



MEDICAL UNIVERSITY

First published on June 24, 1928

December 23, 2010
Special issue

THE NEWSPAPER OF KHARKIV NATIONAL MEDICAL UNIVERSITY ACADEMIC COMMUNITY

The newspaper was awarded by a silver medal of «High School» Government Ukrainian Contest

DEAR STUDENTS!



Kharkiv National Medical University is one of the largest higher medical schools of Ukraine, a member of the International Association of Universities, a leader in reformation of medical education in Ukraine. It was founded in 1805.

We entered the third century of our history aiming to further raise the level of tuition, to create modern technologies of treatment. The University has an excellent reputation both in Ukraine and abroad. It offers you to get higher education, satisfying the current requirements.

Nowadays, about 2,000 students from 60 nations study at the University. Our graduates have an opportunity to meet challenges of a career in health care, science and, as a result, to achieve the most complete self-realization.

The University has all the conditions for studies, sports and interesting rest.

We will be glad to meet you within the precincts of our University, where you will be able to demonstrate your capacities, gain profound knowledge and become highly qualified professionals in the field of medicine.

*Professor Vladimir N. Lesovoy,
Rector of Kharkiv National
Medical University*

INTERNATIONAL AFFAIRS OF KHARKIV NATIONAL MEDICAL UNIVERSITY

THE VISIT OF THE AMBASSADOR EXTRAORDINARY AND PLENIPOTENTIARY OF THE ISLAMIC REPUBLIC OF PAKISTAN TO UKRAINE HIS EXCELLENCY MR. AHMED NAWAZ SALEEM MELA

On November 12, 2010 Kharkiv National Medical University was visited by a delegation of the Embassy of the Islamic Republic of Pakistan in Ukraine. During this visit, the Ambassador of the Islamic Republic of Pakistan His Excellency Mr. Ahmed Nawaz Saleem Mela met the Rector of the University Professor V.N. Lesovoy, as well as students of the University who are citizens of Pakistan.



Negotiations with the Rector

The visit of the Ambassador Extraordinary and Plenipotentiary of the Islamic Republic of Pakistan to Ukraine His Excellency Mr. Ahmed Nawaz Saleem Mela to Kharkiv National Medical University was the first item in the program of his stay in our city. During the meeting with the Rector the parties discussed issues related to the training of the students from the Islamic Republic of Pakistan at

the University, particularly a possible increase in the number of students from this country. Today, 38 students from Pakistan study at the University.

In the end, His Excellency Mr. Ahmed Nawaz Saleem Mela visited the Museum of History of the University, got acquainted with its expositions and wrote an entry to the Visitors' Book.



**During a conversation
with the students**



A meeting with the students

PROSPECTS OF INTERNATIONAL COOPERATION



Our University is systematically and progressively developing its international cooperation. It constantly keeps in touch with the Embassies of those countries whose students are represented in our University. We work with foreign students' communities and their leaders; conclude agreements on exchange programs with foreign Universities. Last year the University created the European Club to discuss the prospects of Eurointegration of Ukraine.

Prof. Igor Vladimirovich Zavgorodnii, Vice-Rector of the University, who is in charge of international affairs, was asked about the further development of international cooperation.

V.Z.: Igor Vladimirovich, our University is known in many countries of the world. At present it trains 2154 students from over 70 countries. Will you tell us how it started?

I.V.: Kharkiv National Medical University is known in the world for a high-quality education. The diploma of KhNMU is a reliable pledge of a perspective career and prosperity for its graduates. A lot of foreign citizens who graduated from our University have significantly succeeded as professionals. Everything began in 1951 when 2 citizens of Czechoslovakia and 1 of Poland came to study at Kharkiv Medical Institute, which they graduated in 1957.

Over the following years, international contacts of KhNMU have significantly expanded. Our University is constantly chosen as a place of study by many foreign representatives.

Every year the University enrolls approximately 500 overseas students. The University is currently training more than 5,000 students, among them over 2,000 are foreign citizens from 72 nations including Bahrain, Belgium, China, Denmark, Germany, India, Iraq, Israel, Jordan, Kenya, Lebanon, Malaysia, Mauritius,

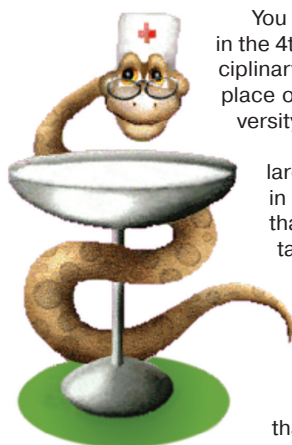
Morocco, Nigeria, Pakistan, Peru, Russia, Sudan, Sweden, Syria, Tunisia, Turkmenistan, the USA, and others. Foreign students study at the Faculty for Training Foreign Students, undergo foundation or postgraduate studies.

