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МЕЖДУНАРОДНАЯ НАУЧНО-ПРАКТИЧЕСКАЯ КОНФЕРЕНЦИЯ



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30% of women experiencing severe nausea and vomiting are treated in a hospital.(2) also, due to hyperemesis gravidarum, about 10% of women decide to terminate the pregnancy. Nowadays, several medicines have been widely used against the treatment of vomiting and nausea. Even so, there is controversy about the safety and effectiveness of the drug substances used in pregnancy. Therefore, it is now important to develop non-drug, safe methods of nausea and vomiting in pregnancy .

The purpose of the research. A study of the effectiveness of sea bands in the treatment of nausea and vomiting in pregnancy.

Objects and methods: The research was carried out in the 88th family polyclinic of the “Yangi hayot” district. 30 pregnant women were involved for the experiment. The duration of pregnancy in women was on average 8.5 weeks (or 6-11 weeks. The age of pregnant women was on average 23 years (20-25 years). Women with mild to moderate levels of nausea and vomiting were involved in the experiment. Women with severe vomiting, with a risk of pregnancy complications, as well as chronic diseases – hypertension, bronchial asthma, diabetes mellitus – were not involved in the experiment. Women were divided into two groups by random selection. Group 1 was the examining group and they were given bracelets with a special button that pressed the P6 point (2 cm above the paw wrist joint). Group 2 was a control group, and bracelets were distributed to them, which did not have a pressing button. Women in both groups were not limited to taking vitamin medicines (Elevit prenatal), folic acid, iodine preparations, hafitol. Women wore sea bands for 7 days when symptoms of nausea and vomiting were manifested. The results were evaluated on the PUQE-24 scale according to the total time of nausea within 24 hours, the number of vomiting and the retching.

Results and discussion. During 7 days, the PUQE-24 index in the treatment group changed from 7.17 to 4.16. In the control group changed from 7.30 to 5.86. Also in women in the first group decreased mental variability.

Conclusion. In the mild and moderate symptoms of nausea and vomiting in pregnancy, sea bands are effective method of treatment.

List of literature

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ASSESSMENT OF VASCULAR AGE IN PATIENTS WITH METABOLIC SYNDROME

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Cardiovascular disease (CVD) is the leading cause of death worldwide. Determination of vascular age as a marker of CVD progression is particularly relevant at the stage of primary diagnosis, as well as in increasing patients' adherence to treatment. Vascular age (synonyms: cardiac age, cardiovascular risk age, biological age) refers to the chronological age of an <<ideal patient with the same level of cardiovascular risk as the subject, but in the absence of modifiable risk factors (1, 2).

Research objective: To identify the causes of early vascular aging in patients with MS, to assess the relationship between vascular age and various metabolic disorders, to develop a model for predicting the degree of vascular age change in patients with MS.

Materials and Methods of Research. A total of 72 people of both sexes (34 men and 38 women), asymptomatic, without cardiovascular disease, aged 30 to 70 years, were included in the study. Patients were divided into three groups: 1-group vascular age less than chronological age, 2-group vascular age equal to chronological age, and 3-group vascular age greater than chronological age. All patients were examined with assessment of anthropometric parameters (height, weight, body mass index (BMI), waist circumference (WC), measurement of blood pressure and collection of anamneses. Biological cardiac age was calculated using a questionnaire from the NYC Department of Health and Mental Hygiene, which takes into account the following parameters: age, sex, height, weight, systolic blood pressure, presence of DM, taking antihypertensive medications, and smoking.(3) This tool is based on the model used in the "Total Cardiovascular Risk Profile for Use in Primary Care: The Framingham Heart Study Scale." and is intended for use by individuals aged 30 to 74 years who have no history of cardiovascular disease (e.g., heart attack, stroke, peripheral artery disease, or heart failure).

Results and Discussion: The mean age was 48.6 (± 10.35) years and the mean vascular age was 55.7 (± 16.05) years. The difference between both ages (7.1 ± 9.5) was statistically significant ($P < 0.0001$). Risk factors such as increased body weight and obesity 65(90%), hypertension 57.9(79.1%) and 28(38.8%) had smoking habits. Distribution and comparative trend analysis of various risk factors in all three groups showed that most people (72.45%) had a vascular age greater than their chronological age Only 23.15 and 5.19% of patients had a vascular age less than or equal to actual chronological age, respectively. Almost all risk factors, such as diabetes smoking, arterial hypertension, BMI, and OT, were significantly higher in group 3 with high vascular disease compared with patient groups 1 and 2. The key factors influencing the progression of vascular aging were obesity, arterial hypertension, and smoking and diabetes mellitus.

Conclusions. Thus, vascular age may be greater than passport age in the presence of risk factors such as obesity, arterial hypertension and smoking and diabetes mellitus. Determination of vascular age gives the patient an understanding of his or her condition and serves as a tool for reassessment of cardiovascular risk category.

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ASSESSMENT OF THE EFFECTIVENESS OF SEA BANDS IN MORNING SICKNESS

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Importance of the issue. Almost 85% of pregnant women experience morning sickness during pregnancy. In 3-5% of cases, women experience severe nausea and vomiting. In 34% of women it begins in the first 4 weeks, while in 8 weeks it is observed in 85% of women (1). About 30% of women experiencing severe nausea and vomiting are treated in a hospital.(2) also, due to

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