

SALIVA MICROCRYSTALISATION AS A PREDICTOR OF STRESS RESISTIBILITY AND AN APPROXIMATE OVULATION TIME

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WHO developing the International Classification of Diseases, version 11 (ICD-11) is included *stress-spectrum diseases* in it. Moreover, acute and chronic changes and adaptation during stressful life events may trigger accelerated aging, as well as psychological disorders and oncogenesis. Determining personal stress level in real time could be of special interest in health monitoring and early prediction of stress-associated disorders. Recent data of saliva secretome has shown a growing body of evidences for its using, as easy and early diagnostic tool.

Aim: The aim of the study was to reveal the relationship between stress resistibility levels and saliva microcrystallization and to investigate whether menstruation phase has influence on the saliva microcrystalisation.

Methods: 30 people aged 19-30 were involved in the study, 26 female and 4 male.

Facies of saliva were investigated by dehydration of drops of mixed saliva. For estimation of stress resistibility levels questionnaire created by ISMA (International stress management association) was used.

To reveal the influence of menstrual phase on the microcrystalisation saliva facies were collected from women every three days during the menstrual cycle.

Results: It was discovered that the absence of microcrystalisation (4th type) was most often seen among people with low stress resistibility (44,4%), while there were 35,3% of 4th type among people with medium resistibility and no this type among people with high resistibility.

What about relationship between saliva microcrystalisation and menstrual cycle, all types of crystalisation were seen with the equal incidence with the trend of high incidence of 1st and 2nd types during the ovulation.

Conclusions: Saliva investigation can be used as an additional method of estimation of stress and as a method of the approximate detection of the ovulation and can be used for planning pregnancy. This method is very simple, cheap and noninvasive, so it can be used widely.

LIVER FUNCTION IN PATIENTS WITH CORONARY ARTERY DISEASE AND NONALCOHOLIC FATTY LIVER DISEASE ASSOCIATED WITH OBESITY

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Introduction: Obesity is a global epidemic. It is associated with numerous comorbidities such as cardiovascular diseases, nonalcoholic

fatty liver disease (NAFLD), type 2 diabetes, cancers and others. Cardiovascular disease is one of the most important causes of morbidity