

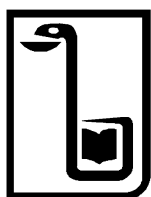
МІНІСТЕРСТВО ОХОРОНИ ЗДОРОВ'Я УКРАЇНИ
ОДЕСЬКИЙ НАЦІОНАЛЬНИЙ МЕДИЧНИЙ УНІВЕРСИТЕТ

**СУЧАСНІ НАПРЯМИ ЗМІН
В УПРАВЛІННІ ОХОРОНОЮ ЗДОРОВ'Я:
МОДЕРНІЗАЦІЯ, ЯКІСТЬ, ПСИХОЛОГІЯ
ТА КОМУНІКАЦІЯ**

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системних, міждисциплінарних підходах до підтримки, які враховують як психологічну реабілітацію, так і умови для сталого включення в нове суспільство.

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DISEASES OF CIVILIZATION IN THE CONDITIONS OF INDUSTRIAL CITY AND MILITARY CHALLENGES: PROBLEMATIC ASPECTS AND STRATEGIES OF OVERCOMING (ON THE EXAMPLE OF ZAPORIZHZHIA)

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In Ukraine, especially in the industrialized city of Zaporizhzhia, the problem of «diseases of civilization» is especially acute. This is due to the combination of global trends (economic instability, social upheaval) with local factors, such as environmental problems associated with developed industry, nutrition, additional risks associated with military operations. The importance and relevance of the study is due to the fact that these diseases are the main cause of disability and premature mortality and create a significant burden on the country's health system [1, c. 27; 2; 3, c. 15; 4].

To identify and analyze the main problematic aspects related to the spread and clinical course of civilization diseases in Ukraine, with an emphasis on the situation in the city of Zaporizhzhia, and the impact of hostilities on this.

The study used: analysis of literary sources, epidemiological analysis (data on morbidity, mortality and disability associated with diseases of civilization in Ukraine and the city of Zaporizhzhia), analysis of socio-economic indicators, assessment of environmental factors (data on the level of pollution of atmospheric air, water and soils in Zaporizhzhia, as well as a study of the impact of industrial emissions on public health) system analysis (consideration of the peculiarities of the organization, functioning and effectiveness of the health care system in Ukraine, including the issues of diagnosis, treatment and prevention of diseases of civilization), lifestyle analysis (studying data on eating habits, level of physical activity, prevalence of bad habits and level of stress among the population). These methods allow us to comprehensively investigate the problem of diseases of civilization, identify key risk factors and develop recommendations for solving it [5; 6, c. 91].

In Ukraine, there is a high prevalence of cardiovascular diseases, type 2 diabetes, obesity and cancer. In Zaporizhzhia, the situation is complicated by the impact of industrial pollution, which causes a higher prevalence of respiratory and cardiovascular pathologies. Economic instability and unemployment limit access to healthy food, medical care and opportunities for an active lifestyle. A low level of education leads to a lack of understanding of the risks associated with unhealthy behavior. In Zaporizhzhia, these problems are aggravated by the structure of employment and the level of income of the population. In addition, Zaporizhzhia is a major indus-

trial center. Industrial emissions pollute air, water and soil, which is an additional risk factor for the development of various diseases. Currently, the Ukrainian health care system is facing problems of insufficient material and technical base and shortage of personnel [7; 8, c. 106].

In addition to the above, there are currently additional problematic aspects related to military operations:

1. Deepening existing and emerging new risk factors: Chronic stress and psychological traumas such as PTSD are important risk factors for diseases of civilization; dietary changes, limited access to quality food, irregular eating, and increased consumption of unhealthy foods increase the risk of obesity, diabetes, and cardiovascular disease; reduced physical activity due to restriction of movement and the danger of being outside contribute to physical inactivity; deterioration of the ecological situation as a result of destruction and explosions leads to additional pollution with toxic substances; complications of access to medical care due to disruptions in the work of institutions, lack of staff and medicines lead to late diagnosis and inadequate treatment; the growth of bad habits, such as tobacco and alcohol use, as a way to overcome stress.

2. Changes in the structure of morbidity and the course of diseases: possible exacerbation of chronic diseases, an increase in cases of cardiovascular events at a younger age, a deterioration in diabetes control and a possible increase in the prevalence of infectious diseases.

3. The long-term health effects of war: An increase in the incidence of diseases of civilization, the need for long-term rehabilitation and a potential increase in disability are expected.

Diseases of civilization are a serious threat to the health of the population of Ukraine and Zaporizhzhia, where their development is complicated by socio-economic and environmental problems. Military action in Ukraine is a powerful additional factor that deepens these problems and creates new challenges. Effective control of these diseases requires an integrated approach that includes improving living conditions, reducing pollution, strengthening the health system, developing prevention programs and raising public awareness.

Further research is needed aimed at studying the psychological aspects of diseases of civilization and developing programs of psychological support in modern conditions; studying the impact of hostilities on the prevalence and course of diseases and assessing the needs of the population for medical and psychological assistance in conditions of hostilities; monitoring the impact of hostilities on the environmental situation.

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МЕДИЧНА КОМУНІКАЦІЯ: ШЛЯХ ДО ДОВІРИ

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У сучасному світі, де медичні технології стрімко розвиваються, а