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QUALITY OF LIFE IN PATIENTS WITH AUTOIMMUNE THYROIDITIS

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The thyroid gland is a large, butterfly-shaped endocrine gland located in the neck in front of the trachea. Its main function is to regulate the nervous system, bone growth and development, and metabolism by releasing hormones such as thyroxine, triiodothyronine and thyrocalcitonin into the blood. The thyroid gland also affects the functions of other glands, making it one of the most important organs in the human body. However, over the past couple of decades, there has been a significant increase in the incidence of diseases related to this gland, one of which is autoimmune thyroiditis, or Hashimoto's thyroiditis, in which immune system cells begin to attack the thyroid gland, making it vulnerable. At the moment, this is one of the most common endocrine pathologies, affecting approximately 3% of the world's population. Mainly, this disease affects men and women aged 30-60 years, but the incidence of children should not be excluded. Thyroiditis leads to various physiological and psycho-emotional disorders that worsen the quality of life of patients, as a result of which an important task is the selection of treatment to alleviate the course of this disease.

Popular scientific Internet resources, as well as medical publications on websites PubMed, MediaSphera.ru, ScienceDirect.com, MDPI.com offer a great number of articles describing the psychoemotional and physiological state, parameters characterizing the quality of life of patients with autoimmune thyroiditis, as well as strategies to improve the course of the disease.

Through the exploration of studies conducted by foreign universities and research institutes, it was revealed that patients suffering from endocrine pathologies, in particular autoimmune thyroiditis, have a reduced quality of life and a worse emotional and physical condition than others.

Autoimmune processes affect a person's quality of life through deterioration of his psychoemotional state, expressed by fatigue, insomnia, depression and increased anxiety. Vital physiological processes are disrupted, which leads to joint and muscle pain, dry skin and hair loss, and menstrual cycle failure. At the same time, a healthy lifestyle and healthy habits can influence the course of the disease. For example, it is very important to monitor the patient's diet and body weight, since the dosage of levothyroxine sodium, used by patients as a substitute for thyroid hormones, depends on the weight, which in turn has some side effects when consumed in high doses.

To improve the quality of life of patients with autoimmune thyroiditis, in addition to hormone replacement therapy, it is worth recommending a diet rich in macro- and microelements such as iodine, iron, selenium and magnesium, avoiding foods containing high amounts of cholesterol and saturated fats. Sufficient physical activity and adherence to sleep and wakefulness are of great importance too.