

BOOK OF ABSTRACTS



2ND INTERNATIONAL CONFERENCE FOR YOUNG SCIENTISTS
„BIOMARKERS OF CIVILIZATION DISEASES”

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2ND INTERNATIONAL CONFERENCE
FOR YOUNG SCIENTISTS
„BIOMARKERS OF CIVILIZATION DISEASES”

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of the Medical University of Białystok, Poland.

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ISBN: 978-83-971735-0-7

Białystok, 2024

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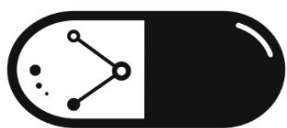


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Stress as a Trigger Factor for Civilization Diseases

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The modern world, characterized by rapid technological development and social changes, creates a unique set of challenges for human health. One of the most prominent health care issues recently is stress, which is increasingly recognized as a potential factor in the development of various diseases. The purpose of the study was to explore the concept of stress as a potential trigger for civilization diseases. This study applied theoretical and sociological methods. Articles published in professional scientific journals of the SCOPUS database were analyzed, and a survey was conducted among the students of Kharkiv National Medical University. Sixty-six students from the 5th and 6th years were involved in the survey. Sociological research showed that 67% of the respondents agreed with this statement, while the other 33% doubted it. Metabolic disorders, which are related to stress, were already diagnosed in 78% of the surveyed; 18% of respondents noted suppression of the immune system under stress; and 4% had complaints about cardiovascular system disorders. The most common causes of stress among the students were: war and worry about the family (54%), loss of housing (27%), moving to another city or country (16%), and experienced violence (3%). It is well known that stress is a complex physiological reaction to external factors or threats. However, the research showed that chronic stress could weaken the immune system, making a person more susceptible to infections and diseases. Moreover, stress can contribute to the development of cardiovascular diseases by raising blood pressure and increasing the risk of thrombosis. Stress is also associated with metabolic disorders, such as diabetes and obesity. Thus, chronic stress can have a significant negative impact on human health, weakening the immune system, increasing the risk of cardiovascular diseases, and contributing to metabolic disorders.

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