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THEORETICAL FOUNDATIONS FOR THE IMPLEMENTATION AND
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10.	Kokhan B., Pasichnyi V. USE OF PHOSPHATE COMPLEXES IN MEAT PRODUCTS BY SOUS-VIDE TECHNOLOGY	48
11.	Lapta S., Lapta S., Solovyova O. DEVELOPMENT OF A MALABSORPTION DIAGNOSTICS SYSTEM BASED ON MATHEMATICAL MODELING	52
12.	Liubych V., Polianetska I. AMINO ACID CONTENT OF GRAIN OF NEW WHEAT VARIETIES	56
13.	Міщенко В., Другова О., Домніна І. ПІДВИЩЕННЯ ВАРТОСТІ ПІДПРИЄМСТВА ЯК МЕТА ЙОГО АНТИКРИЗОВОГО ВАРТІСНО-ОРІЄНТОВАНОГО УПРАВЛІННЯ	61
14.	Rol N., Tsekhmistrenko S., Fedorchenko M. BIOCHEMICAL EFFICIENCY OF VITAMIN AND MINERAL SUPPLEMENT USE IN RABBIT BREEDING	66
15.	Romanenko Y., Buniatian K., Lavreniuk Y. SYSTEMIC IMMUNE RESPONSE IN CHILDREN WITH CHRONIC GASTRITIS AND DUODENITIS	69
16.	Rubai O. THEORETICAL FUNDAMENTALS OF ESTABLISHMENT OF FINANCIAL MANAGEMENT OF THE ENTERPRISE	74
17.	Rusnak I., Akshay S., Bazhanska I. STUDY ON PATIENT'S LIFESTYLE TO IMPROVE AND MAINTAIN HEALTH	77
18.	Ryabova O., Kashuta V. TOPICAL RETINOIDS IN THE TREATMENT OF ACNE	81
19.	Savitska S. UKRAINIAN INVESTMENT ACTIVITIES UNDER ECONOMIC INSTABILITY	83

STUDY ON PATIENT'S LIFESTYLE TO IMPROVE AND MAINTAIN HEALTH

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Introduction. Doctors always emphasizes more and more on the importance of proper nutrition, water regimen, sleep and rest, stress limitation, stimulation of physical activity and obesity prevention in health preservation and avoidance of disease development.

The battle against diseases cannot be won only by the treatment of already manifested diseases and their complications. Because of their prevalence and due to a decrease in the quality of life, new ways of early diagnostics are required to prevent the onset and development of the disease and for the early recognition of its first signs against high rates of disability and mortality. After that, effective and safe treatment must be strictly applied.

Adequate water regimen plays a special role in prophylaxis. It's necessary to admit the importance of water consumption and learn how to recognize dehydration and how it will lead to the dysfunction of other organs, manifested by pathological symptoms.

Practice shows that a person needs to drink about 14 g of water per day for every 450 g of weight (in the metric system, about 30g/L kg of weight). An increase of water intake causes an increase in urine production, which can lead to a loss of salt, minerals, and vitamins. Therefore, in the daily diet you will need to include an additional amount of salt (about half of a teaspoon of salt per day for every 2 liters of drinking water) and vitamins. If colic appears, this means that the intake of salt in the diet is not enough to satisfy all the needs of the body. As a result, you will have to increase the amount of salt in the diet for the entire period of increased water intake. The color of urine during dehydration (if a person does not take vitamins that can

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change the color of urine) varies from dark yellow to orange. The more the body is saturated with water, the brighter the urine is.

The quality of nutrition has a major impact on human health. Our body is a complex biochemical mechanism that requires a daily supply of essential nutrients. In order to be in good health, we need proteins, fats, carbohydrates, water, vitamins, minerals, amino acids and essential fatty acids. Deficiency of any nutrient can cause different kinds of disorders in the human body: from mild malaise to death. The radical changes that have taken place in recent decades, not only in the environment, but also in our diet, have an extremely dangerous impact on our health. Too much fat, salt, sugar - and all this is directly related to cardiovascular disease, cancer, obesity, allergies, strokes, etc. [1].