About 6,000 specialists from 86 states of Europe, Asia, Africa, Latin America, and Middle East have graduated from KhNMU since 1951. Among them there are 3 Doctors and 80 Candidates of Medical Science.

V.Z.: What are the basic areas of international cooperation of our university?

I.V.: It is of vital importance for every university to cooperate with foreign and international organizations. Our University has close international contacts with a number of medical educational and research institutions of Europe, Asia and North America, namely Medical Faculty of Vilnius University (**Lithuania**); Yeditepe University (**Turkey**); Belgorod State University (**Russia**); State Tajik Medical University named after Avicenna (**Tadzhikistan**), and many others.

DEAR STUDENTS AND YOUNG SCIENTISTS,



You are cordially invited to participate in the 4th International Scientific Interdisciplinary Conference (ISIC) that will take place on **April 13-15, 2010** at our University.

This is going to be one of the largest and most significant events in the life of young scientists. More than 400 students are expected to take part in this conference, among them more than 150 presenting participants from over 25 countries. Young researchers from different countries will be able to present their works and share new ideas and views thanks to an attractive program of oral presentations, poster sessions, workshops and key-note lectures.

Forms of participation at the conference:

- abstract publication;
- oral presentation;
- poster presentation;
- participation without any publication.

Scientific sections:

- Obstetrics and gynecology;
- Biomedical sciences;
- Internal diseases;
- Hygiene and social medicine;



- Pediatrics and neonatology;
- Surgery;
- Traumatology and orthopedics;
- Infection diseases;
- Neurosciences;
- Urology and nephrology;
- Medical genetics;
- Dentistry.

Official language: English.

Deadline for abstracts: February 1, 2011.



For further information or abstract submission visit our website **www.isic.kharkov.ua** or contact us: **nataly_kufferina@rambler.ru**

We hope you will enjoy ISIC-2011!

Organizing Committee

THE EXCLUSIVE INTERVIEW

Beginning at the page 2

The research activities conducted by the scientists of the University meet the current requirements on a level with the highest national and world standards. The international cooperation of the University Departments provides monothematic studies and exchange of research programs. Agreements of cooperation with foreign and international institutions have been concluded, among which are those with the World Health Organization (in the framework of the European multicentre research; participating states: Denmark, Sweden, Greenland, Poland, Italy); the University of Pennsylvania (USA); the University of Toronto (Canada); the University Clinic of Freiburg (Germany); Houston University (USA); Great Ormond Hospital for Children in London; Department of Morbid Anatomy of Scientific Group of Northwick Hospital, London (the United Kingdom of Great Britain and Northern Ireland); Novosibirsk Institute of Cytology and Genetics of the Russian Academy of Sciences; the Institute of Paediatrics and Paediatric Surgery in Moscow (Russia).

V.Z.: What directions are scientific researches conducted at the university on?

I.V.: Research work at KhNMU is conducted in two main directions:

- Development and implementation of effective methods and ways for prevention, diagnosis and treatment of the commonest diseases and injuries. This research enrolls 6 problem laboratories, 37 departments, the Central Research Laboratory;
- study of the general regularities in pathological processes and development of ways for their correction with participation of 4 problem laboratories, 25 departments, the Central Research Laboratory).

Scientists of KhNMU work at solution

of the most important problems of modern medical science and health care practice. This is proved by the latest achievements in the field of transplantology and cardiovascular surgery. A breakthrough in transplantology was done at Shapoval Regional Clinical Centre for Urology and Nephrology in December 2006, when allied kidney transplantation from mother to daughter was performed. Aortocoronary shunting under conditions of artificial blood circulation was first performed at the Kharkiv Regional Hospital together by doctors of the Regional Hospital and their Lithuanian colleagues.

V.Z.: What information resources are used for teaching the students?

I.V.: Our students are able to use enormous resources of the University. They have a free access to the Library, as well as a full use of all the facilities provided by the University.

At present, the University uses progressive educational techniques. More than 600 modern computers, video and audio aids are used in the educational process. Our local network allows the University students and its staff to intensively profit from the Internet for their research work and studies.

The scientific library fund comprises 1 million copies, including more than 540 thousand textbooks, about 420 thousand scientific samples and more than 3 thousand electronic books. The number of the periodicals accounts for 57 journals and 49 newspapers.

The library is structured into 6 departments, 3 subscriptions, namely educational, scientific, art; 8 reading rooms: the humanities, educational, scientific and 5 reading rooms in the hostels.

The students are served at 4 subscriptions, in 11 reading rooms, including 2 computer rooms and 5 reading rooms of the hostels.

