

### **The report on the held Fairs of Health in Republic Sakha (Yakutia)**

In October, 2003 on the basis of the Public center of health “The Polyclinic ? 1” the noncommercial partnership “The Rotary center of health” has opened. The purpose of activity of the Center is coordination of the project “Russian fairs of health” (Rotary International), preventive maintenance and duly revealing at people of the most dangerous and widespread diseases at an early stage by means of carrying out of Fairs of health in territory of Republic Sakha (Yakutia), increasing at citizens of feeling of the responsibility for a state of health. Exit Fairs of health are held in many settlements and cities of republic.

For the period under review 5 Fairs of Health for the adult and children's population of Republic, including 3 exit ones and 2 in Yakutsk, have been held.

We tried to hold each Fair on various subjects so that they passed not repeating each other and had the individual character. For example, on December 7, 2006 in Yakutsk there has passed Fair of Health under the motto “Protect health from the youth” for students and teachers of Engineer – technical faculty of Yakut state university. Co-organizers of fairs were: Yakut centre of science of Russian Academy of Medical Sciences, Rotary club of Yakutsk, Engineer – technical faculty of Yakut state university. Participants were: “The Polyclinic ? 1” of Yakutsk, the Republican narcological clinic, Institute of Health of Academy of sciences of RS (Yakutia), joint-stock company “Agrotex”. In total 194 person have taken part. Some days prior to carrying out of Fair, under the initiative of students, questioning among undergraduates on early revealing of alcoholic dependence and competition of posters on a subject “I choose health” for first-year students have been held.



Parallel to multimedia presentations held by the employees of a Centre of science and Institute, participants could receive free-of-charge consultation of highly skilled experts in the next audiences. Doctors have filled Histories of health on 92 participants, thus arterial pressure, growth, weight was measured and in the end of

inspection practical recommendations were given. The analysis of Histories of health has revealed burden on a heart attack of myocardium, ischemic heart disease, an arterial hypertension, casual sudden death, diabetes at 18 participants, thus all respondents denied presence of the above mentioned diseases at themselves. An exact operating level of the arterial pressure could specify 27. 32 person complained of periodic pains in the field of heart. Growing thin, absence of appetite has noted 13 respondents, 4 person complained of bleedings of not clear genesis, presence of a swelling or condensation on a body, defecation disorder and urination. On obvious changes of a birthmark, nevus 1 person has specified, 7 person have found out bad healing wounds, ulcers on a body and defeat of skin, 5 complained of digestive disorder, the greatest quantity of respondents has specified hoarseness of a voice and cough- 28, that could be connected with smoking. The majority of interrogated - 43 complained of weakness, undue fatigability, a bad dream, 20 suffers from allergic diseases. Frequent ARD have noted 26 person, analyses with periodicity once a year handed over 25 p., half a year – 20; 22 respondents have admitted, that they do not have not enough means for purchase of medicines, but at the same time the majority was ready to pay to the doctor for good medical service - 63 p. It is pleasant, that the greatest quantity of participants conduct a healthy way of life, on a regular basis 39 person are engaged in physical culture and sports. At the analysis of Histories of Health correlation of high frequency of symptoms such as hoarseness of a voice and occurrence of cough with smoking, in smoking have admitted, and 19 interrogated simultaneously (in rare cases) combined the use of alcohol with smoking, and 9 more interrogated have noted the extremely rare use of alcohol, 4 use weekly. The group of smokers most often complained of weakness, fatigue, a bad dream-21 p., pains in the field of heart, frequent catarrhal and virus diseases are noted at 12 p. from this group, disease of kidneys, a liver at 11 p., hoarseness of a voice, cough - 10, absence of appetite-5, allergic diseases-9, units complained of bad healing of wounds and ulcer defeat of skin. At the simultaneous use of alcohol and smoking we met complaints among investigated, such as weakness, undue fatigability, bad dream at 17, frequent catarrhal and virus diseases, defeats of kidneys, a liver, a stomach-10, a pain in heart-8, hoarseness of a voice and cough-7, allergic diseases-6, absence of appetite, growing - 4. The rare users of alcohol more often complained of diseases of kidneys, a liver and a stomach -4 from 9.

By the expert on nutrition it has been examined 28 person with definition of a level of sugar in blood with the express train-method. Hyperglycemia on an empty stomach noted at 3 person -11 of % among surveyed, from them at a two the diagnosis is exposed “Diabetes of II type, insulin independent type, an average degree of weight », and at one - stage of decompensation. Deficiency of weight is noted at 6 students (2 girls, 4 young men)-21 % among surveyed. Excess weight is noted at 4 -14 % from surveyed. Recommendations on a feed, the further supervision on a residence at the

therapist, endocrinologist are given to the student with postcholecystectomic syndrome.

