

**МІНІСТЕРСТВО ОХОРОНИ ЗДОРОВ'Я УКРАЇНИ
БУКОВИНСЬКИЙ ДЕРЖАВНИЙ МЕДИЧНИЙ УНІВЕРСИТЕТ**



МАТЕРІАЛИ

**106-ї підсумкової науково-практичної конференції
з міжнародною участю
професорсько-викладацького колективу
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У збірнику представлені матеріали 106-ї науково-практичної конференції з міжнародною участю професорсько-викладацького колективу Буковинського державного медичного університету (м. Чернівці, 03, 05, 10 лютого 2025 р.) зі стилістикою та орфографією у авторській редакції. Публікації присвячені актуальним проблемам фундаментальної, теоретичної та клінічної медицини.

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The integration of cardioprotective agents into antidiabetic therapy improves prognosis and reduces mortality in this patient group. Own results on a small group of 10 patients proved positive cardiotropic effects in both groups, patients on SGLT-2 inhibitors and other ways of diabetes therapy, however with a tendency to have better outcomes in the SGLT-2 inhibitors positive group.

Conclusions. Appropriate antidiabetic therapy, which takes into account the individual characteristics of the patient and cardiovascular risks, is essential to improve the clinical course and reduce mortality among patients with a combination of diabetes and cardiovascular diseases. SGLT-2 inhibitors showed high efficiency through confirmed and expected positive effects on the state of the cardiovascular system, however, even with the use of drugs that do not have a combined endocrine-cardiological effect, the effective therapy of both diseases leads to a synergistic positive effect.

Vasiuk V.L.

MODERN TRENDS IN UNHEALTHY FOOD HABITS AND THEIR IMPLICATIONS FOR HEALTHCARE PROFESSIONALS

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Introduction. In the past decade, unhealthy food habits have become increasingly complex, driven by shifts in social, economic, and technological landscapes. The proliferation of ultra-processed foods, convenience-driven dietary choices, and the rise of digital food delivery platforms have reshaped eating behaviors globally, fostering a rapid decline in nutritional quality. High-sugar, high-salt, and high-fat diets are now predominant, contributing to rising incidences of obesity, cardiovascular disease, type 2 diabetes, and various cancers.

Emerging trends include the widespread adoption of “hyper-palatable” snack foods, irregular eating schedules, and a growing reliance on nutrient-poor, calorie-dense foods. Additionally, digital and social media platforms have influenced dietary choices, often promoting fad diets that may lead to harmful patterns, such as restrictive eating or unbalanced intake of essential nutrients. These behaviors challenge healthcare systems by increasing the burden of non-communicable diseases (NCDs) and necessitating more complex patient care.

The aim of the study. To analyze modern nutritional trends of Ukrainian society.

Material and methods. Literature analysis, 400 patients were interviewed about their feeding habits for last 3 years.

Results. In Ukraine, dietary habits have traditionally been rooted in a mix of high-carbohydrate, protein-rich foods, and fats with a lack of diversity in fruits and vegetables depending on the season. Westernized/convenience-based diet has increased in popularity in Ukraine over the last decade. It means the consumption of ultra-processed and fast foods. Increased urbanization and busy lifestyles have contributed to the popularity of packaged snacks, sugary beverages, and ready-to-eat meals. Among health-conscious individuals, low-carb, high-fat diets, such as the ketogenic and paleo diets, are gaining traction. These diets are often promoted for weight management and metabolic health, though they require careful management to ensure balanced nutrient intake. The use of dietary supplements and “superfoods” like chia seeds, quinoa, and goji berries has also become more popular, especially among younger populations interested in fitness and wellness.

