Lina Aboelnour OPTIMIZING THE MANAGEMENT OF WOMEN WITH PROLONGET HYPOKINESIA USING COMBINED ORAL CONTRACEPTIVES Kharkiv, Ukraine Kharkiv National Medical University Department of Obstetrics and Gynaecology No.2 Scientific advisor: Assoc. Prof. Iryna Starkova Limiting the volume of muscle activity is a fairly common phenomenon in modern society, acquiring a new round of relevance during the period of quarantine measures, when work and training have acquired a remote character with the active use of computer technology. However, at this stage in their lives, women of reproductive age are still protected from unwanted pregnancies using combined oral contraceptives (COCs). The aim of our research was to study the incidence of symptoms of soreness, tension and increased sensitivity of the mammary glands in women of reproductive age who are in condition of prolonged hypokinesia and use COCs. Materials and methods. We observed 50 women aged 25-37 years, who were in conditions of a limited amount of muscle activity for 5-10 years for 8-10 hours a day. In all women, organic damage to the mammary glands, hormonal disorders and tumors of the reproductive system organs was excluded. The patients were divided into clinical groups with the same number of observations. In both groups, women took low-dose monophasic COCs for three to seven menstrual cycles using the traditional drug regimen. We analyzed the occurrence of symptoms characterizing the side effects of the drug in the form of soreness, tension and increased sensitivity of the mammary glands. The second group of women was prescribed a herbal remedy, which includes 20 mg of the native extract of Prutnyak ordinary, since its action is aimed at normalizing the ratio of the level of sex hormones. There is a possibility of using the drug in combination with COCs and it is recommended by the European Medical Agency. Research results and their discussion. We found that starting from the first month of taking COCs, 12 women from the first group and 14 women from the second (48% and 56%, respectively) had 2-3 symptoms of side effects of the contraceptive. The second group of patients, immediately after the onset of symptoms from the mammary glands, was prescribed a herbal preparation in a dosage of 1 tablet 1 time per day. The analysis of the reception result was done after a month and showed that the side effects completely disappeared in 5 women (35.7%), in another 5 (35.7%) the number of symptoms decreased to one or two, and their severity also became lower. Thus, it was concluded that the drug intake should be continued until the standard three-month course. In the first group, changes were also noted that were associated, apparently, with the adaptation of women to taking COCs and were expressed in a decrease in the number of side symptoms to 1-2 in five women (41.7%), and complete disappearance was noted in only one (8.3%). Conclusions. Thus, the studies carried out have shown that in women with prolonged hypokinesia, with the start of COC use, side effects from the mammary glands occur, manifested in 48-56% of cases and manifested in the form of breast tenderness, increased sensitivity and tension. As a means aimed at leveling these symptoms, we recommend taking a herbal preparation containing 20 mg of the native extract of Prutnyak ordinary, which has shown its effectiveness.