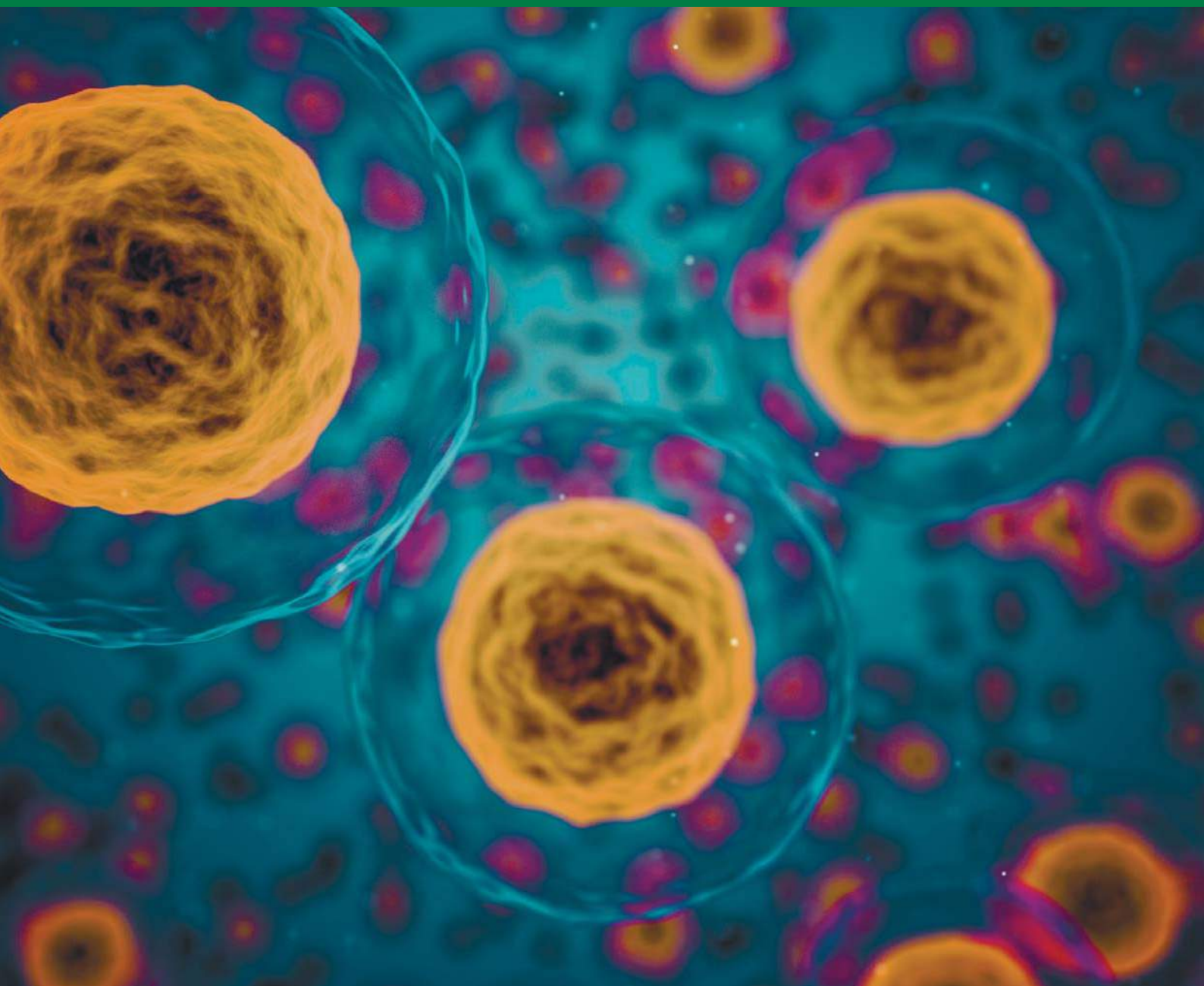
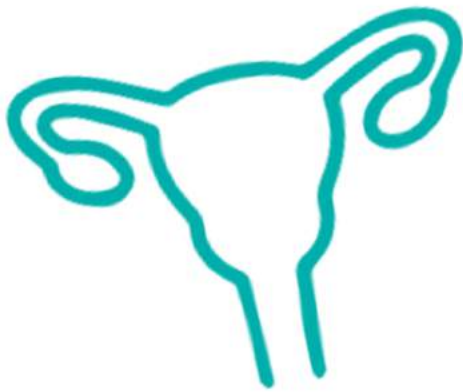


Kharkiv National Medical University

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**KHARKIV NATIONAL
MEDICAL UNIVERSITY**



OBSTETRICS & GYNECOLOGY





Purpose of the study. To determine the features of early postpartum period course in high-risk group women.