COVID-19 significantly impacted global eating habits, largely due to changes in lifestyle, financial insecurity, and health priorities. It influenced eating patterns in many ways. The psychological stress and isolation during lockdowns led many people to consume more “comfort foods” that are often high in sugars, unhealthy fats, and refined carbohydrates. There was a marked increase in processed snack foods and fast food consumption, especially as people sought convenience and emotional comfort. Alcohol intake increased for many during the pandemic as people coped with stress, boredom, and isolation. The shift to online grocery shopping and meal delivery was also a recent trend. The pandemic accelerated the adoption of online grocery shopping and food delivery services with more frequent ordering of fast food and prepackaged meals, which are often higher in calories, sodium, and unhealthy fats.

Conclusions. For medical professionals, addressing these trends requires new approaches to patient education, focusing on sustainable dietary behaviors and debunking nutrition myths. Recent shifts in dietary habits underscore the need for medical personnel to stay informed on nutritional trends, adapt preventive strategies, and leverage emerging technologies in dietary health. By doing so, healthcare providers can more effectively combat the adverse effects of modern dietary habits and contribute to a healthier, more informed patient population.

Voroniuk K.O.

EVALUATION OF ECHOCARDIOGRAPHIC CHANGES DEPENDING ON THE GENES AGT (RS4762), GNB3 (RS5443) AND SOME HUMORAL MARKERS IN PATIENTS WITH ARTERIAL HYPERTENSION

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Introduction. Left ventricular hypertrophy (LVH) is a powerful and independent prognostic determinant for future cardiovascular and coronary events. LVH can be regressed by drugs but the aim in future should be prevention of LVH rather than its regression.

Aim of the study. The study aimed to evaluate the echocardiographic (Echo-CG) changes in patients with EAH depending on genes AGT (rs4762), GNB3 (rs5443), and some humoral markers.

Material and methods. The case-control study involved 100 patients with EAH stage II, 1-3 degrees of the blood pressure value (BP), high and very high cardiovascular risk. AGT (rs4762) and GNB3 (rs5443) genotyping were performed by Real-Time PCR. All recruited individuals were tested for serum levels of ionized calcium, parathyroid hormone, and 25-hydroxyvitamin D. LVH was assessed using Echo-CG.

Results. T-allele of the AGT (rs4762) and GNB3 (rs5443) genes are associated with myocardial structure changes in hypertensive patients: thicker relative wall thickness (RWT), interventricular septum in diastole and higher left ventricular (LV) mass index (LVMI) in women for GNB3 (rs5443) gene. Hypovitaminosis D in EAH patients is accompanied by LV remodelling: larger left atrium size, LV mass (LVM), and LVMI in women, with lower ejection fraction. Hypocalcemia links to the smaller wall thickness of hypertrophied LV myocardium in EAH individuals than in the case of its normal concentration, as well as a lower LVMI and better LV contractile function, which confirms the hypothesis of active involvement of calcium in the process of myocardial remodeling and hypertrophy.

Conclusion. The polymorphic variants of the AGT (521 C>T) and GNB3 (825 C>T) genes are associated with myocardial structure changes in EAH patients. Hypovitaminosis D in hypertensive individuals is accompanied by LVM and LVMI increase but reliably only in women.

Yurkiv O.I.

PECULIARITIES OF CLINICAL SYMPTOMS DIGESTIVE DISORDERS IN INFANTS WITH PERINATAL PATHOLOGY HISTORY

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Introduction. Nowadays, one of the most common pathological conditions in children is a disorder of the composition and function of large intestine microflora developing under the influence of various unfavourable factors. In infants dysbiotic disorders occur more frequently than in adults; that is determined by morphological and functional immaturity of the gastrointestinal tract in this age. One perspective suggests that severe clinically significant forms of dysbiotic disorders in the first years of life can be regarded as a prerequisite to the development of inflammatory bowel disease. Contributing background to the development of dysbiotic intestinal disorders in infants with perinatal pathology is connected with changes in the functional state of the liver and biliary tract. Occurrence of unfavourable risk factors even during the labour leads to adaptation disorders of varying severity degrees in newborns; that requires treatment and care of the infant separately from the mother under the supervision of medical personnel.