

Aureus, Escherichia, Erwinia, Enterococcus and Pseudomonas) with a lower weight. The main incriminated foods were culinary products, milk and dairy products and fish and fish products.

Conclusions. In Râșcani district food poisoning and acute diarrheal diseases remain a current problem because they are recorded annually. In 63% of cases, maladies broke home and only 37% in organized communities. This speaks of improving the hygienic surveillance of food objectives in recent years, but also of the need to promote health among the population.

Key words: food, alimentary intoxications, acute diarrheal diseases

212. THE IMPACT OF FOOD SUPPLEMENTS ON THE HUMAN BODY

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Introduction. We are aware of the fact that the human organism requires daily consumption of food, which gives it a certain amount of energy and trephines. We can provide the human organism with various nutrients: proteins, lipids, carbohydrates, and vitamins. The elements consist of about 70-80 simple compounds: amino acids 23-25, fatty acids 20, mineral elements 15-20, vitamins 12-13 (M. Barnea, Al. Calciu, 1979).

Aim of the study. Currently, the population confront with serious problems related to influence of toxic substances on the products quality and their influence on the human health. The lack of material resources and lack of knowledge about healthy nutrition in the Republic of Moldova lead to consumption of products containing food supplements.

Materials and methods. At present time, there is a very high aversion to the use of food additives, and are explained by the negative effects of uncontrolled use of chemical agents in the foodstuffs. According to Codex Alimentarius, we can state according to International (as well as to national) specification lists, the additives are divided into 25 categories: coloring agents (E100-E182); preserving agents; antioxidants; emulsifying agents; melting salts etc. Additives cause allergies, manifested by rash, limbs swelling itching as asthma skin, in the case of the sick persons.

Results. The allergies effects are: itchy nose, sneezing, heavy breathing, anaphylactic shock. For example, E-123 is a coloring agent causing eczema, asthma, ADHD syndrome, some forms of cancer. In the Republic of Moldova, the prevalence of allergic rhinitis according to the official statistical data of the National Center for Health Management is also in increase. Statistics show that in 2015, 934 cases of allergic rhinitis were among the children under the age of 18, out of whom 698 were new illnesses. The number of dermatitis was 11,911 cases, out of which 11,358 are new cases. Compared to 2011, allergic rhinitis was nearly 360 less, and dermatosis - of 1,711 more. A patient suffering from an allergic disease must be aware of the precautionary measures and the measures as a matter of urgency. The test required to detect allergic diseases is anamnesis, There are also various tests used to identify allergens: nonspecific tests, specific skin test (patch test, prick test).

Conclusions. However, the action of all substances is rather various and has a directly or indirectly influence on the human organism (through primary influence on food). Typically, these are chronic intoxications, and various slow evolution diseases. Thus, we can say that we do not have to consume food products containing trephines, but only healthy foodstuffs that will help to our body growth and its development.

Key words: supplements, allergies, coloring agents

213. SLEEP AND CIRCADIAN RHYTHM DISRUPTION IN SHIFT WORK

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