

## **NUTRICIOLOGY**

**for 4 course students 22 Public health 226 «Pharmacy, industrial pharmacy»,  
educational program «Pharmacy for foreign students»  
ФМ17\*(5,0д) англ 1, 2 groups**

**3.06 - groups 1, groups 2**

**PRACTICAL CLASS. Topic: « Nutritional correction for musculoskeletal  
and urinary system diseases»**

### **OBJECTIVE.**

Know the definition of the term “**Musculoskeletal and urinary system diseases** ”, classification, symptoms, strategy of treatment, diet, life style, dietary supplements.

### **RELEVANCE**

Diseases of musculoskeletal and urinary system diseases are very spread in the world. Musculoskeletal conditions are the leading contributor to disability worldwide, with low back pain being the single leading cause of disability globally. Musculoskeletal conditions and injuries are not just conditions of older age; they are prevalent across the life-course. Between one in three and one in five people(including children) live with a musculoskeletal pain condition. Musculoskeletal conditions significantly limit mobility and dexterity, leading to early retirement from work, reduced accumulated wealth and reduced ability to participate in social roles.

There are a number of different kidney problems that may occur. The kidneys may be damaged by exposure to certain drugs or toxins, including heavy metals, solvents, chemotherapy agents, snake or insect venom, poisonous mushrooms, and pesticides. Impaired kidney function can also accompany or result from many other disorders, such as diabetes, lupus, hypertension, and liver disease.

In the treatment of these type diseases great part plays quality of food and diet. That why nutritional correction and dietary supplements will support patients in this case.

### **CONTROL QUESTIONS**

1. Definition of the concept of osteoporosis, etiology, symptoms and diet therapy.

2. Definition of the concept of osteoarthritis, etiology, symptoms and diet therapy.
3. Definition of the concept of rheumatoid arthritis, etiology, symptoms and diet therapy.
4. Definition of the concept of bursitis, etiology, symptoms and diet therapy
5. Definition of the concept of osteochondrosis, etiology, symptoms and diet therapy.
6. Definition of ankylosing spondylitis (Bekhterev's disease), etiology, symptoms and diet therapy.
7. Definition of the concept of periarthritits, etiology, symptoms and diet therapy.
8. Definition of the concept of osteomyelitis, etiology, symptoms and diet therapy.
9. Definition of gout, etiology, symptoms and diet therapy.
10. DS for the diseases of skeletal system and urinary tract

## Tests

1. Choose food which is **not** recommended for most urinary tract diseases:

white bread	Milk	Junk food
brown bread	Apple	Fast food
can	Vegetarian soup	Cheese
smoked food	Tomato juice	Tea, coffee
pickles	cucumber	eggs alcohol
	Fast food	

2. Choose food which is **not** recommended for gout:

white bread	Milk	Junk food
brown bread	beer	Fast food
can	Vegetarian soup	Cheese
smoked food	Tomato juice	Tea, coffee
pickles	cucumber	eggs
	Fast food	alcohol

**3. Diet of urinary tract diseases should be directed to:**

- A. Increase protein containing food
- B. Decrease protein containing food
- C. Increase vegetable oil
- D. Decrease salty food
- E. Increase salty food

**4. Diet of gout should be directed to:**

- a) Increase protein containing food
- b) Decrease protein containing food
- c) Increase vegetable oil
- d) Decrease salty food
- e) Increase salty food

**5. Diet of osteoporosis should be directed to:**

- 6. Increase milk
- 7. Decrease dairy
- 8. Increase vegetable oil
- 9. Decrease salty food
- 10. Increase salty food

**6. Choose herbal drugs-containing DS which is recommended for urolithiasis:**

- A. Snt. John's wort
- B. Chamomile flowers
- C. Madder root
- D. Oak bark
- E. Marshmallow root

**7. Best seller among DS with anti-inflammatory and antimicrobial effect for urinary tract diseases is:**

- F. Snt. John's wort
- G. Chamomile flowers
- H. Cranberry
- I. Oak bark
- J. Marshmallow root

### **PRACTICAL TASKS.**

You have to fill in your laboratory hand-book on the topic: *Nutritional correction for musculoskeletal and urinary system diseases. Diet and Dietary supplements for these diseases.*