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the process of catabolism is activated – the breakdown of glucose and glycogen, which occurs in presence of oxygen, to obtain additional energy during heavy cardio training. The most important aspect of an aerobic exercise is the strengthening of the cardiovascular system, that is, cardio training ameliorates the heart rhythm and thus prevents heart diseases (George A. Kelley, Kristi S. Kelley, Russell R. Pate, 2022). This type of training is favorable for respiratory system as well. The effect in respect to respiration may include the increase in lung volume due to the increased load, dilation of bronchi and more oxygen supply. Although this type of training can significantly influence on functions of the entire body, it is used very often with the purpose of body mass normalization. A quite rapid weight loss is observed due to the acceleration of cardiac activity and activation of metabolism (James Steele, Patroklos Androulakis-Korakakis, Craig Perrin, 2019).

The choice of the workout type depends on the aim of individual. It was confirmed that cardio training is recommended in order to reduce body mass and increase the endurance. For the purpose of muscle mass building strength training is more beneficial. However, it should be emphasized that both aerobic and anaerobic trainings are effective only in the case of their combination with proper nutrition and following the correct program of training.

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THE ROLE OF COAGULATION AND FIBRINOLYSIS FACTORS IN THE BLOOD SYSTEM RESPONSE TO CHRONIC INFLAMMATION

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Introduction. It is well known that inflammation underlies the majority of human diseases of various etiologies and is manifested by a complex set of changes in the blood system, microcirculatory system and connective tissue aimed at isolating and eliminating the damaging agent and replacing or repairing damaged tissues. Chronic inflammation characterized by an active inflammatory response and tissue destruction. Many studies show that chronic inflammation can have a serious role in a variety of



age-related diseases, including autoimmune and cardiovascular diseases, cancer, diabetes, obesity.

Materials and methods. Literature sources have been reviewed and analyzed, including articles in research databases such as PubMed and Google Scholar.

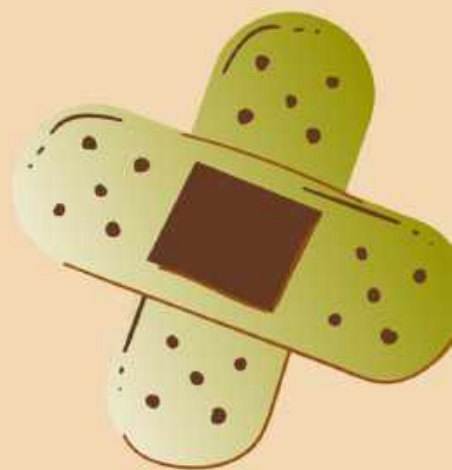
Results. Many chronic inflammatory processes are accompanied by an increased level of inflammatory cytokines, which is due to the fact that during the primary and secondary alteration of tissues, large amounts of various biologically active substances are formed or released, which become inflammatory mediators that cause or maintain certain inflammatory phenomena. They are the main link of the inflammatory reaction and ensure the emergence and interconnection of all inflammatory phenomena, the change of cellular phases of the inflammation focus, the transition from the onset of the reaction to its subsidence. All known mediators by origin can be divided into two types: humoral, originating from tissue fluid and plasma, and cellular, the source of which are tissue and blood cells. Factors of blood coagulation system and fibrinolysis belong to humoral mediators, which are in plasma and play one of the key roles in the pathogenesis of inflammation. The main ones include thrombin, which enhances leukocyte adhesion and fibroblast proliferation, fibrinopeptides, factor Xa, fibrin degradation products that increase vascular permeability and activate leukocytes, and plasmin, which breaks down fibrin into its active products and the active component of complement C3 into active C3 fragments.

Conclusion. In this regard, the study of the role of coagulation and fibrinolysis factors in the blood system response to chronic inflammation and pathogenetic mechanisms of influence on their effects is very relevant and will help to understand their role in chronic inflammation, as well as their place in the prevention and treatment of chronic inflammation.



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