The library local network comprises 34 personal computers connected to Internet. Access to Electronic Library Index, EBSCO Publishing resources (almost 6,000 scientific journals), databases Medline, Academic Search Complete, Academic Search Premier, Health Search, HINARI is available.

The scientific library constantly holds Information Days and New Addition Shows, seminars for young scientists as well as thematic literature shows to assist in the educational and scientific work of the University.

Apart from the library, the University publishing department provides the books necessary for work and study.

V.Z.: Could you tell us about the perspectives of development of the facilities for foreign students?

I.V.: The education received at our university is quite popular in foreign countries, as confirmed by the results of student recruitment this year and the intensity of international contacts. I think that one of the main directions of our work will be to improve the educational process using modern educational technologies, teachers' education at leading foreign educational and scientific centers. Direct contracts with universities and hospitals will be maintained. It is important to develop exchange programs for teachers and students, increase academic mobility of the teachers and students promoting study of separate disciplines at universities abroad, students' participation in academic exchange programs and internships.

I believe that our university has a huge potential for international cooperation in academic, scientific, diagnostic and treatment areas as well as cultural exchange, and this view is supported by my colleagues. This is the guarantee of our success.

V. Zakharevych

VIEW FROM OUTSIDE

WHAT DO WE KNOW OF CULTURE?

A culture shock is an excellent chance to find out about new amazing things. The scientists underlined that the interest in other cultures usually starts from a culture shock. This may be positive or negative.

Let us see what can shock:

Ogechi (Nigeria): «I was sick due to the change of environment, but already adapting...»

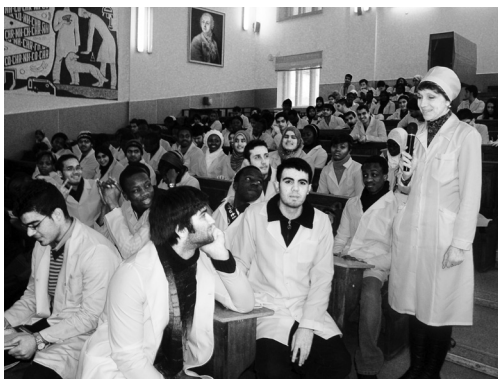
Arshallan (Pakistan): «Western style of living and freedom have mostly positive aspects, but some negative features too; for example, Europeans like being tempted to do some wrong things because of the difference of our countries and religion».

Ibukan (Nigeria): «It was very strange that very few people speak English... It was difficult to read the signs on buses, to buy things in supermarkets and even communicate with the locals».

Ibtisam (Oman): «Most of the young generation behaves differently in comparison with the old generation».

Ali (Lebanon): «Here people are tall, with blond hair and white skin... They are always in a hurry...»

Mahmoud (Lebanon): «People do not visit each other daily, everyone is busy, and jam in



the Metro stations...»

Abdulkareem (Nigeria): «Some of the girls dress... They put on skimpy clothes, even when the weather is not friendly (i.e. cold)».

Mohannad (Iraq): «Wearing trousers by women, I think, is a good thing for warm weather, but in winter this is not very good for their health...»

Audrey (Kenya): «The lack of knowledge of English shocked me because I always thought that English is an international language and

all the countries have to have its basic knowledge... Girls wear amazingly short skirts in spite of weather and temperature...»

Inas (Iraq): «People are very kind and generous».

Edema (Nigeria): «...cultural shock was large population of educated people – more than 90%. The cost of living is very cheap. Most of the people are atheists, they do not believe in God...»

Ayesha (India): «I was shocked by the high pencil heel boots the girls here wear...»

Udeh (Nigeria): «Both men and women are very hardworking. Women drive buses, paint buildings, and so on. Women have a lot of rights (gender discrimination is minimal). Religious tolerance is amazing...»

Emmanuel (Nigeria): «Here the cars are waiting for pedestrians crossing the road, but in our home country we are waiting for cars to pass. Also here people are ready to attend you when you seek for their help».

Rosemary (Nigeria): «The positive cultural shock was how the people greeted themselves. They kiss each other on their chin 3 times».

THE "DOCTOR" IS AN INTERNATIONAL CONCEPT

Autumn tinctures Kharkiv streets with bright paints. This is an important time for many young people from different countries, because their future depends upon the choice of occupation. Kharkiv National Medical University hospitably opens the doors of its lecture halls and rooms. Hundreds of students from nearby and remote countries choose our University in order to master such an honourable and difficult profession as doctor. This choice is not accidental: Kharkiv National Medical University is one of the largest higher medical establishments of Ukraine, a member of the International Association of Universities, a leader in the reformation of medical education in this country. It was founded in 1805 as a medical faculty of Kharkiv University. Today its students are clinically and theoretically trained at 65 departments of fundamental medicine, therapeutic, surgical, paediatric and dental types. The clinical departments of the University are based at 9 regional, 10 city, 5 departmental scientific institutions and 5 research institutes.



