

МИНИСТЕРСТВО ЗДРАВООХРАНЕНИЯ РЕСПУБЛИКИ БЕЛАРУСЬ
БЕЛОРУССКИЙ ГОСУДАРСТВЕННЫЙ МЕДИЦИНСКИЙ УНИВЕРСИТЕТ
КАФЕДРА ИНОСТРАННЫХ ЯЗЫКОВ

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ЗДРАВООХРАНЕНИЕ В РЕСПУБЛИКЕ БЕЛАРУСЬ

HEALTH CARE IN THE REPUBLIC OF BELARUS

Учебно-методическое пособие



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Способствует развитию навыков устной речи и усвоению лексики по данной тема-
тике. Содержит четыре текста, комплекс упражнений на активизацию лексико-грам-
матического материала и развитие навыков говорения, тематический словарь и 2 ро-
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ПРЕДИСЛОВИЕ

Отбор и структурирование учебного материала, используемого в учебно-методическом пособии, обусловлен принципами практико-ориентированности, функционально-коммуникативного подхода, взаимосвязанного обучения основным видам иноязычной речевой деятельности, моделирования, вариативности и проблемности.

Разработанная система упражнений по теме направлена на оптимизацию процесса усвоения предметной лексики и наиболее употребительных грамматических и речевых структур, характерных для англоязычной коммуникации. Изучение темы предполагает не только качественное освоение материала и развитие профессиональной иноязычной компетенции, но и включение обучающихся в различные виды активной речемыслительной деятельности, готовность решать коммуникативно-познавательные задачи.

PART I. ORGANIZATION OF HEALTH CARE IN BELARUS

1. Memorize the vocabulary.

- | | |
|--------------------------------|---|
| 1. Apply | 1. Применять |
| 2. Mortality | 2. Смертность |
| 3. Birth rate | 3. Рождаемость, |
| 4. Morbidity | 4. Заболеваемость |
| 5. Be proud of | 5. Гордиться |
| 6. Be available | 6. Быть в наличии |
| 7. Availability | 7. Наличие |
| 8. Be accessible | 8. Быть доступным |
| 9. Accessibility | 9. Доступность |
| 10. Approve | 10. Утверждать, одобрять |
| 11. Ensure, syn. Guarantee | 11. Обеспечивать, гарантировать |
| 12. Digital | 12. Цифровой |
| 13. Be entitled to smth | 13. Иметь право на что-либо |
| 14. Maintain | 14. Сохранять, поддерживать |
| 15. Disability | 15. Инвалидность,
нетрудоспособность |
| 16. Promotion | 16. Укрепление |
| 17. Regain | 17. Восстанавливать |
| 18. Sick-leave pay | 18. Оплата больничного |
| 19. Health authority | 19. Орган здравоохранения |
| 20. Provide | 20. Обеспечивать |
| 21. Provision | 21. Обеспечение |
| 22. Sustainable | 22. Устойчивый |
| 23. Life-span, life expectancy | 23. Продолжительность жизни |
| 24. Encouragement | 24. Поощрение |
| 25. Benefits | 25. Преимущества |
| 26. Sustainable development | 26. Устойчивое развитие |
| 27. Require | 27. Требовать |
| 28. Contribute to smth | 28. Способствовать ч-либо |
| 29. Impact | 29. Влияние |
| 30. Take into account | 30. Учитывать |
| 31. Preventive activities | 31. Профилактические мероприятия |
| 32. Safe environment | 32. Безопасные условия, среда |
| 33. Self-management | 33. Самоконтроль |
| 34. Threat | 34. Угроза |
| 35. Significant | 35. Значительный |
| 36. Implementation | 36. Реализация |

2. Read and translate the following word combinations.

According to the law, research and practical centers, current medical practice, sustainable development of health care, sanitary and epidemiological norms and standards, maintaining and regaining the people's health, sanitary and epidemiological protection of the population, availability of medical services, the quality of medical care, maternal and infant mortality rate, to be entitled to a sick-leave pay, priority to disease prevention and primary health care, epidemiology and microbiology, diagnosis and treatment.

