

results, namely: eliminated morning swelling, improved facial contours (more clearly drawn cheekbones, outlined the face oval, reduced double chin), enhanced blood circulation and lymph flow, and thus increased metabolism in skin cells and improved complexion not only due to mechanical impact, but also due to the activation of metabolism, relieved tension, toned skin, improved facial muscle tone, smoothed fine wrinkles.

Conclusions. Thus, the results of the study confirmed the maximum effectiveness of Gua-sha massage with minimal time spent. Everyone makes a choice for themselves: to prevent aging or not – and if you choose the first option, you should not forget about the Gua-sha method.

GLYCOGEN IN THE BRAIN: FUNCTIONS AND DISORDERS

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Introduction. Glycogen is a large, branched polysaccharide that is the main storage form of glucose in animals and humans. Glycogen is as an important energy reservoir. Glycogen is broken down to glucose, which then enters the glycolysis or is released into the bloodstream. In animals and humans, glycogen is found mainly in muscle and liver cells. Glycogen is synthesized from glucose when blood glucose levels are high, and serves as a ready source of glucose for tissues throughout the body when blood glucose levels decline. Glycogen is found also in a lot of tissues and organs, but its roles in brain physiology and pathology are still unknown.

Aim. The aim of this investigation is to analyze data about localization and function of glycogen in the brain, its function, disorders of glycogen metabolism and their manifestations.

Materials and methods. In order to obtain data, reviews of the literature were studied, as well as articles on the research issue. Literature has been researched over the past 5 years.

Results and discussion. Glycogen is present in the mammalian brain but occurs at concentrations so low it is unlikely to act as a conventional energy reserve. Glycogen has the intriguing feature of being located exclusively in astrocytes, but its presence benefits neurons, suggesting that glycogen is metabolized to a conduit that is transported between the glia and neural elements. Astrocytic glycogen metabolism is shown to be fundamental to many physiological processes with many diseases associated with

abnormal glycogen metabolism, learning and memory, Alzheimer's disease, epilepsy, sleep and diabetes. Accumulation of water insoluble particles are derived from glycogen named Lafora bodies is called Lafora disease. Symptoms of Lafora disease begin to develop during the early adolescent years, and symptoms progress as time passes. The most common feature of Lafora disease is seizures that have been reported mainly as occipital seizures and myoclonic seizures with some cases of generalized tonic-clonic seizures, atypical absence seizures, and atonic and complex partial seizures.

Conclusions. Brain glycogen is not extensively utilized under normal physiology. However, since it stores three- to four-fold more glucose than is available from free glucose it may act as a buffer under physiological stressors such as hypoglycemia, hypoxia-ischemia, and sleep deprivation.

CURRENT THERAPIES FOR TYPE 2 DIABETES

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Introduction. According to the experts of the World Health Organization: Diabetes mellitus is a problem of all ages and all countries. Currently, diabetes mellitus ranks third among the direct causes of death after cardiovascular and oncological diseases, therefore, the solution of many issues related to this disease is put in many countries of the world at the state level. There is now accumulating evidence around the world that effective control of diabetes can minimize or prevent many of its associated complications.

Aim. The aim of this investigation is to characterize the modern methods of therapy for type 2 diabetes mellitus.

Materials and methods. Special scientific literature was analyzed, and materials were used. The American Diabetes Association and the European Association for the Study of Diabetes Mellitus Consensus Statement on the Management of Hyperglycemia in Type 2 Diabetes Mellitus

Results and discussion. The type 2 diabetes management program includes the following ways to solve the main problems: lifestyle changes (diet therapy, exercise, stress reduction), drug treatment (oral hypoglycemic drugs, incretinimetics, insulin therapy). Objective digital criteria for compensation of type 2 diabetes mellitus are of fundamental importance. A guide to care for patients with type 2 diabetes was published, which provides criteria for compensation for the disease. It is important to