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MORFOLOGICAL STUDENT PASSPORT - AS A FORM OF MOTIVATION TO A HEALTHY LIFESTYLE

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The department of anatomy of the Amur SMA very interesting and productive form of students research work is the creation of "Student's morphological passport", focused on the study of the parameters of his body and gain of motivation for a healthy lifestyle. Its drawing is carried out in education and outside school hours, and involves research anthropometric data and subsequent analysis of physical development.

Healthy lifestyle - it's a way of life based on the principles of morality, rationally organized, active, employment, tempering and, at the same time, protecting against unfavorable environmental influences, which allows up to a ripe old age to maintain the moral, mental and physical health.

Physical health - is the natural state of the body caused by the normal functioning of all its organs and systems. If you work well all the organs and systems, and the entire human body (self-regulating system) is functioning correctly and develops.

As you know, one of the indicators of health is physical development - the process of quantitative and qualitative changes of the human body in the process of life indicators.

The process of "Morphological passport" is a student in a specific pattern explores their anthropometric characteristics (height, weight, chest circumference), calculates the index of Quetelet and Pine, defining the harmonious development and the type of constitution, the thickness of the fat folds, proportionality limb segments and form, describe the skin drawing fingers, iris, pelvic dimensions, determine arch and more.

To determine the arches of the foot and the manifestation of flatfoot, students make imprints of their feet with the help of the stamp ink on a sheet of paper in a standing position. Then analyze the fingerprint foot graphic-analytical method and calculated Shriver's index, which gives an indication of the arch and on the degree of flatfoot. It should be noted that the flat - a foot deformity characterized by a flattening of the arches and today is one of the diseases of civilization which shows a clear upward trend.

Often formed longitudinal flat feet caused by prolonged physical inactivity on the background of the weakness of the muscles, ligament apparatus the leg and foot, the plantar fascia, which requires strengthening

them with the help of physical exercise and stress. Students received their data and identifying a predisposition to the development of flat feet, are beginning to realize the importance of physical training.

The great interest of the students is the study of the iris eye, because it is a reflector of congenital deficiencies set forth in the genotype. Characteristic signs iris indicating the pathological changes in the body, and relate spots gap. Their whereabouts shows the weakness of the relevant body, which is determined by a special scheme - map. This information allows you to think about your health and prevention.

In order to optimize these activities at the Department of Anatomy Amur SMA created a special handbook, in which all the parts ' Morphological passports "are described in detail, with the result that each student has the opportunity to objectively evaluate all the pros and cons of the figure and its physical development. Identified deviations of parameters of physical development may be risk factors or symptoms of certain diseases. Experience shows that morphological certification of students - it is a progressive way to learn anatomy through "interest to the body," as well as one of the important levers of influence on motivation, determining the need for further improvement of the physical and healthy lifestyles.

Concluding all the above, we believe that this kind of students research work in the department of anatomy, not only allows us to study the human body in the direction of a professional, but also is the active form of promotion of healthy lifestyles, taking into account the integration of relations with the Department of Physical Education and Health.

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BODY MASS DYNAMICS IN WOMEN OF REPRODUCTIVE AGE WITH HYPOTHALAMIC DYSFUNCTION IN PUBERTY. NORMAL WEIGHT PREDICTORS

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Abstract The results of a prospective study of the dynamics of body mass in women of reproductive age with a hypothalamic dysfunction (HD) in puberty with overweight in 36 (41.9%) and obesity in 50 (58.1%) examinees are presented, an average age in reproductive age women was 21.95 ± 0.2 years. The analysis of body mass dynamics showed decreasing of body mass index (BMI) in reproductive age, relative to puberty, it occurred in 73.3% of patients, in 88.9% of women with normal body mass and in 11.1% of women with overweight; BMI has not changed in 17.4%, the increasing of BMI > 30.0 kg/m² - in 9.3% of examinees. The relative risk (RR) of the primary infertility in women of reproductive age with HD in puberty and obesity, relative to overweight was > 1 (RR = 1.08; 95% confidence interval 0.5-2.1), the secondary infertility > 1 (RR = 1.3; 95% CI 0.5-3.4). A complex of predictors, which allows to predict a normal body mass (BMI 18-24,9 kg/m²) in reproductive age in women with HD in puberty, was determined the most valuable is the chronic tonsillitis during puberty, and the least - the threat of abortion in the mother in the first trimester of pregnancy.

Key words: hypothalamic dysfunction, obesity, predictors of normal body mass.

Introduction. According to a systematic review, the prevalence of obesity in children and teenagers in the general population all over the world is ranging from 4 to 7.6% [1, 8]. The frequency of obesity is increasing in both developed and developing countries [4, 8]. In the US, this problem has reached a national epidemic proportion, in children aged from 6 to 19 years obesity is determined in 31%, in China - 10%, in Russia - 11.8% [4, 7]. For obstetricians obesity in adolescent girls seems unfavorable background that influences the process of puberty, leading to the early onset of menarche, deviations in the order of appearance of sexual characteristics and menstrual disorders [2, 8, 9]. In reproductive age obesity is rating as one of the main causes of reproductive disorders in women, leading to a decrease of fertility. [3, 7]. It is shown that the prevalence of infertility in women of reproductive age with a BMI over 30 kg/m² is 2.7 times higher than in women with normal body mass and reaches 33.6% [3]. Obesity in puberty increases the risk of reproductive age menstrual dysfunction in 6 times, and the primary infertility in 4 times [6]. Hypothalamic dysfunction is associated with the development of overweight in 38%, and obesity in 70% [5, 9].

The purpose of research is to assess the dynamics of body mass in women of reproductive age with HD in puberty, relative to puberty body mass, to identify predictors of a normal body mass (BMI 18-24,9 kg/m²).

Materials and methods. 86 women of reproductive age with HD in puberty were examined. The study was conducted on the base of the gynecological department of the SAI State Clinical Hospital of the Amur region