

Kharkiv National  
Medical University

# INTERNATIONAL SCIENTIFIC INTERDISCIPLINARY CONFERENCE

of Young Scientists and Medical Students

ISIIC

25-27

May

2026

Kharkiv, Ukraine



*Where knowledge  
heals and  
transforms*

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# ISIIC

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## DENTISTRY AND MAXILLOFACIAL SURGERY

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*Kulikova Olha*

## INTERMITTENT FASTING: BENEFITS AND RISKS

Kharkiv, Ukraine

Kharkiv National Medical University

Department of Hygiene and Ecology

Scientific advisor: Lysak Marina

Relevance. In today's world, intermittent fasting has become a significant trend amongst the general public. This method is based on a cyclical approach to nutrition, involving alternating periods of fasting and eating. During the fasting period, the body depletes its glycogen stores and switches to actively burning fat reserves. As noted in the literature, it is claimed to alter biological processes in the body without counting calories or reducing carbohydrates in the diet. However, many dieticians and nutritionists believe that skipping certain meals is not a miracle cure and may pose an increased risk to people with underlying health conditions. Objective. To conduct a comparative analysis of the health benefits and risks associated with intermittent fasting. Materials and methods. Review of scientific literature and electronic sources. Main section. According to research, this method can help with weight loss and weight maintenance. Intermittent fasting can improve blood sugar levels and protect against type 2 diabetes.

Furthermore, fasting increases the likelihood of consuming fewer calories overall, thereby addressing one of the major health issues of our time –obesity. Those who are overweight can benefit from various positive effects: studies have shown that intermittent fasting can improve blood lipid levels and lower cholesterol, as unfavourable blood lipid levels can contribute to the development of various diseases, such as atherosclerosis.

Intermittent fasting involves a specific eating pattern, but this alone is usually not enough for a healthy lifestyle. In addition, you need to maintain a balanced daily routine that includes exercise, a regular daily schedule, and a balance between work and rest. If you fast for 16 hours but then rely on a high-calorie diet for the remaining 8 hours of the day, intermittent fasting will be pointless. As for the downsides of intermittent fasting, adhering to strict time restrictions can lead to compulsive overeating and the subsequent development of eating disorders. It affects women's reproductive health, given that long intervals between meals can trigger hormonal instability and lead to endocrine disorders and disruptions in the

menstrual cycle.

Conclusion. A review of the research suggests that intermittent fasting is no more effective than other weight-loss diets. Further research into the method is needed to make reliable scientific claims about it; it is also advisable to be cautious when excessive promises of results are made. This method is not a one-size-fits-all solution, so it is important to assess the pros and cons of the diet on an individual basis for each person, taking into account their state of health and any co-morbid conditions.

Lysenko Liubov

IMPACT OF MEDICATION ADHERENCE ON SYMPTOM BURDEN AND QUALITY OF LIFE IN PATIENTS WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE: A NURSING PERSPECTIVE

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Background. Chronic obstructive pulmonary disease (COPD) remains a leading cause of global morbidity and mortality, imposing a massive socioeconomic burden. The success of modern inhalation therapy heavily relies on continuous patient compliance. However, in routine ambulatory practice, clinical outcomes often fall short of expectations due to suboptimal medication adherence. Understanding this issue through the lens of nursing care (since nurses serve as the primary point of contact for patient education and monitoring) is critically important for improving the long-term management of COPD.

Aim. To evaluate the impact of medication adherence levels on the severity of clinical symptoms, objective lung function, and quality of life in ambulatory patients with COPD to optimize nursing strategies.

Materials and Methods. This nurse-led observational cross-sectional study involved 71 ambulatory patients diagnosed with COPD. The clinical cohort presented with