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**THE REASONS AND KINDS OF DALTONISM. CHANGES OF THE COLOUR,
RECEPTORS OF THE EYE**

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Actuality. Ability to distinguish colour and shades is of the huge practical value for the person. When business concerns certain areas of life inability to distinguish colours can become a serious problems. From references it became known that the reason of impossibility of the adequate colour perception is the dysfunction of cones. Daltonism divides into three types: abnormal dichromate, dichromate, monochromatic, the perception of dichromate: deuteranopia, tritanopia. Daltonism signs are individual in each specific case but, nevertheless, there are common features.

The aim to study features of sight at the people suffering daltonism, to check up and compare accuracy of trouble-shooting tests on revealing colour blindness. Material and methods. Experiment was spent by means of polychromatic tables by Rabkin and trouble-shooting test of Ishihara. Colour perception check was done on volunteers aged from 20 to 45 years, from which 24 men and 13 women were suffering hereditary daltonism. Visual acuity was 100 %.

Results. During testing, it has been established that examinees can distinguish the next colours: dark

blue, pink, and also a violet shade and their combinations. A combination of the red and green were perceived as one colour. At passing the Ishihara test examinees defined the majority of the colours represented in drawings almost without effort and only some images have caused difficulties. In a case with polychromatic tables by Rabkin the results completely coincided with the description have been confirmed at 14 men and 7 women with colour blindness in a green part of a spectrum - deuteranopia. The blindness in the red part of a spectrum, protanopia, was revealed at 5 men and 2 women. At other people abnormal trichromate has been revealed.

Conclusions. By results of testing, polychromatic tables by Rabkin have shown split-hair accuracy in comparison with the Ishihara test. Having studied materials on the given theme it became known that number of colour-blind people among men are much more than among women (8 % and 0,4 % relatively). Medicine for daltonism treatment does not exist, however successful results of treatment of daltonism at monkeys by means of methods of gene engineering have been published in



2009. Also there are methods of correction of colour perception by means of special lenses. Colour-blind

people are normal and adequate people who have no other problems with health.

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INFLUENCE OF NUTRITION AND METHOD OF THE POWER FOREIGN STUDENTS ON THE STATE OF THEIR HEALTH

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Actuality. Every foreign student aspiring to study abroad inevitably faces a number of problems associated with the new language, cultural and social environment. Factors such as isolation from the home, poor nutrition have a significant impact on the health of students and, respectively, to their academic performance. The increase in students about the diet products of rapid preparation of food containing different flavors, jams, dyes, modified components becomes a serious risk factor for many diseases.

The aim of studying is identify the relationship between the nature of nutrition of foreign students and their state of health.

Materials and methods. A survey of 40 students from Turkmenistan (40%), Uzbekistan (37.5%), Azerbaijan (27.5%) and Georgia (20%). The questionnaire included questions concerning the type of food, caloric intake and food preferences, and changes in health status after his arrival in Ukraine.

Results. The results showed that the type of food the students are divided to three groups: 27.5% preferred to eat in the university cafe, as much in the national cuisine restaurants, 45% - at home. The average caloric intake of the students eating in the university cafe was 1760 kcal, the students eating in the national cuisine restaurant - 3800 kcal, at the home diet - 2600 kcal, while as in mental work on average need to consume 2300 kcal. The increase in the diet of fast food foods mentioned 50% of the students. Studying of revealing health surveying students deterioration to 45% of students, with 67% of these were gastrointestinal disease in the 22% - metabolic disturbance (obesity), in 11% of cases - cardiovascular diseases.

Conclusions. Results of the study indicate that foreign students health has a significant impact not only life style associated with high mental stress, but also eating habits in a new environment too. Changes in the nut, cooking techniques, diet