



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

МАТЕРІАЛИ

**XIV ВСЕУКРАЇНСЬКОЇ
НАУКОВО-ПРАКТИЧНОЇ КОНФЕРЕНЦІЇ
СТУДЕНТІВ, АСПІРАНТІВ ТА ВИКЛАДАЧІВ
ЛІНГВІСТИЧНОГО НАВЧАЛЬНО-МЕТОДИЧНОГО ЦЕНТРУ
КАФЕДРИ ІНОЗЕМНИХ МОВ**

«TO MAKE THE WORLD SMARTER AND SAFER»

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**Суми
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- participation in carrying out sanitary and anti-epidemic measures;
- promote healthy lifestyles, plant trees, flowers, maintain cleanliness near houses, along river banks, ponds, and in parks (so-called health days can be held).[2]

Only working together we will achieve the best results and healthy environment for future generations! Take care of nature, and it will take care of you!

References:

1. Göpel M. Guarding our Future: How to Protect Future Generations

//<https://www.thesolutionsjournal.com/article/guarding-our-future-how-to-protect-future-generations/>

2. Красноженок С. Чисте довкілля – запорука здоров'я людини! //<http://nadrda.gov.ua/chiste-dovkillja-zaporuka-zdorov-ja-ljudini/>

3. ВООЗ: Через погану екологію щороку вмирають більше 12 млн людей
//<https://ua.korrespondent.net/world/3927401-vooz-cherez-pohanu-ekolohiui-schoroku-vmyrauit-bilshe-12-mln-luidei>

EFFECT OF STRESS ON THE OCCURRENCE OF CARDIOVASCULAR DISEASE

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Every day the modern person is exposed to stressful situations. In transport, at work, coming out of the entrance or even in our own apartment, we constantly feel stress, no matter what the profession of a person in which social and living conditions she lives, the stress accompanies her at every step.

The most stressful thing is affecting the cardiovascular system, the kidneys and the digestive system.

According to WHO, which was announced in the Verkhovna Rada during a roundtable on "Defeating death: key

factors affecting the life expectancy of Ukrainians", cardiovascular disease is the main cause of death in recent years - 67.0%, which means that cardiovascular disease is one of the major medical and social problems of Ukraine today.

The main diseases that cause mortality from cardiovascular pathology are: stroke, sudden death syndrome, heart attacks and cardiomyopathies, their predecessors are angina, arterial hypertension, arrhythmias, etc. Also, according to the Ministry of Health, nearly 100,000 strokes and over 40,000 heart attacks are reported annually in Ukraine.

Statistics are shocking, and doctors keep saying that stress, hypodynamia and poor nutrition are the causes of cardiovascular disease. And now it is worth noting that hypodynamia and poor nutrition can be eliminated independently by changing the way of life, but it is difficult to influence the stresses in the modern world.

Stress is the functional state of an organism that has arisen as a result of an external negative effect on its mental functions, nervous processes or the activity of peripheral organs.

After conducting the study, it was confirmed that medical students are often stressed, and unfortunately, 35% of students believe they have heart problems.

MODERN ACHIEVEMENTS OF GENETIC ENGINEERING AND BIOTECHNOLOGIES

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Modern medical science and the needs of practical health care require the use of scientific technology in basic research. The European federation of Biotechnology defines modern biotechnology as the use of sciences related to nature (biology, chemistry, physics) and engineering (e.g. electronics) in relation with biosystems in the bio-industry.

There are a few directions of biotechnological products :