

locus and behavioral strategies describe people belonging to definite typologies and should be taken into account while teaching the students. As our observations performed in course of many study years demonstrated externals were dominant among Arabic students, internals – among Iranian and Turkish.

Aim: to detect peculiarities of externals and internals education among UMSA foreign students.

Materials and methods: 1) survey; 2) observation.

Results: Internals among the Iranians and the Turkish preferred education interactive methods and active scientific work, their educative activity did not get lowered (sometimes even got rised) after satisfactory and non-satisfactory marks comparatively to externals (Arabic students). The second ones thought both their success and failings only as a result of God's Will and loosed interest to study in a given case. It is important that modern students became the ones with stronger internal and mixed control locus in comparison to the ones 5-10 years ago. The present students from Uzbekistan and Turkmenistan and partially from Iran had mixed control locus with the internal component dominance. The students using coping came through the difficulties easier and pedagogical approaches were not so important for them as for the ones with avoiding. Externals using coping do not pay attention to the pedagogical approaches at all because considered the Teacher as the God's Will conductor for them.

Conclusions. Control locus and behavioural strategies should be taken into account while the students teaching in part the foreign ones. Success and satisfaction from study is, certainly, important valeological factor.

USING ASPECTS OF MEDICAL VALEOLOGY IN THE FIGHT AGAINST CARDIOVASCULAR DISEASE

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Introduction. Diseases of the cardiovascular system, according to world cardiological associations, are the most common among the population of all countries of the world. In Central Europe, the prevalence of cardiovascular disease (CVD) is more than 30%. In the Ukraine heart disease also ranks first in incidence and mortality of patients, regardless of income.

The aim of the work is to study the factors of the development of CVD and ways to overcome them using aspects of medical valueology. We used the WHO **materials, methods**- analytical and synthesis of information.

Results. According to WHO, the main factors in the development of CVD are: smoking, alcohol, obesity and lack of exercise. One of the additional development factors can be considered: genetic factors (20%); environmental condition (25%); medical support (15%); conditions and lifestyle of the patient (50%). Most factors that trigger heart disease can be corrected with some aspects of medical valueology. For example, the factor of smoking and alcohol - can be adjusted with the help of full or partial refusal, an alternative replacement. In general, most factors can disappear if the following aspects are developed: the optimal regime of physical training; strengthening immunity and hardening; rational and balanced nutrition; balance and peace of mind; valueological self-education. For example, in America, a visit to a psychologist is practiced to neutralize mild nervous disorders. In schools, colleges, universities, from childhood instill a love of physical activity: a program: «Whole Community, Whole Child», (WSCC). Pupils and students fulfill 60 minutes of activity recommended in the country every day and develop knowledge, skills and confidence in their physical activity. The CDC's prevention research centers-healthy aging research network, has long implemented programs for people of retirement age. For example, Effective Community-Based Physical Activity Programs for Older Adults from the federal government and private funders, public health systems and providers. In Eastern countries, daytime sleep is practiced to strengthen immunity.

It is also worth noting that nutrition plays an important role in the prevention of CVD. In Texas, America, Japan, China, Switzerland, the Netherlands, regularly in higher education institutions conduct a cycle of free lectures on nutrition, reducing the intake of trans fats, carbohydrates, which can cause thrombosis.

Conclusions. In general, Ukraine should adopt the experience of countries of the world in aspects of the use of medical valueology in the prevention of CVD.

ПОРУШЕННЯ ІМУНІТЕТУ ПРИ ГІПОТИРЕОЗІ

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Вступ. В Україні чітко простежується зростання частоти тиреоїдної патології серед населення. Поширеність захворюваності щитоподібної залози (ЩЗ) серед дорослих протягом останніх 30 років збільшилася з 17 до 53 %, а найбільше її зростання визначалося через 10–15 років після дії радіаційного чинника, пов'язаного з аварією на Чорнобильській АЕС. За даними МОЗ України, за останні 5 років кількість захворювань щитоподібної залози збільшилась у 5 разів. Серед основних методів лікування, хірургічний має достатньо вагоме значення. У 35–48 % хворих після операції на ЩЗ