

MEDICAL AND HYGIENIC ISSUES OF SPORTS ATTIRE FOR YOUNG PEOPLE

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Introduction: One of the risk factors for health impairment of youths can be incompliance of requirements to choosing, storing, and treatment of sports attire together with the disturbance of personal body hygiene after sports activities.

Purpose: To study medical and hygienic issues associated with youths' awareness of hygienic requirements to the treatment of sports attire and footwear in sports activities.

Materials and methods: Subject of research – college students of the regional centre in Belarus. 340 individuals aged between 15 and 18 were assessed. The methods of research were: questionnaire and statistical method «Statistics 6.1».

Results: 88% of the interviewed persons responded that they chose their sports attire according to the design of clothes and their size without considering specific purpose of clothing. Following physical exercise 72% of the respondents do not change their sports shoes and internal footwear (socks). 31% of students do not have the habit of changing underwear after physical exercise. The answers to the questions “Do you wash your sports clothes after physical exercise?” and “Do you air and wash your sports footwear after physical exercise?” were definitely negative in 72% of the respondents and “don't know” – in 12% of the interviewed. Moreover, 86% of students responded that they put their sports attire into the polyethylene bags and keep it until the next sports class. 84% of the respondents reported increased sweating and 27% – of skin acne on the back and upper limbs. Body pruritus was marked by 56% of students, pruritus in the foot area – by 46%. Direct association was revealed in subjects, who did not change their footwear after physical exercise and did not air their footwear, with the concerns in the foot area. The questions about the hygienic procedures were answered only by one seventh of the respondents. While going to the physical training class only 31% of the interviewed take with them the items of personal hygiene (soap, towel, tissues). Statistically important differences between sexes were not marked during the questionnaire analysis on all items.

Conclusion: In sports activities college students irrespective of their gender show low level of awareness of sports attire hygiene and personal hygiene rules following physical training classes.

Incompliance of the sports attire and footwear treatment rules were marked among the college students. Risk group for the development of skin and fungal foot pathology comprises young people who study in colleges of the regional center due to their incompliance of hygienic requirements to sports attire and footwear care.

Key words: youths, sports, awareness, hygiene, sports attire and footwear.

GENETIC COUNSELING IN CARDIAC ANOMALIES

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Introduction: CATCH 22 syndrome is a well known developmental congenital syndrome. The most frequent genetic syndrome is velocardiofacial syndrome due to a microdeletion on chromosome 22q11.2. It is associated with abnormalities in heart, brain, thymus and parathyroid glands with an increased risk of immunodeficiency.

The aim of this study was to estimate the prevalence of fetal cardiac anomalies in the first trimester of pregnancy in pregnant women with high degree of genetic risk.

Methods: We analyzed data regarding ultrasound examination, the nuchal translucency, visualization of the four-chamber view, the outflow tracts, double test measured in first trimester of pregnancy, in 128 pregnant women who have been investigated for medico-genetic counseling in 2009-2010.

Results: In 44 (34,4%) pregnant women (average age $26,1 \pm 5,3$ years) was estimated medium degree of genetic risk, in 30 (23,4%) - high risk and in 54 (42,2%) - low risk. Prenatal diagnosis has contributed to the identification of severe fetal pathologies in 16 (12,5%) pregnant women. The most common cardiac defects included 6 atrial and 2 ventricular septum defects (37,5% and 12,5% respectively), anomalies of the aortic arch or its major branches 5 (31,3%), D-transposition of the great arteries in 3 (18,5%) cases. Amniocentesis with the study of fetal karyotype allowed the identification of numerical and structural chromosomal abnormalities in 18 patients (14,0%), in 2 of them were detected structural chromosomal abnormalities with 22q chromosome.

Conclusions: Investigation on methods of primary prevention prenatal diagnosis (fetal ultrasound, karyotyping) is essential to reduce the frequency of chromosomal abnormalities and congenital malformations.

Key words: velocardiofacial syndrome, chromosome, prenatal diagnosis.

CADASIL

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Introduction: Cerebral autosomal dominant arteriopathy with subcortical infarctions and leukoencephalopathy (CADASIL) is a single gene disorder of the cerebral small blood vessels caused by mutations in NOTCH3 gene. The disease has been recently described and the exact prevalence is unknown currently, but the number of the reported cases is increasing as the clinical picture is better known due to active research work in this field. The main clinical manifestations are recurrent stroke, migraine, psychiatric symptoms, and progressive cognitive impairment. The clinical course is highly variable, that's why the disorder is often misdiagnosed. The pathological hallmark of the disease is the presence of granular osmiophilic material in the walls of the affected vessels, which can be detected in skin biopsy. The diagnosis is important as the clinical course and the prognosis differ between patients with CADASIL and those with other common cerebral small vessel diseases. Moreover, the usual therapy for ischemic stroke, which includes thrombolytics, antihypertensive agents and statins, has been not validated for CADASIL patients.

Conclusion: In the Republic of Moldova was described one family affected by this disease. I will present a family tree which includes three generations, persons that suffered of this disease and age at which the main manifestations appeared. As very little is known about the disease, I think my presentation will clarify how the disease occurs and what can be done and, not less important, will call attention on this issue.

Key words: Record Card, statins, antihypertensive agents.