3. Form the missing parts of speech using the appropriate suffixes.

Noun	Adjective
	accessible
prevention	
	responsible
availability	
	significant
benefit	
evidence	
cell	

Noun	Verb
approval	
	promote
strength	
requirement	
	encourage
	provide
	achieve
threat	

4. Match the words with their definitions.

- | | |
|---------------|--|
| 1. accessible | a) ready to be used |
| 2. authority | b) the number of deaths from a certain cause |
| 3. failure | c) proof of something |
| 4. available | d) carry out or put in practice |
| 5. mortality | e) easy to get |
| 6. morbidity | f) a person or group with the power to control and command |
| 7. evidence | g) inability to function, lack of success |
| 8. implement | h) the number of new cases of a certain disease |

5. Complete the following sentences.

1. New technologies and diagnostic equipment provide ... opportunities for improving medical care.
2. One of the principles of the state policy in the field of health care is ... medicine and priority of medical care to mothers and children.
3. Health care in Belarus is characterized by high ... of medical services.
4. State authorities, institutions and organizations are ... for citizens' health.

5. Many talented scientists work at ... the most important and urgent problems of public health care.

6. Programs for ... development of health care and medical research are approved by the Ministry of Health and the President of the country.

sustainable, accessibility, resolving, preventive, significant, responsible

6. Read Text A and characterize the main achievements and current priorities in the health care system of Belarus.

TEXT A

Health care in Belarus

Public health is one of the areas which our country can be proud of. Public health is the science and art of preventing disease, prolonging life and promoting health through the organized efforts of society, organizations, communities and individuals. The primary goal of the health care system is to ensure an appropriate scope and level of health services provided by the state because health is not only an individual value, but also a social resource that guarantees the long-term development of any country.

Belarus has achieved great progress in the vaccination of children and the general population, fight against tuberculosis, COVID-19 and non-infectious diseases providing high availability of medical services and improving the quality of medical care. Important advantages of our health care system are a very low maternal and infant mortality rate as well as high accessibility of medical care to the whole population.

The Constitution of Belarus guarantees the right to health protection to all the citizens of the country, ensuring material protection in sickness, disability and in old age. Medical care in Belarus is free of charge. Any person who falls ill is entitled to a sick-leave pay.

According to the Law on Health Care the state policy on health protection in our country is based on the following principles:

- free and accessible medical and pharmaceutical care;
- creating conditions for maintaining, promoting and regaining the people's health;
- priority to disease prevention and primary health care;
- maternity and childhood protection.

The Ministry of Health is the main authority which plans and approves programs for the development of health care, medical research and pharmaceutical industry, provides sanitary and epidemiological protection of the population. It is responsible for professional activities of all medical institutions, training of highly qualified medical personnel, as well as provision of all hospital and specialist services. It coordinates research in the field of prevention, diagnosis and treatment and approves sanitary hygienic and sanitary epidemiological norms and standards.

There are 16 research and practical centers in Belarus, which have all types of modern medical technologies for diagnosis, specialized medical care and rehabilitation. Among them there are research and practical centers of surgery, transplantology and hematology; cardiology; neurology and neurosurgery; oncology; traumatology and orthopedics; epidemiology and microbiology and others. The activities of these institutions are aimed at developing new and effective treatment options and applying them in current medical practice.

Belarusian health care system has made significant progress in achieving the Sustainable Development Goals and implementing the principle of the WHO «Health for All» policy: ensuring universal health coverage. One of the main achievements of our health care is the provision of 100 % access to medical services for all the citizens. The success of Belarusian health care in the field of angiographic interventions, cellular and biomedical technologies, transplantology, endovascular surgery and the development of high technologies in other areas is recognized by the world medical community.

The Republic of Belarus is one of the few post-Soviet and European countries that has preserved financing of the health care system from the state budget. Significant efforts have been made to strengthen the role of a general practitioner and primary care over the past few years. The focus for future reforms is on expanding preventive activities and improving the quality and efficiency of specialized services on the basis of evidence-based therapeutic and diagnostic procedures and implementation of minimally invasive, organ saving and maximally restoring surgical techniques.

