

Results. The results show a large range of deviation due to their different intervention and follow-up-periods. In one study the high-protein diet achieves a weight maintenance of 9.7% after twelve months. In other study, low-fat diets can stabilize a 18% weight reduction from the original weight after nine months. Three study results about effectiveness of high-carbohydrate diets are available (Journal of the American Dietetic Association, 2005). One study shows a weight loss of 13% after 15 months, the second study 8% weight loss after twelve months, the third study shows 4% after 30 months. Five studies deal with the effectiveness of reduced energy consumption on a permanent weight maintenance (The Journal of Clinical Endocrinology & Metabolism, 2003). About one year after the end of intervention a weight reduction of 7.6 to 9.4% can be maintained with this type of diet. After nearly 30 months the weight reduction is 4%. Only one study deals with the effectiveness of vegan diets. It records a weight loss of 5.6% after one year and 3.5% after two years. Six studies examine formula-diets as successful weight reduction and maintenance measure. However, the results vary considerably and range from 2.5% weight reduction after 34 weeks to about 10% in the follow-up after twelve months (Dieter Korczak, 2013).

Conclusions. The aim to maintain a 10% weight loss in comparison to the original weight over a long period is challenging. These findings support the importance of designing adequate weight loss programs to achieve long-term weight maintenance. Combined programmes consisting of diet and physical activity obtain a bigger long-term weight loss than an intervention which is based only on diet.

Key words: diet, weight cycling, yo-yo effect, weight-loss.

327. THE PROBLEM OF THE HEADACHE AMONG THE STUDENTS OF VINNYTSIA NATIONAL MEDICAL PIROGOV MEMORIAL UNIVERSITY

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Introduction. According to the scientific medical literature, about 70% of patients suffer from tension headache. 64% of them do not turn to the doctor that is the problem in the diagnosis, treatment and prevention of diseases.

Aim of the study. To conduct a questionnaire among students of the VNMU and determine frequency, intensity, triggers of the headache, to find out clinical diagnoses of respondents. Determine which medicaments are most effective to relieve the symptoms of the headache.

Materials and methods. Data of students questionnaire according to the self-designed questionnaire, information from the scientific literature, statistical method

Results. Owing to questionnaire it was determined, that 195 students — all 100% — had complaints of the headache. Complaints of the low headache intensity had 45 (23%) students, of the medium intensity — 125 (63%) and of the high intensity — 27 (14%) students. The frequency of the headache was as follows: everyday — 6 (3%), 2-4 times per week — 43 (22%), once a week — 40 (21%), once a month — 37 (19%), twice a month — 35 (18%), once a few months — 16 (8%), 1-3 times per 6 months — 14 (7%) and once a year — 4 (2%). Concomitant symptoms were: weakness — 27 (14%), tachycardia — 35 (18%), nausea/vomiting — 71 (36%), sound- or photophobia — 31 (16%), increased blood pressure — 35 (18%), decreased blood pressure — 19 (10%). Triggers were: fatigue — 53 (27%), stress — 130 (67%), lack of

sleep/insomnia – 88 (45%) and the weather impact – 57 (29%). All students used drugs to relieve the symptoms of the headache: Citramon – 63 (33%), Spasmalgon – 51 (26%), Ibuprofen – 30 (15%), Analgin – 18 (9%), Paracetamol – 18 (9%), No-Spa – 15 (8%). Besides drugs some respondents used non-pharmacological methods: sleeping – 93 (48%) and rest/relaxation – 49 (25%). 23 respondents turned to the doctor. They were diagnosed with the following: 4 – migraine, 10 – non-classified headache, 2 – hypertension, 6 – tension headache, 1 – vertebral-basilar insufficiency.

Conclusions. Owing to questionnaire it was found that practically all interviewed students of Vinnytsia national medical Pirogov memorial University suffer from headache, but only 23 (12%) turned to the doctor. It creates significant difficulties for adequate diagnosis, treatment and prevention of diseases. All respondents are self-medicated. Citramon, Spasmalgon and Ibuprofen are used most frequently among other drugs. The total majority of respondents suffer from the headache of medium intensity. The most often trigger of the headache is stress. The most common frequency of the headache is 2-4 times per week.

Key words: Headache, students, triggers, medicaments

328. SOME ASPECTS OF NUTRITIONAL STATUS OF TEACHERS FROM THE REPUBLIC OF MOLDOVA

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Introduction. The poor eating habits of the teachers were related to the unbalanced energy intake in relation to energy expenditure, sedentary activities; thus, it was proven to lead to: increased absenteeism from work, reduced productivity, chronic illnesses and reduced life expectancy.

Aim of the study. To study nutritional status of teachers from the Republic of Moldova.

Materials and methods. The study was descriptive and transversal in design. A random sample of 275 teachers (34 males and 241 females) aged 22 to 60 years from institutions of general education from 17 districts of the Republic of Moldova. A special questionnaire was used, including general data, living and workplace conditions, nutritional and health status. Data was analyzed using descriptive statistics and Pearson's Chi-square test at 5% level of significance was applied to the data.

Results. The mean age of teachers was 43 ± 8.32 years, of which 5.2% males and 94.8 females, 67.5% are from rural areas and 32.5% - from urban areas. Regarding the number of meals per day only 5.2 % of them feeds three times a day, 36.4% - less than two times; 35.1 % - don't kept the account, 67.5% - have breakfast, 13.0 % - they have no opportunity to feed in the morning. In terms of dietary diversification most (51.9%) of the teachers either had at least medium (≤ 1 food group) while 20.8% had high (≤ 3 food groups) dietary diversity. Regarding fruit and vegetables consumption 6.5% doesn't eat any vegetables and 9.1% doesn't eat any fruits in day, only 50.7% and 49.1% can afford to eat fresh vegetables and fruits respectively, more than three times in day. More than 33.8 % never eat fish weekly, 64.9% eat fish 2 or 3 times in week, only 1.3 % eat fish daily. 49.4% of teachers never eats in a fast-food restaurant, 24.7% eat two or three times in week, and 26.0% less than once a week. The most preferred fast food meals for teachers are hamburger and fries (36.7%), 34,7 %- soft drinks, 28,6 %-attend fast-