The students have an access to the University's resources, including the library, which has 6 departments and 8 reading halls (5 of them are at students' hostels), as well as e-learning.

The curriculum envisages two stages in the training of doctors: preclinical and clinical. The graduates receive a diploma of a specialist with a qualification of a doctor and a title of a Doctor of Medicine in such specialties as General Medicine and Dentistry.

The students' adaptation to the conditions of a new social-cultural medium, training and intercourse is a complicated and versatile process. The University has acquired broad experience in training personnel for foreign countries, because foreign students have been studying here since 1951. During 59 years more than 6,000 specialists have been trained by the University for 86 countries of Europe, Asia, Africa, Latin America and Middle East.

Today more than 2,000 students from 62 countries of the world study using the facilities of two faculties. The Russian-medium students are grouped to use the facilities of the 5th Faculty for Training Foreign Students (a Candidate of Medical Science, an Associate Professor Dmitry Igorevich MARAKUSHYN is the Dean of this Faculty). In the English language, the students have been trained since 1996, and now more than 800 students study at the 6th Faculty for Training Foreign Students; this Faculty is headed by a Candidate of Medical Science, an Associate Professor Dmitry Vladimirovich KATSAPOV.

The experienced staff of the dean's offices of the above faculties solves difficult problems of pedagogical support to foreign students

for their successful adaptation in the process of training, especially at its initial stages. The main task of the students' education consists in all-round development of the personality of a future competitive specialist with a higher professional education, who is socially active and has a high general culture. The main tasks in the upbringing of the modern student are as follows: realization of the ideas of humanization of education, formation of civil liability and legal self-consciousness, spirituality and culture, initiative, independence, tolerance and intercultural communicative competence in students, as well as their readiness to cooperate in different ethnic-cultural surroundings, ability to successfully socialize in the society and actively adapt on labour market. The chief aim is as follows: to form a harmoniously developed personality, who is ready and able to fully realize a system of social roles.

Provision of a rapid and effective adaptation to the process of training begins from the very first steps of our entrants. This includes the students' acquaintance with and acceptance of the social-legal norms of this country, acclimatization, adaptation to the Ukrainian educational system, learning and use of rules for behaviour in public and living at hostels, prevention of negative phenomena of the social character and, finally, acquaintance with the culture and traditions of Ukraine.

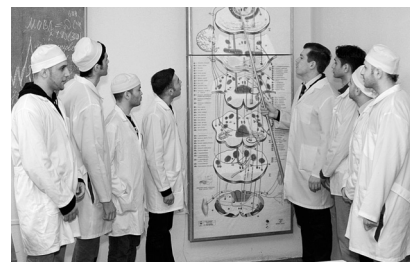
The modern strategy of upbringing in the process of training determines a totality of priority directions, which are youth-oriented and include tasks, related to participation in the realization of different projects. In order to increase the students' motivation in the process of training, different subject competitions and contests are organized, including those in the English language. Also, creative works of our students at different departments of the fundamental and clinical types are published.

Special work is persistently done in order to form traditions of this educational establishment: the students get acquainted with the People's Museum of History of Kharkiv National Medical University, as well as other museums at the departments in the process of studies.

The staff of the dean's offices and departments also organizes the students' cultural and creative activities. Festivals of foreign students of Kharkiv National Medical University are regularly held. Festivals "Students' Spring" and "Golden Autumn" with participation of foreign students have become a good tradition. At our annual contest of the first-year students they can display their talents in such genres as recitation, singing and dancing. Besides, such events facilitate informal communication of the students, improve their intercultural intercourse. Sports-fitness activities, popularization and introduction of physical education and healthy life-style among foreign students are encouraged too.

Not the least of the aspects in the work of the dean's offices is the organization of psychological-consulting and prophylactic activities, which concern adaptation of the first-year students, work with the students, whose progress is poor, as well as consulting work at the departments. Work is also done with associations of foreign citizens, i.e. communities; this is aimed at improvement of adaptation of certain national and ethnic groups with regard for their national and religious peculiarities, national days and customs.

The dean's offices also coordinate medical care for the students; it is provided by the



Regional Students' Polyclinic and the Scientific-Practical Medical Centre of Kharkiv National Medical University, as well as by clinical facilities of the University departments.

The above work results in training of harmoniously developed specialists, who are able to compete in conditions of the modern labour market.

D.V. Katsapov, D.I. Marakushyn

JOKES



A woman told the vet that something was wrong with her dog. He examined the animal and told her the dog was dead.

«I don't believe you», she said, «I'd like a second opinion.»

The vet said that would be fine. He went into the other room and got a cat. He put the cat up on the table with the dog. The cat sniffed the dog and jumped down.

