

Sokolovskaya I A
**INFLUENCE OF LIFESTYLE ON THE PREVALENCE
OF PSORIASIS IN POPULATION**

Scientific adviser Dr. of med. sciences, prof. Grebnyak N. P.
Department of General Hygiene and Ecology
Zaporozhye State Medical University, Zaporozhye, Ukraine

Relevance. Psoriasis in all its clinical forms is the most common chronic skin disease. According to the International Federation of psoriasis prevalence in the world is about 3%. Policausal, the high prevalence and the difficulty of treating psoriasis determine urgency of the fight against this disease.

Objective: To establish the relationship between the levels of incidence of psoriasis and the patient's lifestyle.

Objectives:

- 1 Examine the way of life in patients with psoriasis.
- 2 To study the incidence of psoriasis in the industrial metropolis.

Material and methods. We observed 315 patients with psoriasis, including 109 women and 196 men. In the study sample consisted of patients aged 18-65 years. The study did not include patients with psychoactive addiction or severe laboratory abnormalities. All patients provided written informed consent to participate in research.

Results and discussion. It was found that the prevalence of psoriasis in the city was 269.1 cases of 100 thousand. The debut of psoriasis is most common between the ages of 26 to 40 years (43.1%). As triggered were psycho-emotional overstrains and stress (60.5%), hypothermia and colds (17.8%), receiving medicinal products (5.1%), alcohol (5.7%), physical injuries (5.1 %). The greatest proportion of patients who have bad habits, living in environmentally disadvantaged areas of the metropolis.

Conclusions:

- 1 Psoriasis is a disease with a multifactorial etiology. Genetic factors and environmental influences carry the cumulative impact on the pathogenesis of the disease.
- 2 The main trigger factors include infectious and parasitic diseases, stress and psychosomatic factors, bad habits and poor diet, intake of drugs, metabolic disorders.
- 3 Alcohol intoxication and smoking increase the risk of psoriasis contribute to the generalization of the process and the emergence of complicated forms; shorten the period of remission and limited treatment options.