

## Radiation load

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19 years have passed since the terrible disaster at the Chernobyl nuclear power plant. Until now, the effect of radiation on the human body has not been fully understood. It is sometimes very difficult for a practical doctor to make a correct diagnosis, because classic signs of diseases have a blurred clinical picture. It is here that the equipment of the IMEDIS Center comes to the rescue, their methodological developments and directions.

Our center is located in the Gomel region, - on an area with a radiation contamination level of up to 5 Curies (100 km), therefore each of our patients is necessarily examined for the presence of radiation load (RN). Given this factor, can we assume that everyone should have a PH? But, when carrying out diagnostics, we test it only in every fourth person.

Let's say the whole family comes to the reception: dad, mom and children, but only one of its members will have a PH. Despite the fact that they live in the same place, in the same conditions and eat the same foods. Moreover, in almost 80% of cases, this is the youngest child born after the accident, starting in 1987. Although in children born since 2000, the pH level is markedly reduced, or completely absent.

The radiation load is also diagnosed in people who moved to our zone for permanent residence after 1986. Those who were constantly in these conditions do not carry RN. Therefore, it can be assumed that the body adapts to environmental conditions, that it can learn not to accumulate radionuclides.

As you know, the main target organ under radiation exposure is the thyroid gland. Considering that our city is located in an endemic zone (for diseases of the thyroid gland), of course, the main emphasis was placed on examining this particular organ. But, as studies later showed, no less percentage of lesions occur in other organs.

First of all, this is the reproductive system and mammary glands. Both men and women have increased cases of cystic processes (from single cysts to polycystic). Increasingly, fibroids, ovarian dysfunction, and prostatic hypertrophy are being tested. Mastopathy has significantly "rejuvenated".

Children born after 1987 are very often diagnosed with gallbladder disorders. These are all kinds of constrictions, bends, irregular shape, dyskinesia of the bile ducts, which leads to diathesis up to one year of age, and then to problem skin in adolescence. Also, these children have no appetite, there is increased nervousness.

Many radioactive isotopes have long half-lives, remaining hazardous throughout their lifetime. They are included in the circulation of substances, enter living organisms and have a destructive effect on cells. Strontium (SR-90), which is close to calcium, is very dangerous. Perhaps this can explain the increased incidence of intervertebral hernia formation. After all, if earlier such a disease was extremely rare, more often in the elderly, and the main reasons were the carrying of weights, an increase in body weight, now it is being tested much

more often (almost 3 times) and even in children. It should be noted that the combination of BRT and hirudotherapy gives very good results in the treatment of diseases of the musculoskeletal system.

Summarizing all of the above, the following percentage distribution of the radiation load by organs can be compiled:

40% - thyroid. parathyroid gland; 30% - the reproductive system and mammary glands; 20% - musculoskeletal system; 10% - gallbladder and ducts.

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Kayumova E.N. Radiation load // XI