The vet tells the lady again, «I'm sorry, but your dog is definitely dead. That will be \$600 for the exam.»

«\$600 is ridiculous, what are the charges for?» she exclaimed.

«\$600 is a bargain,» the vet explained. «\$50 for me and only \$550 for the CAT scan.»



Doctor: You're in good health. You'll live to be 80.

Patient: But, doctor, I am 80 right now.

Doctor: See, what did I tell you.



The patient went to his doctor for a checkup, and the doctor wrote out a prescription for him in his usual illegible writing. The patient put it in his pocket, but he forgot to have it filled. Every morning for two years, he showed it to the conductor as a railroad pass. Twice, it got him into the movies, once into the baseball park, and once into the symphony. He got a raise at work by showing it as a note from the boss. One day, he mislaid it. His daughter picked it up, played it on the piano, and won a scholarship to a conservatory of music.



A new patient was quite upset when the doctor's nurse led him to a small, curtained cubicle and told him to undress. «But I only want the doctor to look at an ingrown toenail!» he protested.

«Our rule is that everyone must undress,» replied the nurse as she handed him a very skimpy johnny.

«That's a stupid rule,» grumbled the patient, «making me undress just to look at my toe.»

«That's nothing,» growled a voice from the next cubicle. «I just came to fix the phones!»

UNIVERSITY DEPARTMENTS

CENTER OF MODERN TECHNOLOGY

Department of Pediatrics №1 and Neonatology is one of the oldest in Ukraine. Its history originated in 1892. The department is the methodical centre for introduction of the newest technologies of education. The basic areas of scientific work of the department are pediatric cardiology and pneumonology, problems of endocrinology, nephrology, gastroenterology, neonatology. The department trains both Ukrainian and oversees 5th- and 6th-year students. Since 2001 pediatrics has been taught for the English medium students. The department also trains post-graduates, interns, and masters in pediatrics and neonatology. Twenty international students, who underwent clinical internship and postgraduate course at the department, now work in the countries of the Middle East, Asia, Africa, and Central Europe.



Specialists. One of them was held on December 12, 2010 with the participation of Professor Ruben Matalon from Texas, representatives of the Genetic Center headed by a Corresponding Member of National Medical

Academy of Sciences of Ukraine professor O.Ya. Grechanina and a research adviser of the clinics Professor G.S. Senatorova.

The chair of pediatrics and neonatology has been occupied by doctor of medical sciences, Professor Ganna Sergiyivna Senatorova since 2002. She is the author of more than 400 scientific works. For many years she is a vice-chairman of Specialized Academic Council of KhNMU, the head of the problem and profile methodical commission for pediatrics, a member of the editorial board of journals «Modern pediatrics», «Health of the child», «Children's doctor». Professor G.S. Senatorova and her colleagues are disciples of a famous pediatrician, member of Academy of the Higher School of Ukraine, the Honored Worker of Science of Ukraine, Professor V.S. Prikhodko.



Department of pediatrics №1 and neonatology
Kharkiv National Medical University



Thanks to the modern telemedicine technology, the department organizes consulting conferences together with foreign spe-

INTERNSHIP

PECULIARITIES OF CLINICAL PRACTICE IN THE UNITED KINGDOM

This year I visited the United Kingdom as a clinical fellow of the European Society for Paediatric Endocrinology. I spent three months at University Hospital of Wales (Cardiff).

The system of the medical education in the UK has a lot of peculiarities in comparison with the Ukrainian one. The first level is five years of medical faculty at the university. There are 31 medical schools in the United Kingdom:

23 in England, 5 in Scotland, 2 in Wales, 1 in Northern Ireland. Just after the graduating university a young doctor has to pass general clinical training (Foundation House Officer). It is possible to apply for the Specialty Registrar (StR) in a hospital specialty for 6 years as StR in general practice for three years. The position of a consultant is available after the first year, the position of a general practitioner (GP) after the second year. Training may be extended by obtaining an Academic Clinical Fellowship for research.

It is worth mentioning that degree of MD (doctor of medicine) is optionally available after passing some special exams for the Royal College of Medicine. You can see the other titles near the names of British physicians: MRCP, FRCP. The MRCP postnominals are obtained by doctors who have passed the Membership of the Royal



University Hospital of Wales, out-patient department (left to right): Professor John W Gregory – professor in Paediatric Endocrinology & Honorary Consultant, Tatyana Chaychenko, Dr. Huw R Jenkins – MD FRCP Consultant Paediatric Gastroenterologist.

College of Physicians examinations. Holders of MRCP may be considered for advancement to the fellowship for becoming Fellows of the Royal College of Physicians (FRCP).

