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**ILLNESSES OF THE XXI CENTURY**  
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Modern life with its information, automation, cybernation and globalization made people's work more efficient, showed possibilities to create new devices for life and scientific work and saved a lot of time to be spent on one's own, but on the other hand it also brought problems with physical and mental health that previous generations had no idea about.

The aim of our work is to look through the most prevalent diseases of our century, to find out what diseases are characteristic of different regions and to sort out what consequences modern medical problems can lead to.

Looking at the past it is possible to trace a tendency in the increase of illnesses connected with contemporary way of life, which contains either stress or hypodynamia in choir with bad habits or even both. Many centuries ago, the main threat to health and life were infectious diseases such as the plague, leprosy, black pox which often caused wasting epidemics. The mortality rate was very high as proper ways of treatment and prevention were lacking. At the present time people have to cope with aftereffects of "better" world they made themselves.

The most prevalent illnesses of nowadays are heart diseases, diabetes and cancer, which are hard to cure and they are spread all over the world.

Even though those appalling infections from the Middle Ages passed away, new era brought other infectious diseases with it. Such viruses and bacteria as, for example, HIV, Mycobacterium tuberculosis, flu virus are resistant to most medications as they have evolved and now they pose threat to our lives.

Along with serious diseases that often cause death there are many underestimated disorders that are common but not as harmless as they seem. It can be mental and eating disorders and all kinds of addictions. People suffer from different kinds of allergies: food, animal fur, chemical substances, dust, pollen etc. Many scientists connect them with the adaptation of our organisms to new environment conditions.

It is important to discuss the problems medicine faces nowadays as they can cause damaging effects on future generations. An example is dissidents for almost every disease and manipulation. These people misuse their right of refusal of medical treatment, as they believe in some conspiracy theories about medicine that do not have any scientific justification. On the other hand, there are people who self-medicate making many mistakes, as they do not clearly understand mechanisms occurring in the human body. Both cases have one reason: ignorance of medical aspects of the experience.

We came to the conclusion, that illnesses of the XXI century mostly have chronic character and they are of chemical, genetic and psychogenic etiology, whereas in the Middle Ages pandemics were the greatest threat to humanity. Different regions of the world face different health problems due to geographical conditions, social and economic situation, lifestyle, sometimes traditions that can make the human health vulnerable. For medical professionals, it is a must to have in-depth knowledge to change healthcare in a better way.