

**МІНІСТЕРСТВО ОХОРОНИ ЗДОРОВ'Я УКРАЇНИ  
НАЦІОНАЛЬНИЙ ФАРМАЦЕВТИЧНИЙ УНІВЕРСИТЕТ  
КАФЕДРА КЛІНІЧНОЇ ЛАБОРАТОРНОЇ ДІАГНОСТИКИ**



**V ВСЕУКРАЇНСЬКА НАУКОВО-  
ПРАКТИЧНА  
ДИСТАНЦІЙНА КОНФЕРЕНЦІЯ  
«СУЧАСНІ ДОСЯГНЕННЯ ТА  
ПЕРСПЕКТИВИ КЛІНІЧНОЇ  
ЛАБОРАТОРНОЇ МЕДИЦИНИ»**

**Збірник тез конференції**

**27 травня 2026 рік  
ХАРКІВ**

adequate sleep, daily consumption of at least 500 g of fresh vegetables, herbs and fruits. Before each meal, drink 1–2 glasses of clean water, limit the consumption of animal fats, eliminate sugar and its synthetic substitutes, prevent the occurrence of diabetes.

## **RELEVANCE OF LABORATORY RESEARCH IN MODERN MEDICINE**

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In modern medicine, laboratory diagnostics is an integral part of the diagnostic process. Thanks to modern laboratory research methods, it is possible to timely determine the initial changes in the functioning of certain systems of the human body. The results of laboratory tests are informative and significant, both in the diagnostic aspect and in the choice of treatment tactics, taking into account the individual nature of the changes for each patient.

In clinical laboratory diagnostics, a comprehensive approach to diagnosing changes is used with the appointment of various types of laboratory tests: general clinical, biochemical, immunological, serological, hematological, coagulological, microbiological, parasitological, toxicological, and forensic examination. An important basis for laboratory diagnostics is information about the patient's condition at the cellular and molecular levels. This allows doctors to better understand the etiology and pathogenesis of the disease.

In order to qualitatively study the patient's condition and changes occurring during the disease, the family doctor prescribes a number of laboratory tests during the patient's outpatient visit. In terms of the amount of information provided, laboratory tests are in the first place among all diagnostic tests, therefore, thanks to changes in laboratory parameters of biological fluids, the causes of changes in the patient's condition are established, the form and severity of the disease are assessed, the dynamics of changes during the patient's treatment are determined, the clinical

diagnosis is established and clarified, the process is prevented from becoming chronic, and the effectiveness of treatment is monitored. It should also be said that dynamic monitoring of the course of the pathological process during treatment is necessary by assessing laboratory parameters on an individual basis.

Every day, doctors perform their important work, the purpose of which is to preserve the health of each patient, establishing the peculiarity of the course of the pathology. Quite often, it is quite difficult to establish these changes, they have quite similar symptoms that doctors have to deal with in their daily work, patients do not seek medical attention in a timely manner, as soon as complaints appear, do not seek medical attention when they have worsened, and waste time. Therefore, we have a significant number of emergencies. In the case of emergencies, when receiving laboratory test results, the doctor has up to 70% of information about the patient's current health status, which allows him to promptly assess the changes and establish the cause of the disease, prescribe treatment in order to save the patient's life.

## **ADIPOKINES AND METABOLIC INFLAMMATION: BIOMARKERS AND THERAPEUTIC TARGETS IN OBESITY AND METABOLIC SYNDROME**

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Obesity is defined as the excessive accumulation of body fat that negatively affects health and increases the risk of developing various chronic diseases. According to the World Health Organisation, obesity is becoming increasingly prevalent worldwide, resulting in a growing burden of metabolic, cardiovascular and other obesity-related disorders. One of the most significant complications associated with obesity is metabolic syndrome, which is characterised by visceral obesity, dyslipidaemia, hypertension and insulin resistance. These conditions substantially