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## **MODERN INFORMATION-BASED METHODS FOR THE PREVENTION OF TYPE II DIABETES**

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Topicality of the issue. Nowadays, the growing popularity of the Internet and social networks occupies the central place within the media, thus, leaving the problems of the medical system and healthcare aside. More attention should be paid to such a disease as diabetes, namely its 2<sup>nd</sup> type. Although this illness is considered the oldest, but unfortunately, as in ancient times, accounts for about 90% of all cases of diabetes. Previously it was believed that type II diabetes is a disease that affects only adults, at the present stage of the study of this disease, such a consideration is proved irrelevant.

Thus, first of all, the essence of diabetes as a disease should be uncovered. In the modern interpretation, diabetes is considered a series of metabolic disorders, which are characterized by high blood glucose levels with severe insulin resistance and the presence of relative lack of it (insulin) in the body. Unfortunately, this type of diabetes is characterized by the greatest damage to organs and systems of the body, which leads to the largest number of not only cases of disability but also mortality. Obesity is considered to be one of the leading causes of type II diabetes, especially in people with a genetic predisposition. The disease may have symptoms similar to type 1 diabetes, but less severe, so the disease is diagnosed when complications already appear.

According to statistics, 1,300,000 cases of diabetes have been officially registered in Ukraine, unfortunately this figure is replenished annually by 100,000 new cases. One of the important links in the program for the prevention of type II diabetes is public awareness. We conducted a survey on people's awareness of the problem of type II diabetes among 100 people (50 men and 50 women). After a conducted research analysis of the experimental data, we would like to present the results of our research and prove its relevance and importance.

Research results. The vast majority of patients ( $66.0 \pm 4.8\%$  of cases) were considered to be overweight. patients with type II diabetes are not sufficiently familiar with the basic method of weight control for BMI. In general, one-fifth ( $20.0 \pm 4.0\%$  of cases) of patients with type II diabetes are obese, and another  $30.0 \pm 4.7\%$  of patients are overweight. Summarizing the results of the analysis of burdened heredity for obesity in patients with type II diabetes, we pay attention to the role of obesity in the mothers of patients. summarizing the results of the analysis of burdened heredity in patients with type II diabetes. The frequency of the combination of diabetes mellitus and arterial hypertension was  $14.0 \pm 3.4\%$  of cases, i.e. 16 out of 100 respondents observed an increase in blood pressure on the background of diabetes mellitus.

The frequency of the combination of diabetes mellitus and chronic gastritis is  $8.0 \pm 2.7\%$  of cases, i.e. in 8 patients with diabetes out of 100 chronic gastritis was observed as a concomitant disease, thus, chronic pancreatitis as a concomitant disease on the background of diabetes was observed in  $13.0 \pm 2.2\%$  of cases with a slightly higher frequency in women than in men, but the difference between women and men in this indicator is statistically unlikely.

Coronary heart disease on the background of diabetes was observed in  $16.0 \pm 3.5\%$  of cases with a higher frequency in men than in women, but the difference between men and women in this indicator is statistically unlikely. Among the risk factors for type II diabetes, respondents identified environmental pollution, malnutrition, alcohol abuse, hypertension, smoking, obesity, hypodynamics,

heredity, stress, lifestyle. Most patients are aware of such complications of diabetes as diabetic cataract, diabetic foot, diabetic micro-macroangiopathy, etc.

The difference in knowledge about the complications of diabetes between men and women is statistically unlikely. Among the respondents, a significant proportion of persons ( $31.0 \pm 4.6\%$ ) who do not engage in any type of physical activity were observed. In turn, among those who are not engaged in physical activity were 5 entrepreneurs (4 men and 1 woman), 10 representatives of working professions (6 men and 4 women), 9 pensioners (5 men and 4 women), 4 male workers, 1 female volunteer and 1 unemployed man. The majority of patients (56 people or  $56 \pm 4.6\%$  of cases) admitted that they had a general idea of the disease. Another  $24.0 \pm 4.3\%$  of patients rated their knowledge of diabetes as insufficient. Therefore,  $80 \pm 4.0\%$  of patients need to improve awareness of the disease they suffer from and be comprehensive and cover all segments of the population.

Conclusions and research perspectives. Thus, from all the above we can conclude that public awareness of the problem of type II diabetes is insufficient. First of all, we need to motivate the population to lead a healthy lifestyle; to include in educational programs of educational institutions informing on measures of prevention of development of a diabetes mellitus; to promote a healthy lifestyle at the state and regional levels, as well as through the media; there should be social advertising.

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