Materials and methods. A retrospective analysis of the delivery histories of women who were hospitalized in maternity hospital No. 1 in Kharkov (clinical base of the Department of Obstetrics, Gynecology and Pediatric Gynecology) during for 2018 to 2020 was carried out. All examined women were divided into two clinical groups: Group I (control) - 20 birth histories of healthy pregnant women, II (main) - 25 birth histories of pregnant women with concomitant extragenital and gynecological pathology. Statistical data processing was carried out using the general-purpose data processing software package "Statistica for Windows version 6.0".

Results. In the early postpartum period, all women were injected with 10 IU of oxytocin intramuscularly, the pulse, blood pressure, and the state of the uterus were monitored, characteristics and volume of secretions and urine were assessed. In 10 (40%) patients of the II clinical group, the early postpartum period was complicated by bleeding, in a volume of 300-400 ml, in 2 (8%) - the volume of bleeding was more than 500 ml, in 8 (32%) - a defect in the placental lobule. In 2 (10%) women of the 1st clinical group, bleeding in the amount of 300-400 ml was registered and in 1 (5%) - a defect of the placental lobule.

Conclusions. The early postpartum period of high-risk group women is characterized by a complicated course and requires additional monitoring by medical staff.

Vutlhari Mtonga

THE EFFECT OF LIFESTYLE MODIFICATION ON WOMEN WITH POLYCYSTIC OVARIAN SYNDROME

Department of Obstetrics and Gynecology No.1

Kharkiv National Medical University

Kharkiv, Ukraine

Scientific advisor: PhD, as. Skorbach Olena

Polycystic ovary syndrome (PCOS) is one of the most common endocrinological problems in women of reproductive age. According to the Rotterdam Criteria (2003), traditionally, the diagnosis of PCOS is made when at least two of the three components are present: hyperandrogenism, oligo- or anovulation, polycystic ovarian morphology



at ultrasound. Women with PCOS, with or without insulin resistance (IR), have a lower basal metabolic rate than healthy women. Lifestyle modification for such patients is the first-line therapy and a real tool for delay and prevention of type 2 diabetes. Physical activity and diet improve the metabolic status of women with PCOS.

The aim of this study was to examine the effects of a regular physical activity and ketogenic diet on women with PCOS.

Materials and Methods. We studied 12 women with PCOS, aged 18-24 years, with a body mass index (BMI) > 25. The patients were divided into two groups. The first group of women was not assigned a specific diet or exercise routine but were used as our control (n=6; 50%), the second group of women was put on a ketogenic diet and regular physical activity was recommended (n = 6; 50%). The ketogenic diet (KD) is a low-carb diet (20-40 grams of carbohydrates per day) with a moderate protein content and a predominantly fat content.

The results of the research. As a result of the study, women in group 2, those who were on a ketogenic diet and performed regular physical activity for 5 months, there was a decrease in BMI by an average of 3.5 kg / m² (range: 2.5 to 6.0 kg / m²), there was also a decrease in testosterone (from 2.25 to 1.85 nmol / L), a decrease in fasting serum insulin levels from 23.7 μIU/ml to 14.2 μIU/ml, which significantly differed from the control group (p<0.05).

Conclusion. The study showed that there was significant improvement in the health of women with PCOS that lead to decrease the risk of Diabetes Mellitus as a result of following a ketogenic diet but the women who suffered from PCOS and didn't follow regular physical activity and a specific ketogenic diet for 5 months have a higher risk to develop Diabetes Mellitus as a result of increasing insulin resistance caused by PCOS.



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