researches, it is revealed that in animals with magnesium deficiency sensitivity to oxidative stress, sensitivity of tissues to oxidation increases, which is accompanied by an increase in products of lipid peroxidation, the accumulation of which promotes early "aging" of cells (in particular, endothelial cells). Magnesium deficiency leads to an increase in the total activity of matrix metalloproteinases (MMP) and more active degradation of collagen fibers, which also worsens the condition of connective tissue. MMPs play an important role in the pathophysiological cascade of reactions observed in varicose veins of the lower limbs. In the walls of varicose veins, smooth muscle cells lose their differentiation and ability to interact. All these events contribute to the dilation of veins, wall relaxation and loss of venous tone. The described processes in the vein wall lead to damage to the endothelium, resulting in the initiation of endothelial and leukocyte activation, which is the starting point of venous inflammation.

Conclusions. Thus, it is advisable to determine the concentration of matrix metalloproteinases and the magnesium ion level as an indicator of connective tissue dysplasia in patients with varicose veins of the lower extremities to improve the results of treatment, to optimize the prediction and diagnosis of this pathology.

INDICATORS OF VISUAL ACUITY AMONG STUDENTS OF NATIONAL UNIVERSITY OF PHARMACY

Metasyova I. S., Shakina L. A. Scientific supervisor: assoc. prof. Shatalova O. M. National University of Pharmacy, Kharkiv, Ukraine LyubovZ2003@gmail.com

Introduction. The most important indicator of the welfare of society and the state, which reflects the present situation and gives a forecast for the future, is the state of health of young people. At present time, the number of young people, who have different developmental and health disabilities, increases characteristically. Therefore, the actual task for today is the formation of the students' need to lead a healthy lifestyle. Among the factors affecting the health of young people, a number of authors highlight the impact of the learning process. Every year, the number of children who are in group of risk concerning to vision increases, i.e. children who may have visual problems as a result of even minor adverse factors. When enter the university, young people face a large psycho-emotional load, considerable mental work, the need to adapt to new learning conditions, regime of the day, nutrition, to new living conditions and communication with others. The increase of students' diseases reduces the effectiveness of the educational process, and restricts their further professional activities. At the same time, almost the majority of students have visual disabilities. In addition, the use of phones and tablets, including for studying, significantly worsen the situation with myopia among students.

Aim. Proceeding from what has been said, it is important to study the prevalence of reducing visual acuity among students and to search the causes leading to them. With the purpose of revealing these regularities, a visual acuity study was conducted for the 1st and 2nd year students of NUPh in the age group of 18-20 years.

Materials and methods. The study involved 120 people (30 boys and 90 girls). The average age was 18.2 years. Evaluation of visual acuity was carried out using Sivtsev's tables.

Results and discussion. The visual acuity among students was 0.87 ± 0.06 and 0.84 ± 0.02 , for the right and left eyes, respectively. For young men, visual acuity was 0.92 ± 0.01 and 0.89 ± 0.01 , for girls – 0.80 ± 0.01 and 0.78 ± 0.01 , for the right and left eyes, respectively. These indicators are much lower than the conventional rate, which is considered as a unit. It is also shown that the girls' visual acuity is lower than that one of young men. The percentage of persons with reduced visual acuity among girls is significantly higher than among young men and this mark is $36.5\pm0.01\%$ and $42.07\pm0.04\%$, respectively, p<0.05. We assume that such a high percentage of persons with visual analyzer disturbance and visual acuity reduction may be caused by excessive visual load.

Conclusions. 1. The study of visual acuity among students is one of the reliable factors in assessing the risk of myopia and taking measures for its early prevention. 2. It is necessary to introduce topics concerning to hygiene of vision, mental fatigue and the basics of maintaining health into the theoretical section of the normal physiology subject.