

THE EFFECT OF NUTRITION AND PHYSICAL ACTIVITY ON THE BODY MASS INDEX OF SCHOOL CHILDREN

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ABSTRACT

Introduction: As a result of the sedentary lifestyle and improper diet, the number of obese children in our country, as well as in the world, is increasing.

Aim: we aimed to determine what has a bigger effect on children's BMI, nutrition or physical activity.

Material and Methods: We used the data from the systematic examinations of children aged 13 and the data from the questionnaire on nutrition and physical activity. Surveys included: body weight and height measurement and BMI determination using percentile charts. Out of 50 subjects (M/F-22/28), 64% had normal BMI, 32% were overweight, and 4% underweight. Boys had a higher BMI (36.3%) than girls (28.5%). In the group of children with excessive body weight, all respondents consumed unhealthy food (pasta, delicatessen and sweets), 44% were engaged in sports, while in the group of normal nutrition subjects, 75% were feed correctly, and 80% were engaged in sports.

Conclusion: Unhealthy food has more effect on the BMI than physical activity. Girls are more motivated and informed about healthy lifestyles.

Keywords: BMI, nutrition, physical activity.

NEW CHALLENGES IN PREVENTION AND DIAGNOSIS OF PERTUSSIS

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ABSTRACT

Introduction: Pertussis is a vaccine-preventable disease (in Montenegro, vaccination at 2, 3, 4, 18 months), however, there is a statistically significant increase in the number of patients worldwide in all age groups.

Aim: to assess the incidence of pertussis in children with persistent cough and their vaccination status.

Material and methods: In the period between 2013-2017, 135 children with a cough longer than 14 days

were assessed by medical history, clinical examination, inflammatory blood parameters and microbiological sampling. In 85% a microbiological nasopharyngeal swab and in 45% sputum was taken. In 35% spirometry and a chest X-ray were performed and in 25% a serological test was carried out (anti-PT IgG ELISA). According to the definitions of the Global Pertussis Initiative, an ELISA anti-PT IgG, IGA test was used for the assessment of the vaccination status to establish suspicion and / or diagnosis of pertussis. *Results:* 50% of the patients had signs of acute respiratory disease, 20% persistent cough, pneumonia, bronchitis or sinusitis, 18% asthma, 11% pertussis and 1% of gastro-oesophageal reflux. 62.5% of the patients were school children (9-12 years), 6.25% infants, 25% young children, 6.25% adolescents. 75% of the patients were properly immunized - school children and adolescents (DiTPer), pre-school child (DiTaPer), and 25% were not vaccinated.

Conclusion: In prolonged coughing, the diagnosis of pertussis should be assessed regardless of the age and vaccine status of the patient. The largest number of patients in the group of school children indicated the need for a new vaccination strategy and the education of doctors of the presence of pertussis in our population.

Keywords: pertussis, persistent cough, immunization.

ŽIVLJENJE OGROŽAJOČA MOTNJA SRČNEGA RITMA OB HUDI HIPERKALEMIJI PRI NOVOROJENČKU: PRIKAZ PRIMERA

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IZVLEČEK

Uvod: Hiperkalemija je pogosta in najbolj aritmogena motnja elektrolitskega ravnovesja, ki lahko povzroča življenje ogrožajoče motnje srčnega ritma. Etiologija je navadno večvzročna. Z naraščanjem vrednosti kalija se skrajša interval QT, podaljša interval PR in zniža val P, pojavljajo pa se tudi bloki prevajanja in široki kompleksi QRS, ki se z valovi T zlivajo v sinusoidno valovanje.

Namen: V prispevku predstavljamo primer novorojenčka s hudo hiperkalemijo in ventrikularno tahikardijo, ki sta se pojavili po rojstvu.