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Anna Lukashenko

Vinnitsia National Pirogov Memorial Medical University

Research Supervisor: S.E. Lozynskyi,

MD, Doctor of Sciences in Medicine, Ass.Prof.

Language Advisor: O.P. Horpyniuk, Senior lecturer

OBESITY PROBLEM: MULTIDISCIPLINARY APPROACH

Introduction. The actuality of this research is caused by constant increase of people suffering from obesity. This state occurs in every 5th person in the world. Due to WHO (World Health Organization) the majority of overweight people live in Mexico and USA (32.8% and 31.8% respectively). Annually 3 billion people die from obesity caused diseases. This situation is possible because of the optimization of food production process that made food more affordable for people and as the result in the last 50 years the consumed calories amount doubled.

Objectives of the paper. The aim of this paper is to find possibilities of using multidisciplinary approach to solving obesity problem. Due to this the worldwide literature for different aspects of obesity problems was analyzed.

Results of the research. All theories were divided into historico-philosophical, socio-psychological and medical groups. In philosophical reflexions, overweight is considered as an excess. Postmodern philosopher Jean Baudrillard considers this phenomenon as one of the fatal strategies of contemporary social world disappearance [1: 29-30]. Human, as other systems, despite the supersaturation with food and information aspires to keep everything. From historico-evolutional perspective the cause of obesity is related to nutritional behaviour of our ancestors and deeply inserted in our genes. Due to Yuval Harari, Stone Age people instinctively ate fat and caloric food, as in savanna and forests where they habited, e.g., high calorie sweets were rare. It was a necessity to eat as many fruits as possible before they were found by animals [2: 47]. Other position – historical memory of the nation, that has recently outlived the hunger, pushes to preserve and consume more products.

There is one interesting fact that due to sociological surveys and to the social theory the risk to gain obesity increases by 45% in case of friendship with obese people.

Psychoanalytic theory considers malnutrition as the pathological relations between mother and child. Humanistic concept regards food as a basic need, the desire to fill with food the existential vacuum, person's inner emptiness feeling who has unreached self-actualization. There are also other psychological approaches to this problem. Especially, theory of stress, that has psychological and medical explaining. The psychosomatic stress theory considers stress as a factor effecting metabolism and appetite stimulation. Social theory explains the spread of overweight symptom through the social network of close contacts.

Humanistic theory considers overeating as denial from self-actualization, as stopping on satisfying basic needs, as realization of higher needs is impossible. From systemic position an excess eating can be viewed as a symptom of disturbed communication when people care about each another through cooking and common food consuming as a symbol of well-being.

In a group of medical theories genetical, neurohumoral, endocrinological, prenatal, immunological approaches can be distinguished.

The genetical theories of obesity indicate the connection between predisposition to overweight due to RXRA gene, gene mutations coding ghrelin, peptide YY [3]. Decade ago the viral nature theory of obesity was proposed.

Due to the genetic theory child manifests a tendency to overweight if mother has not consumed enough carbohydrates in the first trimester of pregnancy that increases the RXRA gene methylation. Current analysis of obesity genesis allows to distinguish genetical, neurohumoral, viral theories of overweight. Thus, the saturation state and the desire to eat are regulated by nervous and endocrine systems. In the hunger state the APUD-system cells of stomach excrete the ghrelin hormone causing hypothalamus to intensify neuropeptide Y excretion enhancing appetite. When stomach is full cells secrete peptide YY, cholecystokinin and other anorexigenic hormones causing satiety feeling. Endocrine system with its chemical products and

vegetative nervous system with demyelin nerve fibers (holding speed is 1-2 m/s) are involved in the signal transition process. So, the saturation feeling appears to be 20 minutes after meal and person proceeds eating extra food.

Viral theory revealed virus Ad-36 to cause active stem cells degeneration to adipocytes in animals but in people it is not yet proved. Researches showed adipocytes to be secretory cells producing autocrine hormones such as acylation stimulating protein, adiponectin etc. The analysis of these theories allows to conclude that there is a necessity of appliance multidisciplinary approach to the obesity problem. Consideration of the historical memory evolutionally acquired predisposition to excess consuming of caloric food allows, for example, consciously planning product purchasing as for not storing many of these in refrigerator simultaneously. Psychological objective provides an ability to reach a constructive communication with surrounding, acquire an ability to express own feelings, set up priorities in values, reach self-actualisation. Medical theories allow to solve obesity problem on physiological level depending on its origin in every specific case.

Conclusion. The worldwide problem of overweight is both a result of physiologic, biochemical, genetic aberrations and a side effect of economical surplus, creation of supportive social environment and psychologic problems.

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Oleksandra Molloy

*PhD in Aviation, Post-Doctoral Research Associate
University of New South Wales, Sydney, Australia*

THE EFFECT OF CONTEMPORARY COGNITIVE-BASED TRAINING ON YOUNG OPERATORS' RISK MANAGEMENT