

ANALYSIS OF IDENTIFIED RISK FACTORS FOR THE DEVELOPMENT OF ACID-DEPENDENT DISEASES IN STUDENTS

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Acid-dependent diseases (ADD), such as gastritis, gastric and duodenal ulcers, and gastroesophageal reflux disease, remain one of the most pressing medical and social problems in modern gastroenterology.

The situation in Ukraine is similar: studies indicate that up to 40% of gastroenterology patients are aged 18–35. Students are a particularly high-risk group due to a combination of factors that create ideal conditions for the development of ADD.

These include chronic stress caused by the educational process, specific eating habits among students, and sleep deprivation



The aim of the study was to analyse the identified risk factors for the development of acid-dependent diseases among students in Bukovina.

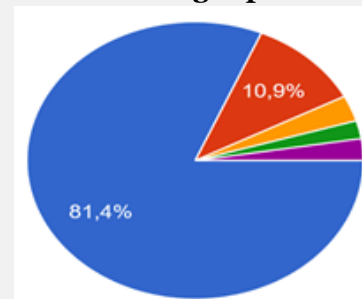


The questionnaire was developed containing questions about risk factors and prerequisites for the development of acid-dependent diseases. A total of 219 students from Yuriy Fedkovych Chernivtsi National University (50.8%) and 212 students from Bukovinian State Medical University (49.2%) were surveyed.



The study analysed the impact of lifestyle, eating habits, harmful habits, physical activity and clinical manifestations on the prevalence of ADD among students of BSMU and CNU. It was found that despite a relatively high level of health awareness (over 80% of respondents did not smoke or abuse alcohol), the frequency of alcohol consumption increased with age and progress through the courses, especially among men. Women demonstrated more stable indicators of abstinence from harmful habits, but in the senior years, an increase in the frequency of alcohol consumption was observed among them as well. A similar trend is characteristic of smoking – the higher the year, the greater the proportion of smokers, especially among students of technical and medical specialties.

Distribution of students by length of smoking experience



- No (351 students, 81.4%)
- 1–2 years (47 students, 10.9%)
- 2–3 years (13 students, 3%)
- 3–4 years (9 students, 2.1%)
- More than 5 years (11 students, 2.6%)

With regard to eating habits, the most common violations among both samples were: irregular meals, eating immediately before bedtime, night-time snacks, and a preference for fatty, fried foods and fast food. In terms of gender, men were more likely to violate their diet, while women reported irregular or ‘occasional’ adherence to their diet. There was a tendency for eating habits to deteriorate in the upper grades, which is probably due to increased academic workload, stress, and lack of time.



The level of physical activity was higher among men, especially in technical and physical departments. At the same time, regular physical activity was rare among medical students, which may be an additional risk factor for the development of ADD.



Conclusion. The lifestyle of students is characterised by widespread dietary and behavioural risk factors: irregular meals, night-time snacking, eating before bedtime, preference for high-calorie foods, low physical activity, which subsequently provokes the development of acid-related diseases.