

**CORRECTION OF HIDDEN DESYNCHRONOSES USING
BIOLOGICALLY ACTIVE FOOD ADDITIVES**

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Key words: desynchronosis, dietary supplement, grape seeds, resveratrol

Annotation. The article presents the results of a study of the effectiveness of the use of a biologically active food supplement “Grand Family Resox®” containing grape seed powder and resveratrol for the correction of latent dysynchronosis in different categories of the population. The study involved young football players and adults who are not involved in sports, living in the city of Essentuki. The results of a study of the use of dietary supplements of Grand Family Resox showed that the intake of this dietary supplement is effective in the correction of latent desynchronosis: it helps synchronize circadian rhythms, has a normalizing effect on blood pressure, helps to reduce high and does not have a significant effect on low, helps to increase lowered saturation and decrease stiffness arterial wall, helps to reduce the tension of the body's regulatory systems.

**EXERCISE AS A BASIS FOR THE PREVENTION OF
OSTEOPOROSIS**

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Key words: osteoporosis, bone mass, exercise, densitometry.

Abstract: The article presents data from a review of the scientific literature on the prevention of osteoporosis and experimental data on the development and justification of a set of physical exercises for the prevention of osteoporosis in men in the age range of 41-45 years. Systematic physical activity strengthens not only muscle, but also bone tissue and this happens in any age group. In order to prevent osteoporosis, they should wear a constant dosage order, taking into account the age and physiological characteristics of the body involved. This should be not only training in cyclic sports (walking, running, skiing, cycling), aerobics, etc., but also strength exercises with free weights (kettlebells, barbells, dumbbells) and strength exercises on fitness equipment, with mandatory a sufficient stay in the sun and proper nutrition, providing calcium into the body.

ULTRASOUND RESEARCH AND COMPUTER TOMOGRAPHY AS A NEXT STEP IN THE EVOLUTION OF A SURVEY OF PATIENTS WITH VENTRAL HERNIA

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Key words: ventral hernia, stress test, ultrasound, computed tomography, diagnosis of ventral hernias.

Annotation. The choice of tactics of surgical treatment of hernia carriers requires a comprehensive preoperative examination of the tissues of the anterior abdominal wall and abdominal cavity using the methods of ultrasound diagnostics and computed tomography because of their high sensitivity (ultrasound examination 81.8%, computed tomography 87.1%). Performing stress tests (Valsalva test and exercise «plank») during ultrasound diagnostics and computed tomography increases their sensitivity (ultrasound study 86.7%, computed tomography 89.9%), specificity (ultrasound study 58.3%, computed tomography 55,8%), predictive value of a positive result (ultrasound examination 94%, computed tomography 96.4%). In conjunction with simplicity and availability of these techniques, it determines the necessity of its use in the daily practice of diagnosis of ventral hernias. To determine the contents of the hernial sac, to search and evaluate «hidden» defects of the postoperative scar, additional hernial sacs in the resting position and in exertion, computed tomography because of its high sensitivity of 95.5% ($p < 0.001$) and predictability of a positive result of 98% ($p < 0.01$) is preferable. To estimate adhesions in the hernial bag, the use of ultrasound due to the high sensitivity, accessibility and safety of the method (96.5% ultrasound, 94.7% computed tomography) is recommended. All this allows now with greater accuracy and less risk of repeated operations for the patient to determine the indications for modern methods of plastic surgery of ventral hernias.

APPLICATION OF CRIMEAN VOLCANIC PELITES IN REHABILITATION OF PATIENTS WITH CHRONIC PAIN IN THE JOINTS AND SPINE

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Key words: volcanic pelites, peloid therapy, chronic pain syndromes, rehabilitation.

Abstract. The efficacy of the use of volcanic pelites of the Bulganak field was studied in 202 patients with chronic pain syndromes of the joints and spine, combined with cerebrovascular, cardiac and bronchopulmonary pathologies. In the dynamics, clinical status, biochemical blood analysis, electrocardiography, spirometry, data from the Oswestry questionnaire and the Rikli-Jones test were assessed. Assessment of the effectiveness of medical rehabilitation was carried out in accordance with the criteria of the International Classification of Functioning (ICF). Peloid therapy procedures did not cause side effects from the cardiovascular system. There was a positive dynamics of the pain syndrome, indicators of strength and mobility of the affected joints and general physical endurance.