On ultrasonic research of bodies of a belly cavity infringements from a gastroenteric path have been revealed.

The gastroenterologist after ultrasonic research of bodies of a belly cavity advised concerning tactics in the control for revealed or available disease, the general principles of treatment and nutrition.

The cardiologist saw 26 person with carrying out electrocardiogram.

In total experts of a narcological clinic saw 29 person, five from them are invited to individual reception to the clinical psychologist with a various pathology, for example, a neurasthenia, etc.

On closing of Fair a member of Rotary club in Yakutsk O.I.Afonskaja has handed over certificates on participation, all organizers of Fair and experts were rewarded with letters of thanks on behalf of the Rotary center of Health. Winners of competition of posters « I choose health » also have received the prizes and diplomas.

The majority of participants was satisfied with carrying out of Fair and has wished to organize once again in the future year similar action. On results of Fair organizers and participants have acted on the air on republican radio.

### **About the Fair of health “A sound mind in a sound body” in village Khara Megino-Kangalasski region**

The next Fair, devoted to a healthy way of life, took place on March, 20, 2007 in Khara comprehensive school lyceum of health and sports Megino-Kangalasski region. So, organizers were NP «The Rotary center of health», Club " Rotary" of Yakutsk, the Yakut centre of science of the Siberian branch of the Russian academy of medical sciences and school lyceum of health and sports v. Jara.

With a salutatory word at opening of action have acted: the principal of lyceum of health and sports Illarionov Athanasi Petrovich, the president of club " Rotary " in Yakutsk Vasileva Galina and the official representative of the international club “Rotary International” (USA) Steve Joshida, who arrives to Yakutia not for the first time and actively participates in the organization of Fairs of health.

In the program of Fair an exhibition-exposition of stands, conversations of experts, demonstration of multimedia presentations have been presented. Free-of-charge consultation of many experts, to which it has been enabled to show with peak efficiency the achievements in the field of modern medical technologies and progressive methods of diagnostics, was given. Pupils of school-lyceum also accepted active participation in Fair - the concert of young singers of younger and middle classes have been prepared.

By the Rotary center of Health it has been rendered sponsor's help in the form of sports stock for pupils of school for the sum of 15 000 roubles.

In the end guests of honour and organizers have noted, that a healthy way of life is unique means of protection against all illnesses at once. It is directed on prevention not to each illness separately, and all in aggregate. Therefore it is especially rational, economic and desirable.

Healthy way of life is a unique style of the life, capable to provide restoration, preservation and improvement of health of the population. Therefore forming of this style of a life at the population is the major social technology of the state value and scale. And only the precise understanding of phenomena of health and healthy way of life, preillnesses, illnesses and preventive maintenance will help to generate concrete reference points at the future social workers on which social job should go to.

**The following exit Fair took place in March-April of this year in one of remote regions of republic – Suntarskii, which was devoted to illnesses of a gastroenteric tract. The group of volunteers was divided into 2 brigades. So gastroenteric brigade of doctors arrived in village Viluchan in March.**

In total it has been examined 41 person (30 (71 %) women and 12 (29 %) men),



Animal organs are used for youth education.

middle age of the surveyed has made-51 year (women-50 years, men- 56 years). According to anthropometrical researches average growth of inhabitants of village Viluchan has made 158 sm, weight-64kg. Average figures of arterial pressure: SAP=134 mmHg, DAP=85 mmHg.

Cases of a heart attack, IHD, an arterial hypertension, an insult, a diabetes, a cancer mark 29 (69 %) respondents, about

presence of the same diseases at themselves know 24 (57 %) interrogated. 33 (79 %) person know their operating level of the arterial pressure, about high figures of arterial pressure were told by the doctor only 18 person (43 %), 24 (57 %) do not know true figures. 16 (38 %) person were treated for an arterial hypertension. Not

medicamentous methods of decrease in arterial pressure apply only 9 (21 %) person. Pains in the field of heart disturb 20 (48 %) person, 12 (28 %) interrogated are informed on presence of IHD and addressed for medical aid. The meeting attributes of a cancer most often are hoarseness of a voice, cough (7-17 %), defecation disorder and infringement of urination (11-26% person).

Among the symptoms describing the general state of health prevailed: weakness, undue fatigability, bad dream – 21 (50 %) person; 34 (81 %) person consider, that they suffer from diseases of kidneys, a liver, a stomach, a backbone. The majority of inhabitants consider, that qualitative medical aid is not accessible to them – 25 (60%), would like to visit more often the doctor-31 (74 %), 27 (64 %) are ready to pay for good medical aid.