7. Fill in prepositions where required.

1. Personalized medicine contributes ... better quality of health care.
2. New technologies are aimed ... the improvement of treatment outcomes and the extension of the life-span of the population.
3. Great attention is paid ... effective implementation of innovations.
4. Health care institutions of our country provide 100% access ... medical services for all the citizens.
5. Great progress has been made ... achieving the Sustainable Development Goals.
6. Any person who falls ill is entitled ... a sick-leave pay.
7. The Ministry of Health is responsible ... professional training of medical and pharmaceutical workers.

8. Find and correct the mistakes in the following sentences.

1. Health care in Belarus is freedom of charge. (1)
2. Prevent medicine is underlies the health care system of our country. (2)
3. Preventive of medical check-ups are held the population on a regular basis. (3)

4. General practitioners send the patients to other specialize for consultant or to hospital for treatment. (2)

5. There is a wide range of good-equipped laboratories to making analyses. (2)

6. Hospitals are equiped with up-to-date therapeutics and diagnostic equipment. (2)

7. We have many of children's healthy centres, special children's hospitals and out-patient clinics. (2)

8. The network of medical institutes in the Republic includes different kinds of hospitals, out-patient clinics, nursing homes for elderly and disable persons. (3)

9. Nursing homes are medical and social institutions intended for permanent residence of disable and aged people who need care and medical attention. (2)

10. If a person falls ill or just doesn't fill well, all he has to do to call in a doctor is deal 103. (2)

9. Complete the sentences by matching the phrases in Parts A and B.

1. One of the main principles of our health care is

2. The Ministry of Health is responsible for

3. An important advantage of our health care system is

4. Current priorities include development of

5. Creating conditions for maintaining, promoting and regaining the people's health is

a) a very low maternal and infant mortality rate

b) evidence-based therapeutic and diagnostic procedures

c) one the main principles of health protection

d) free and accessible medical and pharmaceutical care

e) training of highly qualified medical personnel

10. Answer the following questions.

1. What are the main achievements of Belarusian health care system?

2. What are its main advantages?

3. What does the Constitution of Belarus guarantee to every citizen of the country?

4. What principles is the state policy on health protection based on?

5. What is the Ministry of Health responsible for?

6. How many research and practical centres are there in Belarus?

7. What are the activities of these research and practical institutions aimed at?

8. What experience of Belarusian health care is respected by the world medical community?

9. How is the health care system in Belarus financed?

10. What do current priorities of Belarusian health care include?

11. What strategies provide sustainable development of health care in Belarus?

11. Give English equivalents for the following.

- 1) укрепление здоровья;
- 2) гарантировать право на охрану здоровья;
- 3) современная медицинская практика;
- 4) органы здравоохранения;
- 5) продолжительность жизни увеличивается;
- 6) качество медицинской помощи улучшается;
- 7) высококвалифицированный медицинский персонал;
- 8) разрабатывать и применять новые технологии;
- 9) устойчивое инновационное развитие общества;
- 10) цели устойчивого развития;
- 11) расширять профилактическую деятельность;
- 12) укреплять роль врача общей практики;
- 13) доказательная медицина;
- 14) реализация (внедрение) научных проектов;
- 15) продление жизни населения.

12. Translate into English.

1. Конституция Беларуси гарантирует право на охрану здоровья своим гражданам, материально защищая их в болезни и в старости.

2. Каждый гражданин может получить медицинскую помощь бесплатно.

3. Деятельность научно-практических центров направлена на разработку новых методов лечения и их применение на практике.

4. Здравоохранение Беларуси решает задачи увеличения продолжительности жизни населения и профилактики заболеваний.

5. Беларусь добилась успеха в вакцинации населения, обеспечив доступность медицинских услуг.

6. Увеличение продолжительности жизни населения, цифровая трансформация медицины, продвижение здорового образа жизни являются стратегическими приоритетами охраны здоровья.