BIO-CLIMATE MEDICAL AND HEALTH POTENTIAL AND LANDSCAPE OF THE KISLOVODSKY NATIONAL PARK

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Key words: landscape-climatic potential, bioclimatic monitoring, resort bioclimatology, «Kislovodsky» National Park, climatology and landscape therapy, resort and sports medicine.

Annotation. The purpose of the work is to study the landscape and climatic potential of the «Kislovodsky» National Park (KNP) and assess the prospects for its use in sports and spa medicine. The results of the studies showed that the landscape-climatic potential is determined by the state of the poly-paleobiosphere structure of the KNP ecosystem, which includes recreational park landscapes, subalpine meadows located on the spurs of the Dzhinalsky ridge at various altitude levels. A comprehensive analysis of the modules of the recreational landscape and elements of the bioclimate proves that the landscape-climatic potential of the KNP reaches 2.63 points, which, in accordance with the current resort classification, corresponds to the 1st rank and category of a unique climatic resort.

EMERGENCY INTERNAL EXPOSURE: DIRECTIONS FOR THE DEVELOPMENT OF OPERATIONAL CONTROL DEVICES

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Key words: Radiation accidents, internal exposure, dosimetry, spectrometry

Abstract. In order to determine the promising directions of work to improve the effectiveness of spectrometry conducted during the elimination of the consequences of radiation accidents, a review of the used and prospective spectrometers of human radiation has been carried out, means and ways of grading them, detection systems. The feasibility of developing portable and highly sensitive mobile human radiation spectrometers for rapid assessment of radionuclide levels in humans in the event of a radiation accident is substantiated.

THE FUNCTIONAL STATE OF THE MUSCULOSKELETAL SYSTEM OF CHILDREN 6-10 YEARS OLD NOT INVOLVED IN SPORTS

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Key words: musculoskeletal system, disorders of posture, deformation of the arch of the foot, flat feet, scoliotic posture.

Annotation. The purpose of the work is to study the functional state of the musculoskeletal system of children 6-10 years old who are not involved in sports. Posture was assessed by somatoscopy, and computer plantography was used to assess the condition of the foot. The study showed that most children have a normal type of posture, but a significant number of children have a violation of it. It should also be noted the downward trend in the number of children with normal posture as they grow older. The largest number of children with scoliotic posture was noted in the age group of 10 years. The functional state of the foot in a large part of children 6-9 years old is characterized by flattening of the arch and signs of flat feet. Flattening of the arch of the foot in boys is slightly less at 7 years old. At the age of 10 years, the signs of flattening of the foot are significantly reduced, the parameters of the foot within the physiological norm, i.e. flat feet in children is not observed.

MODERN PROBLEMS OF RESEARCH OF MOTOR-MOTOR AND SPEECH-LANGUAGE DISORDERS IN CHILDREN WITH DYSARTHRIA

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Keywords: dysarthria; comorbidity levels; speech-lingual processes; motor-motor processes; innovative technologies.

Abstract: The article is devoted to research are based on the necessity of in-depth and comprehensive study of mechanism of dysarthria, development of strategically important dimensions in diagnostics, correction and prevention of speech and language and motor disorders. An extensive diagnostics program was developed enabling us to elicit the levels of comorbidity. The assessment of the study results and statistical processing of the collected data enabled us to introduce innovative neurorehabilitational methods in our practice as well as to develop specific conditions of their practical implementation.

SOCIAL ROLE OF PERSONAL ACTIVITY MANAGEMENT

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Keywords: leadership qualities, specialist, activity, management effectiveness, management styles.

Abstract: Taking into account the fact that the professional development of a young specialist is a long-term process of self-education as a focused cognitive activity, the methodological basis of the study was pedagogical leadership, subjective relationships of the person, according to which the actions and actions of a person are determined by the current system of subjective relations to the phenomena of the world that ensures the productivity of any activity.

The article discusses the definition of leadership qualities, a comparative analysis of the activities of young professionals who do not have work experience. As well as the need to build management capabilities that increase efficiency in achieving the goals.