Medical service in the UK is mainly out-patient. Prominent owners and distributors of National Health Service (NHS) finances are trust companies. Near 80% of the budget is held by them at out-patient level. So the first link of the medical service is a GP who looks after all patients and only if it is necessary sends them to the consultant to the multidisciplinary hospital (as a rule it is a university hospital).

The patients are usually admitted to wards only for the intensive care, surgical treatment, delivery, etc. It is worth mentioning that all manipulations, even routine clinical examinations, demand some special agreements. For example, any consultant just before session should present him and all presented persons, explain the main aim of the examination, sense and sequence of procedures and get the verbal consent for them at least.

There general NHS and hospital databases are issued. It means that access to any patient's examination results (even for the several years) is available for the consultant during the session. It makes the information exchange more effective. The copies of the results of any session are available to the GP, patients, patients' parents, social workers and other concerned parties, if necessary.

It is worth mentioning that the physicians work only by the special protocols of examination and treatment. Some of them are international, the other national ones. The NHS looks after the modern technologies and researches results carefully and, as a general system of control and coordination of its members work, inculcates them in general clinical practice.

Tatyana Chaychenko MD, PhD Department of Pediatrics 1 and Neonatology of KhNMU

EUROPEAN CONGRESS**UP-TO-DATE METHODS OF TREATING
HEART DISEASES**

European Society of Cardiology Congress, which took place in Stockholm this year, was attended by Associate Professors of Internal Medicine, Clinical Immunology and Allergology Department No. 2 Anna Titova and Elena Lepeeva.

ESC Congress 2010 gathered a record number of participants and guests in its history, about 28 thousand scientists. The program committee got more than 9 thousand abstracts from 83 countries.

New recommendations of European Society of Cardiology on treatment of patients with atrial fibrillation, reflecting the recent research findings substantially influencing the tactics of treatment, were presented. It is concluded that at present paroxysmal atrial fibrillation is considered to be equal to the permanent form. Accordingly, the tactics of preventive treatment of paroxysmal atrial fibrillation should be the same as that of permanent form of atrial fibrillation. The scale of CHADS, intended for the estimation of risk of stroke, has also been modified. In stroke prevention the preferable role of oral anticoagulants, in particular warfarin, which should be preferred to antithrombocyte therapy, was emphasized. New oral anticoagulants, in particular direct thrombin inhibitor dabigatran, can also be administered.

The list of drugs used for pharmacological cardioversion expanded due to dronedarone, one of not many antiarrhythmic drugs capable of improving the prognosis of the disease.

The cause of absence of the response to clopidogrel treatment became the main topic of the recent research. One of the causes of immunity to this medicine is polymorphism of the gene, responsible for synthesis of clopidogrel converting enzyme. Several methods of effective increase of preventive therapy for thromboses were offered. First, increase of clopidogrel dose (both loading and initial up to 600 mgs) as well as the use of new antithrombocyte drugs, prasugrel and ticagrelor. It was noted that a lot of specialists relied on the drug with a different mechanism of action, varopaxar, a selective antagonist of thrombin receptor (so-called PAR-1 antagonist). It possesses a distinct antithrombotic effect, not influencing bleeding time and coagulation time. However, only controlled randomized trials can answer about the real efficiency of this medication.

Presentation of the new clinical recommendations of European Society of Cardiology became a great event in developing the methods of myocardium revascularization. For the first time, the document of this kind was prepared together by interventional cardiologists and cardiac surgeons. Perhaps, the main conclusion of these recommendations can be as follows: in every case of coronary artery disease, the treatment should be chosen individually; percutaneous coronary interventions, CABG and medication should complement each other; they must not act as antagonists.

Appearance of the second generation of eluting stents such as Biomatrix and Nobori with medicinal coverage of Biolimus A9 with a resorbable polymer and stents-reservoirs (Nevo) demonstrated safety and efficacy, higher frequency of myocardial revascularization within the period of 6 and 12 months as well as absence of subacute and late stent thrombosis.

In patients with diabetes mellitus, a question of advantages of first- and second-generation stents is still disputable, so far stents covered with Paclitaxell are preferable in this group of patients.

The exhibition organized in the hall showed updated equipment for cardiovascular investigations.