7. Научно-практические центры хирургии, кардиологии, онкологии и травматологии оказывают высококачественную медицинскую помощь мирового уровня.

Part II. CARING FOR OUR HEALTH

13. Read Text B and explain the benefits of preventive activities.

TEXT B

Caring for Our Health: the role of primary care in disease prevention

At the heart of primary care in Belarus is the concept of preventive medicine. The benefits associated with preventive medicine are considerable. Firstly, resources for treatment are not required. Secondly, the individual can continue working and contributing to the economy. Moreover, prevention has a big impact on the improvement of the population's duration and quality of life. With a changing age structure of the population and increasing life expectancy, it is important that prevention should have a high priority in primary care.

Three different aspects (levels) of prevention have to be taken into account by general practitioners (GPs). Primary prevention is the promotion of health and the prevention of disease, which involves vaccination programmes and provision of a safe environment for people. Lifestyle modification (based on advice and encouragement to patients on how to change to healthier behaviours) is a tool to change this at an individual level.

Secondary prevention is connected with the early identification of disease and the provision of prompt treatment to minimize its damage. This can include screening programmes, where tests for specific conditions are carried out on a regular basis. Early diagnosis means that diseases are easier to treat and can be completely cured in some cases.

The third level of prevention (tertiary prevention) is aimed at reducing the effects of disease and disability on the patient, which can involve minimizing the patient's suffering using appropriate analgesia (pain relief) or promoting self-management. A good example of this is with patients who have diabetes.

Targeting three disease-linked behaviours provide huge benefits in human and financial terms. The first of these is tobacco smoking, causing high mortality through lung cancer and vascular disease as well as chronic obstructive pulmonary disease. The second one is consuming (eating) too many fatty and sugary foods and not exercising which is one of the main causes of diabetes. According to the WHO, diabetes is likely to be one of the most serious threats to human health in the 21st century. If diagnosed early, it can be managed relatively easily.

The third type of disease-linked behaviour is alcohol abuse. Studies show that it can cause significant health problems, liver failure, diabetes and neurological disorders. Therefore, this type of behaviour should be one of the targets of prevention.

Medical professionals have been aware for a long time that population health can be improved by preventive activities.

14. Read the word combinations and give their Russian equivalents.

- 1) primary care;
- 2) preventive medicine;
- 3) the main priority;
- 4) benefits, beneficial;
- 5) to take into account;
- 6) primary prevention;
- 7) promotion of health;
- 8) to provide a safe environment;
- 9) lifestyle modification;
- 10) smoking cessation;
- 11) to heighten (raise, increase, develop) awareness (knowledge);
- 12) secondary prevention;
- 13) to identify a disease;
- 14) early identification;
- 15) to provide prompt treatment;
- 16) to organize screening programmes;
- 17) tertiary prevention;
- 18) to reduce the effects of disease and disability;
- 19) to minimize damage;
- 20) to treat - to cure;
- 21) disease-linked behaviour;
- 22) chronic obstructive pulmonary disease (COPD);
- 23) substantial threat to human health.

15. Answer the questions.

1. What is the main priority in primary care?
2. What are the benefits of preventive medicine?
3. What types of prevention are distinguished?
4. What do they deal with (are they concerned with)?
5. What are the main aspects of prevention at an individual level?
6. What types of behaviour are directly linked to disease? What evidence can you give?
7. What is one of the most substantial threats to human health in the 21st century according to the WHO?
8. What negative health consequences may the misuse of alcohol result in?

