

MINISTRY OF PUBLIC HEALTH OF UKRAINE
O.O. BOGOMOLETS NATIONAL MEDICAL UNIVERSITY

Department of Hygiene and Ecology

Head of Department
Corresponding member of National Academy
of Medical Sciences of Ukraine
professor Bardov V.G.

Subject: „Hygiene and Ecology”
Speciality: 7.110101 – curative medicine
Year – III, term – 5.

Lecture thesis
„Hygienic importance of weather and climate. Hygienic aspects of heliometeotropic
and climatotropic reactions prophylaxis. Acclimatization.”

for the students of the curative departments

Lecture duration – 2 periods

Compiled by professor, MD Bardov V.G.
assistant professor, PhD Merezhkina N.V.
assistant professor, PhD Antonenko A.M.

The thesis of the lecture was discussed and
endorsed at the scientific and methodological
conference of the department

PLAN OF THE LECTURE

1. Weather and climate. Definitions.
2. Weather-forming environmental factors.
3. Components characterizing weather.
4. General scheme of weather formation on the Earth.
5. Atmospheric circulation. Cyclones, atmospheric fronts, anticyclones.
6. Direct effect of weather on human organism.
7. Indirect effect of weather on population health through distortion of atmospheric pollution dynamics. Smog.
8. Indirect effect of weather on population health through biological rhythmus distortion. Chronobiology and chronopathology.
9. Helimeteorotropic reactions of healthy and sick persons, their pathogenesis and classification.
10. Helimeteorotropic reaction prevention: permanent, seasonal, urgent.
11. Medical classification of weather.
12. Medico-meteorological prognostication and urgent prophylaxis of helimeteotropic reactions.
13. Factors of climate formation.
14. Components of climate characteristics.
15. Climate classification.
16. Medical classification of climate: sparing and irritating (cold, alpine and hot (sultry)) climates.
17. Climatic regions of Ukraine.
18. People's acclimatization, its phases. Hygienic method of improving acclimatization of the healthy ad sick.
19. Climatotropic reactions and their prevention.
20. Climatoprophylaxis, climatotherapy, climatic resorts.