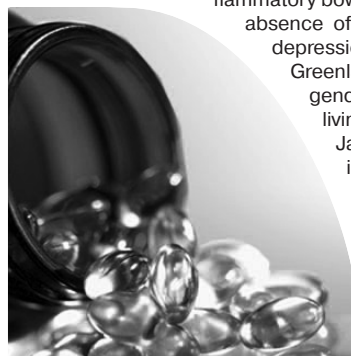
Anna Titova, Elena Lepeeva

THIS IS INTERESTING**OMEGA-3 HELP CUT INFLAMMATION**

In this polluted environment, health makes wealth and that for everyone is really a need. Around 400 BC, Hippocrates – the father of medicine – said, «Let food be your medicine, otherwise medicine will be your food». Nowadays, there is growing awareness that the profound changes in the environment, in diet and other lifestyle conditions occurred too recently on an evolutionary time scale for the human genome to adjust. In conjunction with this discordance between our ancient, genetically determined biology and the nutritional, cultural, and activity patterns of contemporary western populations, many of the so-called diseases of civilization have emerged. In particular, food staples and food-processing procedures introduced during industrial periods have fundamentally altered many crucial nutritional characteristics of our ancestral hominine diets; the most significant of these is fatty acid composition of the diet. This evolutionary collision of our ancient genome with the nutritional qualities of recently introduced foods may underlie many of the chronic diseases of western civilization.

The first evidence of the important role of dietary intake of omega-3 polyunsaturated fatty acids (PUFAs) in inflammation dates back to the early 1930s, it was derived from epidemiological observations of the low incidences of autoimmune and inflammatory disorders,

such as psoriasis, asthma, type-1 diabetes, arthritis, inflammatory bowel disease as well as complete absence of multiple sclerosis and major depression in an indigenous people of Greenland, the Inuit, compared with gender- and age-matched groups living in Denmark. The Inuit and Japanese have a high dietary intake of long chain omega-3 PUFA from seafood and a low incidence of myocardial infarction and chronic inflammatory and autoimmune disorders, even major depression when compared to their westernized ethnic counterparts.



Most fatty acids are non-essential. However, in humans at least two fatty acids are essential and must be included in the diet. These are omega-3 and omega-6. Omega-6 and omega-3 fatty acids are metabolically distinct and have opposing physiologic functions. Omega-3 fatty acids help reduce inflammation, and most omega-6 fatty acids tend to promote inflammation.

Both of these «omega» long-chain polyunsaturated fatty acids PUFA are substrates for a class of eicosanoids known as prostaglandins. The omega-3 eicosapentaenoic acid (EPA) serves as a building block for series 3 prostaglandins (weakly inflammatory PGE3). The omega-6 dihomo-gamma-linolenic acid (DGLA) serves as a building block for series 1 prostaglandins (anti-inflammatory PGE1), whereas arachidonic acid (AA) serves as a building block for series 2 prostaglandins (pro-inflammatory PGE2). Not only Omega-3 EPA competes with AA, an omega-6 fatty acid, for prostaglandin and leukotriene synthesis at the cyclooxygenase and lipoxygenase level, but also prevents AA from being released, thereby skewing prostaglandin balance away from pro-inflammatory PGE2 (made from AA) toward anti-inflammatory PGE1 (made from DGLA). Omega-3 EPA decreases LTB4 formation which is a potent inducer of inflammation, leukocyte chemotaxis and adherence. Thus, an appropriately balanced intake of omega-6 and omega-3 partly determines the relative production of prostaglandins.

The importance of omega-3 essential fatty acids in inflammation is now evident, as well as the need to return to a more physiologic omega-6/omega-3 ratio of about 1-4/1 rather than the ratio of 20-16/1 provided by current western diets. In order to improve the ratio of omega-6/omega-3 essential fatty acids, it will be necessary to decrease the intake of omega-6 fatty acids from vegetable oils, to increase the intake of omega-3 fatty acids by using oils rich in omega-3 fatty acids and increase the intake of fish to 2-3 times per week or take supplements. Omega-3 fatty acids have been part of our diet since the beginning of time. It is only for the past 150 years that omega-3 fatty acids have been decreased in our diets. Let's return to omega-3 for our health worth such return.

Written by Kalo Mohamad, Supervised by I.V. Khalin MD., PhD.

OUR TRADITIONS

TRADITIONAL UKRAINIAN WINTER HOLIDAYS

Ukrainian traditional holidays and rites were connected with all spheres of life (labour, social and family).

The agricultural calendar of Ukrainians had many special occasions especially in a fall-winter period.

The holiday of the transformation of summer into winter was celebrated on the day of *The Entry of the Most Holy Theotokos into the Temple* (November 21). Ukrainian peasants usually made forecasts for winter weather and fate of the family. On this day the most desirable guest was a man or a boy. The people hoped that the male visitor promised happiness and wealth. Visits of girls and women were not encouraged.

The young people had holidays of *Catherine* (November, 24) and *Andriy* (November, 30). These holidays were like training before Christmas-New Year holidays.

On *Catherine* celebration, in the evening, the girls (and sometimes boys) tried to guess their fortune. They tried to find out about the period of future marriage. The most frequent kind of forecast was connected with a cut cherry tree branch. The girls put it into the water waiting for the new leaves. If the branch started to flourish, it meant that very soon this girl will get married.

