be explained by peculiarities, first of all, of hormonal status, as in case of mentioned misalignment there is reduction of leptin production leading to overeating, altered calorie expenditure, changes of glucose tolerance and lipogenesis (S. Wehrens et al., 2017; H. Oike et al., 2014).

Conclusions. Food intake is a modifiable factor of circadian clock setting. Uncoupling of biological rhythms may lead to body weight increase, becoming the risk factor of metabolic syndrome, type 2 diabetes, cardiovascular diseases. Appropriate meal schedule corresponding to individual biological clock is an easy way to control body weight and a useful means of overweight prevention even in conditions of stable food caloric value.

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FEATURES OF INDICATORS OF THE HEMOSTASIS SYSTEM IN HEALTHY PREGNANT WOMEN

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Introduction. Many researchers indicate that for every 1000 births, there are 2-5 cases of thrombotic complications. Up to 50 % of venous thrombosis occurs in patients under 40 years of age, and they are often associated with pregnancy. Timely diagnosis of disorders of the hemostasis system and the correct interpretation of the results of research serve as the basis for taking appropriate preventive measures and determine the adequacy of the medical tactics of the obstetrician-gynecologist.

The aim of the study was to give a comparative description of the indicators of the hemostasis system in healthy non-pregnant and pregnant women.

Materials and methods. The study of the hemostasis system was conducted in 50 healthy pregnant women between the ages of 19 to 40 years old. The level of fibrinogen (g/l), activated partial thromboplastin time (s), the level of fibrin degradation products (mcg/ml), prothrombin index (%), platelet count ($\times 10^9$), platelet aggregation (%) and levels of coagulation factors were determined.

Results. During a normal pregnancy with an increase in its duration, the level of fibrinogen increases by 74 % compared with the data of healthy non-pregnant women, as well as the shortening of the activated partial thromboplastin time in the