

INFLUENCE OF CIGARETTES ON THE PSYCHOLOGICAL AND PHYSICAL HEALTH OF A HUMAN

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Introduction. The cigarette consists of paper and tobacco. When burning a cigarette, more than 4 thousand hazardous chemicals are released. These substances cause many serious diseases. Together with the smoke from the cigarette we breathe in tar, arsenic, benzene, polonium, formaldehyde.

Accordingly to statistics, more than 5 million people die each year from diseases caused by smoking. Tobacco smoke has a negative impact on surrounding people. Thus, every year 3 thousand passive smokers die.

Aim. The purpose of this work is to study the influence of cigarettes on health and psychological dependence, the side effects of smoking.

Material and methods. For analysis the papers (n = 45) for the last ten years were taken into account.

Results and discussion. Tobacco smoke has a negative impact on all organs and systems of organs. Accordingly to pharmacologists, nicotine, carbon monoxide, tobacco tar are present in tobacco smoke, which are dangerous to the human body. Smoking causes diseases of the cardiovascular system, pathology of the digestive system, cancer, respiratory system diseases, eye diseases, reproductive system pathology. In addition, the skin becomes grayish, the number of wrinkles increases, subcutaneous fat accumulates around the waist and chest.

Men who started smoking at the age of 10-17 years had poor spermatogram indices: the number of sperm cells was decreased by 42%. Nicotine causes dependence on smoking. In large doses, nicotine causes a disorder of the nervous system. There is a decrease in ability to work, trembling of hands and weakening of memory. After smoking one cigarette increases the heart rate by 30% and increases blood pressure.

Conclusions. Thus, smoking causes mental and physical dependence. Tobacco smoke has a negative effect on the human body. Dependence on smoking occurs on a psychological and physical level. So quitting smoking with medication is very difficult. For this, the willpower and great desire of the smoker are needed.

LASSA FEVER

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Introduction. Lassa fever is an illness caused by Lassa virus, a single-stranded RNA hemorrhagic fever virus from the family Arenaviridae. It is an acute febrile viral illness lasting one to four weeks, and it occurs in West Africa and some areas beyond.

Aim. This study is targeted at Lassa virus infection.

Materials and methods. Analysis of scientific sources was done concerning the problem.

Results and discussion. Lassa fever was first described in the 1950s, and the viral particle was identified in 1969 from three missionary nurses who died in Lassa, Nigeria, after caring for an infected obstetrical patient. Lassa fever is one of the hemorrhagic fever viruses, occurring in West Africa sub-regions in similar areas as Ebola virus. Sierra Leone, Liberia, Ghana, and Nigeria are most often affected. Surrounding regions are also at risk, because the rodents that transmit the virus are very common throughout West through East Africa. There are 100,000 to 300,000 cases of Lassa fever each year in the world. Case fatality is 1% in general (compared to 70% in Ebola virus). Severe cases have a case fatality of 15%.

The reservoir, or host, of Lassa virus is a rodent known as the "multimammate rat" (*Mastomys natalensis*). Once infected, this rodent is able to excrete virus in urine for an extended time period, maybe