

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

Author: **Daniela Gutu**

Scientific adviser: Alexandru Garbuz, MD, University assistant, Department of Hygiene

Nicolae Testemitanu State University of Medicine and Pharmacy of the Republic of Moldova

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

Author: **Cristina Mandric**

Scientific adviser: Garbuz Alexandru, MD, University assistant, Department of Hygiene
Nicolae Testemitanu State University of Medicine and Pharmacy of the Republic of Moldova

Introduction. Circadian rhythm is one of the most important mechanisms in human body, which coordinates biological rhythms with the environmental changes in the day-night cycle. People are diurnal species, so we are used to work during the day and to sleep during the night. Sleep and Circadian Rhythm Disruption (SCRD) occurs when natural circadian rhythms are pushed out of synchronization, for example in shift work.

Aim of the study. Define the mechanistic links between sleep and circadian rhythm disruption and hyperglycemia. Apply this knowledge for the development of evidence-based clinical interventions. Transfer this knowledge to the broader community, patients and caregivers.

Materials and methods. This study was based on physiological, biological and laboratory investigations, that were used to determine respiratory frequency, heartbeat frequency, muscular strength, tremor, blood and liver tests.

Results. It was established that shift-workers have increased level of glucose in blood.

Conclusions. Sleep and Circadian Rhythm Disruption in shift work leads to hyperglycemia, that can induce diabetes mellitus.

Key words: circadian rhythm, disruption, shift work, hyperglycemia

214. HYGIENIC EVALUATION OF REAL FOOD AND NUTRITION OF STUDENTS

Author: **Mariana Racila**

Scientific adviser: Rubanovici Vladislav, MD, PhD, University assistant, Department of Hygiene
Nicolae Testemitanu State University of Medicine and Pharmacy of the Republic of Moldova

Introduction. Health of the younger generation is a priority for any state. Thus, reforms in the higher education system emphasize the students' health status and physiological needs during the learning process.

Materials and methods. The study was conducted by questioning 50 students, including 11 men and 39 women, from study years I to VI. The questionnaire included 18 questions about daily nutrition.

Results. Nutrition is provided by a varied assortment of foods, providing the human body with nutrients and biologically active substances (proteins, lipids, carbohydrates, vitamins and mineral salts). The results of this study showed that 90% of students have an irregular diet and only 10% of them strictly follow a diet. Using the waist and body mass parameters of people in the study, we calculated BMI, which found that 80% of the examined subjects are normal weight, 6% are underweight, 8% overweight, and grade I obesity was reported in 6%. Analyzing student food surveys, we can see that most commonly used in vegetables in the daily diet are potato, carrot, onion and cabbage, and the least used are broccoli. If we are talking about the prevalence of fruit in the nutrition of the students, we notice that the most used fruits are apples, bananas and oranges, and the rest of the fruits are used at a lower percentage, the least used to be quince, plum and pear. Similarly, following the study I noticed that 54% of investigators prefer to eat spicy food, 46% prefer salty food. The share of people who love to eat sweet produce was 52% and the share of those who love fatty foods accounted for 8%.

Conclusions. The results of this study show that 80% of people are normal weight and 90% of them do not have a healthy diet, which requires us to develop measures to improve the nutrition of students in university institutions.

Key words: nutrition, students, body mass index, health

215. ASSESSMENT OF THE PHYSICAL ACTIVITY AND NUTRITION OF THE SECOND YEAR STUDENTS OF NICOLAE TESTEMITANU SUMP_h