

The Influence of Long-Term Stress on the Debut and Course of Some Chronic Diseases of Children and Adolescents of Donbass

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10 years of living under civil war conditions could not but affect the health of the population, including children and adolescents. To clarify this influence, an assessment was made of the dynamics of clinical symptoms of a number of chronic diseases of childhood, in particular, peptic ulcer [1], inflammatory bowel diseases [2], bronchial asthma [3], and diabetes mellitus [4]. The dynamics of clinical data's of hemorrhagic vasculitis (Henoch-Schönlein disease) are currently being assessed.

Analysis of medical histories of children with peptic ulcer disease did not reveal the negative impact of long-term stress on the nature of the disease. On the contrary, today's patients are less likely to complain of night pain, belching and heartburn. Less common are concomitant duodenogastric reflux, biliary dysfunction, colitis and connective tissue dysplasia. Naturally, modern methods of treating peptic ulcers are more effective than 35 years ago (according to our data, twice as effective), which fully explains the positive dynamics of clinical data and neutralizes the influence of stress. Currently, a family history of peptic ulcer disease in children is much more common.

The main trends in the development of symptoms and manifestations of inflammatory bowel diseases in children also remain approximately unambiguous.

In particular, an analysis of the clinical features of the course of ulcerative colitis and Crohn's disease did not reveal significant differences over time in most clinical symptoms. Fever, weight loss, hemocolitis, increased frequency of stools, diarrhea, abdominal pain, hemorrhoids, anal fissures, fistulas, extraintestinal manifestations (stomatitis, arthritis, erythema nodosum, uveitis) continue to be significant for both diagnosis and monitoring of effectiveness treatment.

A different picture is observed in the onset of diabetes mellitus. Currently, the onset of diabetes is more severe than 10 years ago: the percentage of children with a low body mass index has significantly increased, significantly more children are passing through the intensive care unit, the glucose level upon admission and the maximum in the hospital is higher.

The duration of treatment is longer, the dose of insulin at discharge is higher. This led to a significant increase in hospital admissions to the republican hospital.

At the same time, the period from the appearance of complaints to seeing a doctor and from seeing a doctor to hospitalization has decreased, which indicates an increase in the literacy of both parents and primary care doctors.

The incidence of bronchial asthma has been steadily decreasing in recent years. However, the age of debut of bronchial asthma has doubled over the past 5 years (from 4 to 8 years). The number of patients admitted urgently has also doubled.

Among the positive aspects, it should be noted that the number of untimely visits to the clinic for diagnosis has halved, which confirms the increase in the literacy of pediatricians.

A preliminary analysis of hemorrhagic vasculitis (Henoch-Schönlein disease) suggests a decrease in the incidence of morbidity among children. The rest of the data is being processed.

Thus, a number of diseases (bronchial asthma, diabetes mellitus) in children under conditions of chronic stress appear and are more severe than they were 10 years ago. At that time, a number of diseases of the digestive system (peptic ulcers, ulcerative colitis, Crohn's disease) turned out to be resistant to the effects of chronic stress.

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