

**МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ  
СУМСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ  
КАФЕДРА ІНОЗЕМНИХ МОВ  
ЛІНГВІСТИЧНИЙ НАВЧАЛЬНО-МЕТОДИЧНИЙ ЦЕНТР**

**МАТЕРІАЛИ  
VIII МІЖВУЗІВСЬКОЇ НАУКОВО-ПРАКТИЧНОЇ  
КОНФЕРЕНЦІЇ  
ЛІНГВІСТИЧНОГО НАВЧАЛЬНО-МЕТОДИЧНОГО ЦЕНТРУ  
КАФЕДРИ ІНОЗЕМНИХ МОВ**

**“TO LIVE IN A SAFER WORLD”**

**(Суми, 28 березня 2014 року)**

The eighth scientific practical student`s, postgraduate`s and teacher`s  
LSNC conference

## BACTERIA IN OUR LIVES

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Bacteria are an integral part of our lives. They don't only surround us externally, but also live inside us. Most people think that the bacteria are harmful micro-organisms, but they are wrong. Along with the pathogenicity, they play an important role in ensuring the normal functioning of our body. Microbial colonies found on or in the body are normally benign or beneficial. Bacteria are the basis of the normal microflora of many systems, especially of the digestive tract. These microbial colonies carry out a series of helpful and necessary functions, such as aiding in digestion. They also protect the body from the penetration of pathogenic microbes. These beneficial microbial colonies compete with each other for space and resources.

When this balance is disturbed, by such diverse things as repeated and inappropriate antibiotic exposure or alcohol misuse, these colonies exhibit a decreased ability to check each other's growth. This can lead to an overgrowth of one or more of the disturbed colonies which then may damage some of the other smaller beneficial ones. This condition of microflora is called dysbacteriosis. Dysbacteriosis treatment is carried out in several stages.

Modern diagnostic techniques, the most used in medical practice, are a routine bacteriological examination of feces, PCR-diagnostics, chromato-mass spectrometry and biochemical research of microbial metabolites.

Goiter may be a symptom of certain diseases. For example, it is possible for diseases characterized by pain in the abdomen, diarrhea, flatulence, falling appetite, pronounced weakness, malaise, decreased efficiency and headache.

So, be more responsible for your diet, do not abuse the use of antibiotics unless they are absolutely necessary and stick to a healthy lifestyle and then you will live in harmony with your body and its inhabitants.