16. Complete the sentences using the words below.

1. General practitioners should put into practice the principle of ... medicine.
2. Prevention should have a high ... in primary care.
3. Preventative medicine gives significant

4. ... of health includes lifestyle modification.
5. Secondary prevention is aimed at early ... of disease and the provision of ... treatment.
6. ... programs can minimize the effect of disease.
(benefits, screening, promotion, prompt, preventive, identification, priority)

Part III. CURRENT STRATEGIES FOR THE DEVELOPMENT OF HEALTH CARE IN BELARUS

17. Read Text C and say what it deals with. Entitle the text.

TEXT C

Belarusian health care system pays great attention to personalized medicine based on an integrated electronic patient's card (medical record) as a single source of patient information. The main strategies are aimed at sustainable development of health care in our country, improvement of the quality of medical care and the quality of people's life, extension of the life-span of the population, digital transformation of medicine, creating better conditions for health throughout life, encouragement of a healthy life style for promoting health and preventing disease, development of new medicines and technologies and effective implementation of innovations.

The project to create e-health has been implemented in our country. This allows all patients to use electronic prescriptions, provides convenience for making an appointment with a doctor, gives the opportunity to have a personal account with relevant examinations and recommendations. E-health care enables the doctor to use electronic document management, which ensures efficiency in obtaining information about the patient, extensive telemedicine counseling, etc.

Special attention is paid to the development of a healthy lifestyle, the introduction of screening programs, the expansion of vaccination. All these measures have contributed to the reduction of infectious morbidity and mortality over the past 10 years, increased the detection of oncological diseases in the early stages, and made control of hypertension possible.

The main tasks facing the health care system in the new 5-year period include:

- ensuring the prevention of noncommunicable and infectious diseases by universal coverage of the population with primary health care services;
- refining the health care management system, including resource management;
- improving the quality of medical care to increase the efficiency of medical services and life expectancy;
- providing conditions for innovative development and digital transformation of medicine.

18. Complete the sentences.

1. The priorities of the state policy in the field of health care are:
2. achieving the Sustainable Development Goals and implementing the principle of the «Health for All» policy.
3. is the provision of 100% access of citizens to medical services.
4. The development of high technologies in medicine
5. Belarusian doctors successfully perform
6. The project of e-health will allow all patients to use
7. Special attention is paid to the development of
8. The work on strengthening the role of general practitioner
9. The main tasks facing the healthcare system are

19. Give English equivalents for the following.

1. Приоритеты государственной политики в области здравоохранения.
2. Достижение целей устойчивого развития.
3. Бюджетная система финансирования здравоохранения.
4. 100 % доступ граждан к медицинским услугам.
5. Телемедицинское консультирование.
6. Успешно проводить трансплантацию органов и тканей.
7. Проект по созданию электронного здравоохранения.
8. Обеспечивать оперативность получения информации о пациенте.
9. Внедрение программ скрининга.
10. Выявление онкологических заболеваний на ранних стадиях.
11. Количество врачей общей практики увеличилось.
12. Профилактика неинфекционных и инфекционных заболеваний.
13. Развитие профилактических технологий.
14. Повышение эффективности медицинских услуг.
15. Цифровая трансформация медицины.

20. Answer the following questions.

1. What are current strategies of our health care aimed at?
2. What are the advantages of e-health?
3. Why is special attention paid to the encouragement of a healthy lifestyle?
4. What may contribute to early detection of oncological diseases?
5. What are the main tasks facing the health care system in the new 5-year period?

Part IV. COOPERATION WITH THE WORLD HEALTH ORGANIZATION

21. Read Text D and define the main areas of cooperation with the WHO.

TEXT D

Cooperation with the World Health Organization on Relevant Issues of Health Protection and its Practical Outcomes

The Republic of Belarus works in cooperation with the World Health Organization in the field of health care. The priority areas of cooperation between Belarus and WHO are: strengthening the health care system; prevention and treatment of major noncommunicable diseases; improving the capacity of the health system for the control of communicable diseases including COVID; prevention and treatment of HIV/AIDS and tuberculosis. At the same time, the main emphasis is made on prevention of the main risk factors that contribute to the spread of noncommunicable diseases as the main threat to the citizens' health.

The most successful achievements of health care made over the past few years include:

1) effective measures to control COVID-19 (vaccination, introduction of a mask regime, organizing «red zones» in medical institutions, infectious blocks for patients with coronavirus)

2) digital transformation of medicine (electronic document management, electronic medical records and prescriptions, the opportunity to make an appointment online);

4) improvement of the material base and technical equipment of medical institutions (purchasing modern equipment, modernizing departments).