On *Andriy* celebration guys sometimes made tricks and jokes. They took off the gate doors and put all them in a special place not far from the village, or roped the entrance door of the house, or put the birds into the chimney. All these jokes and tricks were



played with the families of girls who were ready for marriage.

Winter was full of celebrations: *Christmas, the New Year, and Epiphany*. This period had a special name *Svyatky*. All these three holidays had some similar features: their celebrations had to protect people from the influence of evil, give welfare and happiness of the family in the coming year, and define perspectives for the future.

The most interesting rite (ceremony) of celebration was connected with Christmas. During the Christmas Eve or on the first day of holiday young people started *kolyadky*. The main sense of this ceremony was walking of group of children and young people from house to house. They were singing special songs for masters, wished them health and wealth, receiving for that sweets, and other gifts. The origin of this ceremony was in the belief that all New Year wishes had a magic sense and could come true. This ceremony had its peculiarities in different parts of Ukraine. In our region, Eastern Ukraine, the young people made a big star from the paper and decorated it with colored stripes and gold or silver tatten. There was a candle inside this construction. It was similar to the lamp.

The last day of the year and the first day of the New Year Ukrainians celebrated *Malanka* and *Vasil* holidays. The particular point of this ceremony was wearing specific costumes and masks.

Nataliya Martynenko,

Lecturer of the History and Basics of Economic Theory Department

NEW YEAR CELEBRATION IN DIFFERENT COUNTRIES

Christmas and New Year are very important and specific kinds of festivals for a large proportion of the world's population. It is the time of conclusions and the time of new plans. How do we usually celebrate it? Let us ask our students.

Karen (Tanzania): We celebrate New Year on the first of January. In some cases, people spend the night from the 31st of December to the 1st of January in church. After the service and prayers they go back home and start celebrations with families.



Ogundipe (Nigeria): In Nigeria during the Christmas the streets are usually decorated with ribbons and pictures of Father Christmas (Santa Claus). Parents go shopping and make Christmas gifts and new clothes for their children. All the supermarkets are overcrowded at that time. Along the roads there are many nice lights. There are many tourists at this time everywhere, because people like travelling and going out during the Christmas vacation. Housewives clean the houses and decorate them by new furniture or other very useful and beautiful things. Each family decorates a Christmas tree put it in the corner of the living room. The Christmas tree is usually decorated by red or green balls, and the star at the top of the tree. Then there is a grand cooking of a lot of food: rice, beef, chicken, etc. During the big

day the family and friends sit around the table and pray, thanking God for their lives, and then they eat and enjoy.



Daniel (Ghana): In Ghana in the morning of the first day of New Year one would feel the aroma of nice food from every building. The enjoyment continues from the morning to the evening time. You can hear the sound of knockout meaning that it is the beginning of new life and the end of the season.





Also commonly spelled Kharkov, Kharkiv is Ukraine's second-largest city with about a million and a half people. Founded in 1659 as a cossak outpost, it was one of the largest Ukraine's commercial centers in the late 17th century. The city is in Ukraine's north-east (not far from the Russian border) and served briefly as its capital in the early 20th century, after it became a Soviet republic. Today, Kharkiv is a major cultural, scientific, educational, transport, and industrial centre of Ukraine. It is one of the most prolific centers of higher education and research of Eastern Europe. Its top attractions include its Zoo, history museum, Freedom (Svoboda) Square, the Holy Shroud and Uspenskiy cathedrals, Derzhprom building, Memorial Complex, Taras Shevchenko Monument, Mirror Stream, Dormition Cathedral, T. Shevchenko Garden, funicular, Children's narrow-gauge railroad and many more.

Kalo Mohamad



«Medical University»

Certificate of Registration KhC №193 dated June 29, 1994

Founder — Academic community of
Kharkiv State Medical University.
Issued twice a month

Editorial office: 4, Lenina avenue, Kharkiv, 61022
Main building, 5th floor, phone 707-73-60
e-mail: redakt@knmu.kharkov.ua
www.knmu.kharkov.ua

Approved for print 22.12.2010. Format 60 x 90/4.

Offset paper. Font Pragmatica. Offset printing.

Conventional print sheets 3. Publisher's sheet 4.

Circulation 500 copies. Order №1227-01.

Printed at «Kontrast» Publishing and Printing Enterprise.

Lenin Avenue 40, app. 231, Kharkiv, 61166, Ukraine
phone (057) 719-49-13, 717-76-51

Certificate of Registration №178 dated September 15, 2000

The editorial office holds no responsibility for information accuracy. Original manuscripts are not revised or returned.

The opinions expressed are those of the writers and are not necessarily the official view of

Kharkiv National Medical University.

Editor-in-Chief V. Zakharevych

In charge of the issue
prof. Igor V. Zavgorodnii