In section a way of life: smoke-9 (21 %), 12 (29 %) take alcohol, 2 (5 %) are engaged in physical culture, 8 (19 %) keep to a diet, 22 (52 %) know key rules of healthy way of life.

Do not smoke-33 (79 %), do not take alcohol 30 (71 %). Married -20 (48 %) women, married-11 (26 %) men, more than 4 (10 %) children have 22 (52 %) families.

All surveyed with pathology of a gastroenteric tract have received the free-of-charge help in the form of medical products for the sum 20000 roubles.

Inhabitants of vil. Viluchan solidly have refused sale of alcoholic drinks already a year that has affected results of survey:

1. Middle age of men exceeds female (women-50 years, men-56 years), that mismatches the Russian and republican statistical data. Well-known, that death rate from casual poisonings with substitutes of alcohol is high, especially among men of able-bodied age.
2. The index of weight of a body exceeds normative parameters across Russia that demands carrying out of Fairs of Health on preventive maintenance of diseases of a cardiovascular pathology, in fact obesity is one of major factors of risk of occurrence of an atherosclerosis.

The second brigade has left in April in vil.Suntar for rendering the specialized medical and psychological help to the children's population of region, with the purpose of awakening in each child of feeling of the responsibility and aspiration to watch over the health. Work has passed under the motto “My world where there will be no place to alcohol!”

In each high comprehensive school the senior teachers of faculty of age pedagogical psychology of Pedagogical institute of Yakut state university A.I Kuzmina, E.V.Nikolaev, teachers of faculty of a healthy way of life and ecology of the person of Medical institute of Yakut state university A.S. Golderova, A.P. Jakovleva, junior scientific employee of department of clinical medicine of Yakut Center of science of Siberian branch of Russian Academy of Medical Sciences N.I.Sivtseva and

volunteers-students of faculty of social pedagogics of Pedagogical institute of YSU Postnikova Maria, Merkureva Anastasia. N.N.Jakovlev, director of a social shelter "Care-Archu" of Ust-Aldanski region, has told about the experience of rendering assistance to the people who have got in inconvenient position because of abusing of alcohol, having changed opinion of many people on alcoholics as about patients and having caused feeling of compassion to them. Kurt Ebert, the professor, the doctor of the European right, director of Institute of comparative history of jurisprudence Austria - Germany and EU told about Austria and the rights of children in the country. Winners of competition of figures and posters on antialcoholic subjects have been awarded with costly presents from NP "The Rotary center of health".

**"No to atherosclerosis!" Under such a motto there has passed Fair of Health 14.08.07.-24.08.07.? in in village Tungulu of Megino – Kangalasski region. Experts who have taken part:** the doctor of ultrasonic-diagnostics, the anthropologist, the expert in narcology, the therapist, the psychologist, the cardiologist, foreign experts from University of state Kansas, USA – Larissa Tarskaja and University of Origon- George Snodgrass.

Employees of Yakut Center of science of Siberian branch of Russian Academy of Medical Sciences held presentations for teenagers on subjects:

"Abusing of psychoactive substances", "Preventive maintenance of atherosclerosis". 156 (100 %) person were under survey, in the age of from 18 till 65 years; from them women - 91 (58,3 %), men - 65 (41,7 %).

## Preliminary results of inspection

Parameters	Women (n=91)		Men (n=91)	
	n	%	n	%
Overweight	28	30,8	18	27,7
Obesity of the 1 degree	11	12,1	4	6,2
Obesity of the 2 degree	3	3,3	-	-
Hypercholesterolemia	45	49,5	20	30,8
Hypertriglyceridemia	2	2,2	4	6,2
Hypo-a- Chol	6	6,6	17	26,2
Hyper-Chol-LLD	47	51,6	30	46,2
IHD	6	6,6	6	9,2
AH	10	10,9	8	12,3
IHD+AH	13	14,3	11	16,9
NCD	12	13,2	4	6,2
Anemia	27	29,7	9	13,8
Diseases of indigestional tract	59	64,8	28	43,1
Thyroid diseases	29	31,9	6	9,2
Diseases of urine tract	22	24,2	3	4,6
Respiratory diseases	13	9	13,8	
Reactive anxiety				
Low	68	75,6	52	80
Moderate	19	21,1	13	20
High	3	3,3	-	-
Personal anxiety				
Low	1	1,1	3	4,6
Moderate	58	64,4	43	66,2
High			8	
Depression			11	
No	5	6,0	27	12,5
Easy	10	11,9	18	17,2
Average	28	33,3		42,2
High	41	48,8		28,1

Volunteer of NP "The Rotary center of Health"

/Matveeva N.P./