Belarus is committed to the principle of universal access to healthcare. Every person has access to the basic medical services provided by the state: the patient can call in an ambulance or a doctor, undergo laboratory examination and a medical check-up. However, it is important for all the citizens to understand that they should be more responsible for their health because it depends on a person's lifestyle.

Therefore, it is necessary to develop a healthy lifestyle, popularize regular physical activity, improve educational programs to make health the main priority for various groups of the population (first of all, for young people), support constructive public initiatives related to solving these tasks.

More and more foreign citizens looking for high-quality medical care come to Belarus for treatment. Belarusian doctors provide medical services to foreigners from 130 countries including Israel, Libya, China, Armenia, the USA, Japan, Germany and others.

Dental services (implantation and prosthetics), ophthalmological services, cardiological and cardiosurgical services, oncology services, prosthetics of joints, transplantation of cells, organs and tissues are in great demand.

Advantages of medical care in Belarus include:

– high quality of available and affordable medical services, diagnostics and rehabilitation;

– excellent physical facilities available in clinics and hospitals;

– highly qualified medical personnel;

– a large number of health care institutions;

– progressive and effective treatment methods in practice.

Medicine has come a long way in solving various problems related to human health, but it has not answered all the questions. Today it faces new challenges that can be solved by joint efforts of all the countries and the development of effective international collaboration between medical communities and organizations to provide the prosperity of each country by promoting the health and well-being of present and future generations.

22. Read and translate the following word combinations.

The World Health Organization, treatment of major noncommunicable diseases, prevention and treatment of HIV / AIDS and tuberculosis, the main threats to health, digital transformation of medicine, possibility to make an appointment online, improvement of technical equipment, universal access to healthcare, professional examination and medical check-ups, highly qualified medical personnel, effective treatment methods, health care institutions, to encourage a healthy lifestyle, to face new challenges, to develop international collaboration.

23. Fill in the prepositions where required.

1. The emphasis is made ... reducing the risk factors that contribute ... cardiovascular morbidity.

2. Our country is committed ... the view that good health of its citizens contributes ... the economic development and prosperity.

3. Health largely depends ... a person's lifestyle.

4. The health care system is required to respond effectively ... new challenges.

5. Many foreign citizens look ... high-quality medical care in our country.

6. We should use new approaches ... promoting health and preventing disease.

24. Complete the sentences according to the text.

1. Belarus is committed to the principle ...

2. We should be more responsible for our health because ...

3. The main emphasis should be made on ...

4. Advantages of medical care in Belarus include ...
5. Health problems can be solved by ...
6. International collaboration in the field of health care can contribute to ...

25. Answer the following questions.

1. What are the main priority areas of cooperation between Belarus and the WHO?
2. What progress has our country made in the field of health care over the past few years?
3. What principle is our health care system committed to?
4. What are the main advantages of our medical care?
5. How can new challenges be solved?

26. Role-play 1. You are taking part in the panel discussion of the main areas for cooperation with the World Health Organization.

Express your ideas on this problem. Make use of the suggested word-combinations and expressions suitable for the formal and polite speech of seminars and conferences.

In my opinion

From my point of view

The important thing about ... is

I quite agree that

I think you are absolutely right saying

Can I ask you a question?

Let's ask for other people's views on this.

I'm sorry could you explain ... ?

What do you think of ... ?

27. Role-play 2. You are discussing the ways to expand and improve cooperation with international medical organizations and institutions. Exchange your opinions and give recommendations on how to make it more efficient.

CONTENTS

Предисловие	3
Part I. Organization of health care in Belarus	4
Part II. Caring for our health.....	10
Part III. Current strategies for the development of health care in Belarus	12
Part IV. Cooperation with the World Health Organization	14

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В РЕСПУБЛИКЕ БЕЛАРУСЬ**

**HEALTH CARE
IN THE REPUBLIC OF BELARUS**

Учебно-методическое пособие

На английском языке

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