

One of doctor's primary functions is to assist patients in reaching a high level of wellness. Understanding the concept of health and high-level wellness is therefore essential. As doctors assess patients, they must be aware of factors that affect a person's health state and must use doctor's interventions to promote and maintain an optimal level of wellness.

INTERNATIONAL STUDENTS' ADAPTATION TO LIFE AND STUDIES IN UKRAINE

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Either working as teachers or being students of universities, today's higher education personnel are likely to have contact with international students at many points during their careers. Nowadays both teaching staff and students begin to acknowledge the necessity of learning about this important student population.

Equipped with increased knowledge of international students and their common problems, including language barriers, cultural differences, religious issues, adaptation period, students can begin to concern themselves with ways in which the cross-cultural experience can be improved. How can we help international students through the difficulties they face at our University?

When international students first arrive in Ukraine, every effort should be made to provide them with effective orientation to what awaits them. Practical matters (Where do I shop? How do I sign up for classes? Where do I go to do my banking?) should certainly be covered, but issues of emotional adjustment should also not be neglected. Talking to students about some of the cultural differences they are likely to encounter may help them to recognize these issues when they begin to experience culture shock. Students need to know where and whom they can turn to when they are facing the ups and downs of culture shock. Informing international students of available co-curricular activities and encouraging them to participate is also the way to assist them in establishing meaningful relationships with Ukrainian students, while at the same time helping

them to begin friendships. Also it might give a positive relationship between the participation and international students' self-esteem.

Students who are far from home and unable to communicate with loved ones need support above and beyond. Teaching staff and students who deal with international students should make proactive efforts to meet their special needs and to help them during their adaptation period.

MORPHO-IMMUNOLOGICAL CORRELATIONS AT HELICOBACTER PYLORI RELATED DUODENAL ULCER

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Aim: The purpose of the investigation was studying correlation between degree of antral gastritis and contain of proinflammatory IL-1 β and antiinflammatory IL-4 in the blood serum of patients with Helicobacter pylori (HP) related duodenal ulcer.

Materials and methods: 22 patients with HP- related duodenal ulcer and 12 patients without gastroduodenal disease were observed. The diagnosis was verified by endoscopy and morphology researches. The levels of IL-1 β and IL-4 were determined by immunoenzymatic methods. Morphometric research of mucous of antral portion of the stomach and histological determination of contamination of Helicobacter pylori were defined.

Results: 12 patients (first group) had II degree of contamination of HP and 10 patients (second group) had III degree of contamination of HP.

The 78 % patients of the first group had antral gastritis without atrophy and 22 % - atrophic antral gastritis. Atrophic antral gastritis was found in 82 % patients of the second group and only in 18 % - antral gastritis without atrophy.

Concentrations of IL-1 β and IL-4 were true elevated in patients of the first group as compared with patients of the second group and patients without gastroduodenal disease.