Among the main factors that form the basis for the development of numerous diseases, is lack of physical activity [2]. In 2008, about 31% of people (28% of men and 34% of women) in the age of 15 years and more in the world, were not physically active enough. Approximately, 3.2 million annual deaths are associated with inadequate physical activity [3]. Physical inertia (lack of physical activity) is an independent risk factor for the development of chronic diseases. To promote good health, people are encouraged to maintain appropriate levels of physical activity throughout their lives. At least 30 minutes of non-intensive physical activity 5 times per week reduces the risk of developing a range of noncommunicable diseases among adults. It is worth to mention that more intense physical activity provides more health benefits and may be necessary for weight control.

Lifestyle changes are on the first place among the treatment approaches in the recommendations of the European Society of Hypertension (ESH) and the European Society of Cardiology (ESC) 2013 [4] for the treatment of arterial hypertension. Clinical studies shows that modernisation of lifestyle, aimed to stabilize blood pressure, may be equivalent [5] to drug monotherapy. Lifestyle changes can safely and effectively delay the development of arterial hypertension or decrease the risk of rise of blood pressure for people without arterial hypertension. Moreover, modernization of life delay the initiation of drug therapy [6]. In addition to the effect of lowering blood pressure, there is an information about the possibility of lifestyle changes to contribute to the control of other factors of cardiovascular risk and clinical conditions [7].

Improving awareness and motivating patients to lead a healthy lifestyle will help to reduce morbidity and avoid complications.

Materials and methods. The aim of our investigation was to find out and evaluate patients' care about their health, awareness on the importance of methods of its preservation and correction.

We conducted a survey (using distributed questionnaires filled out by patients) on 82 patients in the department of hypertension and rehabilitation of the Regional Clinical Cardiology Dispensary in Chernivtsi: 63 (76.83%) and 19 (23.17%) people of the departments respectively. There were 42 men and 40 women, with an average age of 58.95 ± 0.57 years.

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Results and its discussion. To the question that, from what sources have they learnt about the methods of disease prevention and health preservation, the answers were: from parents- 4.88%, from neighbours- 15.85%, from doctors- 91.5%, from newspapers- 26.83%, magazines- 8.54 %, television- 31.71%, internet- 7.32%, advertising- 26.83%, two percentage (2.44%) indicated their option- from books about health.

They are treated in the hospital 1-3 times a year (on average 1.88). However they consult in their local polyclinics approximately 3 times a year (3.34) and get sick during the year (including colds), a little more often than 2 times a year (2.13).

In general, respondents eat 3-4 times a day (3.35 times) and consume only 1.45 liters of drinking water (without tea, coffee, soup) per day.

There are different food selection criteria among people for instance, 48 patients (58.54%) choose their food according to taste preferences, 40 people (48.78%) select healthy food, and only 6 people (7.32%) prefer both sides.

Anti-hypertensive drugs are taken periodically by 19 people (23.17%), 54 people (65.85%) daily, 9 people (10.98%) do not require a consumption of these medicines, compared to the proportion of patients with hypertension, these indicators are 12 people (19.04 %), 44 (69.84%) and 7 (11.11%) people, respectively.

Vitamins are taken periodically by 37 patients (45.12%), of which synthetic vitamins taken by 9 people (10.98%), natural (plant-based) 21 patients (25.61%). Vitamins are taken by 11 people daily (13.42%) (synthetic 3.66%, natural 2.44%), and no intake by 4.88%.

Speaking about physical activity, 41.46% of people do physical exercises periodically, 9.76% daily and 48.78% are physically inactive.

Conclusion. Summarising the information, the respondents have the high risk for the development of diseases, in particular cardiovascular. We are stick to the point that improving awareness and motivating patients to lead a healthy lifestyle will help to reduce morbidity and avoid complications.

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THEORETICAL FOUNDATIONS FOR THE IMPLEMENTATION AND
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