

Kanaththage Sathmi Sandanaki Perera

DIET OF MEDICAL UNIVERSITY STUDENTS AND GASTROINTESTINAL DISEASES

Tutor: Ph.D., associate professor Sholkava M.V.

Department of Propaedeutics of Internal Diseases

Belarussian State Medical University, Minsk.

Introduction. Digestive system is one of the most important systems in the body which helps in absorption of nutrients and excretion of metabolites. A Healthy Diet reflects the evolving of understanding the roles of different foods, essential nutrients and other food components which help us prevent and maintain healthy body conditions.

Aim: we estimated the type of diet and gastrointestinal (GI) diseases among international students of medical university. The goal of this research is to identify the GI tract disorders which students undergo and how it affects lifestyle.

Materials and methods. A survey is conducted among 60 international medical university students by Google Form questionnaire.

Results and discussion. According to a survey 60 students who study in BSMU, 70.6% were Sri Lankans, 6.9% Indians, 3.4% Israelis, 3.4% from United Arab Emirates, 1.7% Mongolians, 1.7% Nigerians, 3.4% from Lebanon, 1.7% Pakistanis and 1.7% Sudanese. Among these students 69.5% were Females and 30.5% were Males. 75.5% of these students are within the age group of 18-22 while 22.8% within the group 23-26 and 1.8% within 27-30. Predominantly these students are at second year of BSMU (59,6%). 81,4% of students have one or two meals per day and only 18,6% of students have three meals. Students usually skip breakfast: only 72.9% of students eat breakfast before classes.

According to the results obtained shows that 49.2% suffers from gastritis, 11.9% suffers from gastroesophageal reflux disease, 3.4% from irritable bowel syndrome, 1.7% from constipation and only 32.2% doesn't go through any GI pathology. Among students 10.3% had suffered from the GI symptoms for 3-4 weeks a 36.2% suffered for more than 2 months. Diets of international students are as follows: 50% of them maintain a moderate diet (without special restriction), 11.9% of them maintain a healthy diet, while another 11.9% maintains a protein rich diet; 13.6% of them barely eat, 6.8% consume a lot of fat food, 3.4% maintains a vegetarian diet and 1.7% of them maintain a low carb diet.

Students describe changes in their diet since starting medical university as extremely unfavorable. Their diet became much less balanced and regular.

Conclusion: the students' diet changed drastically not only after migrating into a different country but also how medical student changed their eating patterns. Most common conditions among all is Gastritis which is caused as a result of irregular and unhealthy eating patterns. The results shows that the pioneered reason for the arise of these conditions is that students are unable to manage time. As per obtained results students should manage their time and follow healthy eating habits because the GI tract conditions could get severe and unknowingly will affect their academic life.