



# **ABSTRACT BOOK**



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**INTERNATIONAL SCIENTIFIC  
INTERDISCIPLINARY  
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# THERAPY



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**Materials and methods.** The study involved 120 students of 2-4 courses KhNMU, including 43 - students, 77 - girls. Preliminary were conducted questioning of participants to refine the conditional groups of factors that give rise to appearance of the stress. 50% of students were recommended various systems of correction (yoga, fitness, aerobics, massage, etc.). To increase resistance to stress-situations and elimination adverse stress situations.

**Results of research.** 84% of students considered themselves to be unstable to various educational stress-factors, in this prevailed girls (87%). When comparing students 2-4 courses this trend was observed at the 4th course. In analyzing the state of mental equilibrium before the session 4% of respondents have bad resistance to stress, 27% - are uncertain, and 69% have good resistance. If we compare the health indicators before and after the session, then there was a trend to growth of somatic diseases after the session: the absence of disease before the session noted 87.5% persons, and after the session - 78.1%. whereby, girls are more exposed to changes of physical state.

**Conclusions.** Stress as a phenomenon takes place during the session and part of the students are subject to its influence. Observed accumulation of stress reactions among students from junior to senior courses. Girls are more prone to stress effects than students. It is advisable to carry out early diagnosis of stress susceptibility of individuals and develop a set of preventive measures to protect of stress and the elimination of its effects.

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**THE RESEARCH OF THE EFFICIENCY OF THE BIMATOPROST**

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**Introduction.** In the 20 – th years of the last century in the USA was appeared a new drag for the treatment of glaucoma. The active ingredient of this drag was bimatoprost, which structure has related to prostaglandins. Very soon after the beginning of a wide application patients, who was suffered from glaucoma, became observed interesting effect – the eyelashes of patients became longer and thicker. This fact could not be interesting for the cosmetology market of the USA. After that, under the control of the FDA in the USA the Allegran company conducted a double-blind, placebo-controlled research, whose purpose was to determine the effect of bimatoprost on eyelash growth. According to this research, after 16 weeks of the everyday using of this drug 98 % women said, that their lashes became darker, thicker and longer. When the bimatoprost effect was proven, the Allegran company patented bimatoprost on the market of the USA. Due to the patent for the production, the company could hold any price for the drug during 15 years. So, bimatoprost became a “gold” drug, which has costed 2000-2500 dollars per gram of pure substance.

**Materials and methods.** Today, we can see a lot of drugs with bimatoprost on our Ukrainian cosmetology market. Therefore, the purpose of our experiment is to investigate the effectiveness of this drug and the presence of side effects.

**Results of research.** Within two months, a group of girls (25 people) aged 18-23 years have used bimatoprost once a day, putting on the skin of the upper eyelid (only at the base of the eyelashes, not getting on the mucous membrane of the eye). This target group did not have ophthalmic diseases. Side effects have 3 people – 12% - redness and itching of the eyes; 2 people-8% - dry eye effect; 1 person-4% - darkening of the upper eyelid skin. The intensive growth of the lashes was observed for each woman.

**Conclusions.** Bimatoprost is actually effective drug, but it has side effects in 24 per cent of cases.

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### **DISEASES OF THE MIDDLE EAR CAVITY AND EUSTACHIAN TUBE AT THE RELATED GASTROESOPHAGEAL PATHOLOGY**

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**Introduction.** Currently, the most frequent disease of the digestive system is gastroesophageal reflux disease (GERD). Muscles of the pharynx in violation of its tone contribute to high reflux episodes with the casting of aggressive gastric contents to the level of the nasopharynx and the cavity of the middle ear. Also, the application of aggressive gastric juice to the mucous membranes of the ENT organs can lead to inflammatory changes in the middle ear cavity and Eustachian tube.

**Materials and methods.** 100 middle-aged patients with GERD and possible otorhinolaryngological manifestations for 2016 were examined in the conditions of Kharkov Regional Clinical Hospital.

**Results of research.** According to the results obtained due to complete physical examination, 30 patients (30%) were detected, who had GERD associated with ENT diseases. 15 persons among them (50%) had laryngeal disease, 6 persons (20%) had pharynx disease, 4 persons (13%) – nasal pathology, 5 persons (17%) – a pathology of the middle ear and Eustachian tube. 1 person (20%) had catarrhal tubootitis, 1 person (20%) – exudative otitis media, 2 persons (40%) – chronic otitis media, 1 person (20%) – vasomotor tubotopathies. All patients complained of hearing loss, feeling of stuffiness, discomfort in the ears, autophony. With otoscopy, significant characteristic of exudative otitis media were noticed: the tympanic membrane is cloudy, yellowish in color, thickened with areas of calcification. 3 persons (60%) had the following: in the absence of perforation in the tympanic membrane, the fluid level was visualized and there was a slight hyperemia along handle of malleus.

**Conclusions.** GERD is one of the factors contributing to appearing Eustachian tube and middle ear cavity diseases. Aggressive gastric contents may enter the middle ear cavity through the lumen of Eustachian tube with the horizontal position of the body, violating its permeability due to edema. Adequate correction of GERD contributes to restoring the patency of Eustachian tube, stopping the aseptic inflammatory process and reduces the risk of secondary infection.

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