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SOCIO MEDIA ART THERAPY AS A WAY TO PREVENT AND OVERCOME THE EFFECTS OF STRESS IN QUARANTINE COVID-19 IN BENIGN BREAST PROCESSES

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Abstract: This article highlights the relevance of the method of socio media art therapy as a way to prevent and overcome the effects of stress in women of childbearing age and women with disabilities in quarantine COVID-19 in benign breast processes, and its impact on psycho-emotional correction and neuroendocrine adaptation to stress. Today, society has suffered extraordinary losses from the COVID-19 pandemic that has engulfed the entire world, and especially Europe. The long-term war in the east of Ukraine has become an extraordinary tragedy with hard consequences for its borders. These and other crises in everyone's life lead to an overload of thoughts about the existing and possible losses, which is one of the causes of pathological changes in the hormonal and nervous system. The expediency

of using sessions of socio media art therapy in women with benign breast processes is substantiated. The use of socio media material significantly reduces the level of reactive and personal anxiety, depression also reduces the activity of the sympathetic-adrenal system, especially has a depressing effect on the activity of the sympathetic-adrenal system.

Keywords: socio media therapy, breast cancer, mastopathy, fibroadenoma, oncopathology, coronavirus, quarantine, anxiety, depression, corticosteroids.

In modern society, women are constantly suffering losses. The reasons are natural disasters, terrorism, personal crises, without which no one can do. Under the influence of life events and information about the suffering of many people, women are too overwhelmed by thoughts of possible losses. Especially during the COVID-19 pandemic, in conditions of quarantine and under the influence of the media, there is mental pressure, due to deprivation of normal life and fear of coronavirus infection and death.

Oncopathology, stress, and COVID-19 have no boundaries. Nowadays, all these factors combine and potentiate each other. During a pandemic, women suffer from constant stress and fatigue, which provokes the appearance of tumors in the form of benign and malignant tumors.

The time of high technologies, progress, scientific and technological achievements has a downside: excessive stress on the nervous system, stress, complications of social relations. Women have mastered men's professions, which are very mentally and physically exhausting.

The Object: to highlight the relevance of socio media art therapy as a way to prevent and overcome the effects of stress in quarantine COVID-19 benign breast processes based on previous research and discoveries.

Objectives of the study: to study the influence of socio media art therapy techniques on the indicators of neuroendocrine adaptation and psycho-emotional state in women with benign breast processes.

The object of the study – socio media art therapy as one of the means of non-drug correction of neuroendocrine adaptation and psycho-emotional state in women with benign breast processes.

The subject of the study – state of stress-realization system and psycho-emotional state in women with benign breast processes.

Section 1. Modern ideas about risk factors for benign processes and breast cancer.

1.1 Benign processes of the breast.

In recent years, there has been a sharp increase in the number of patients of reproductive age and women with disabilities who seek medical treatment for benign breast diseases. The most common among them are various forms of mastopathy, which affect up to 60% of women.

The interest of oncologists and gynecologists in mastopathy is related to the background of this process for the subsequent occurrence and development of breast cancer.

Histological classification of benign tumors:

1. Epithelial tumors: intraductal papilloma, nipple adenoma, breast adenoma, and others.

2. Mixed (connective tissue-epithelial) tumors: fibroadenoma, leaf-like tumor.

3. Fibrous - cystic disease (breast dysplasia).

1.2. Breast cancer is the most common form of malignant tumors in women.

The real "epidemic" of civilization can be called the spread of breast cancer among women. Every hour one woman dies from this disease in Ukraine. Early detection of the disease will help to change the situation.

The incidence of breast cancer is constantly growing. Today - this is the most common form of malignant tumors in women, comes to the fore in the structure of oncopathology of women after 30 years, and after 40 years - it is a leader among cancers. Any woman not deprived of this risk and men, and nevertheless 99% of all patients with breast cancer - women can get breast cancer.

According to the National Cancer Registry of 2019:

Diagnosis of "breast cancer"	14170 total Women: 14057 Men: 113
Fatalities	5823 total Women: 5774 Men: 49

It means that every week about 110 Ukrainians die from breast cancer.

The highest incidence of breast cancer is among Ukrainian women over the age of 60, but women of childbearing age also have more cases. Women with disabilities are at risk, as the etiological factors of breast cancer have a higher impact than in healthy women. Every fourth woman is diagnosed with breast cancer at the III-IV stage when the effectiveness of treatment significantly reduced.

Cancer is curable if it is detected in the first stage - in 95% of women, in the second stage - in 80%, in the third stage - in 50% of women.

There are three main clinical forms of breast cancer: nodular, diffuse and Paget's disease. In most cases, early breast cancer develops asymptotically.

1.3. Risk factors that contribute to the development of benign processes and breast cancer.

The etiological factors include:

Factors		Characteristic
Individual	Sex	Female
	Age	The probability of breast disease in women increases sharply after 40 years and becomes a maximum of up to 64 years. The risk of the disease is present in reproductive age.

	Tumors in the anamnesis	Persons who treated for breast cancer or ovarian cancer, the risk of recurrence or development of cancer in the other gland is quite high and increases by 0.5-1% with each subsequent year of life.
	Pretumorous diseases in the anamnesis	The term "fibrocystic mastopathy" includes a wide range of benign breast pathologies, but only certain morphological variants increase the risk of cancer.
Family (hereditary)	The probability of the disease increases by the number of relatives of the 1st degree of kinship (mother, sister, daughter) who had tumors up to 40 years or the accumulation of cases of family disease (more than one), the risk increases by 8-10 times.	
Hormonal factors	Endogenous	Estrogens promote the growth and proliferation of ducts, which may increase the risk of disease by stimulating the growth of newly formed cells. Menarche - up to 12 years - increases the risk of benign processes and breast cancer. Later onset of menopause (after 55 years) increases the risk of breast cancer by two times. Early menopause has a

		<p>protective effect on breast tissue in women. Absence of childbirth and (or) postpartum lactation increases the risk in women who have not given birth by 1.5 times. The degree of risk increases with age during the first birth: women who gave birth to their first child after the age of 30 have a 2-5 times higher risk than women who had their first child before the age of 19. Some experts note that abortion increases the risk by 1.5 times; even more dangerous abortion before 18 or after 30 years.</p>
	Exogenous	<p>The exogenous effects of hormones are mainly associated with hormone replacement therapy in the period of peri- and postmenopause, as well as with the use of oral contraceptives. Hormone replacement therapy with estrogen or combination drugs used to alleviate the complications of age-related loss of estrogenic ovarian function has become</p>

		widespread in the last decade. There is evidence of increased risk with long-term use of drugs (more than four years before the first birth) or with very long-term use (more than 10-15 years).
Lifestyle factors	Geographical location	In Asia, the incidence is lower than in Europe.
	Nutrition	Women living in large cities, industrialized regions suffer from oncopathology more often than women in rural areas.
	Bad habits	Alcohol and smoking
	Physical activity	Adiposity
	Ionizing radiation	In certain doses and duration of action
	Female loneliness	Absence or early cessation of sexual activity.
The presence of additional diseases and factors that provoke the disease	Gynecological diseases (fibroids, endometriosis, adenomyosis, etc.). The mammary gland, like the uterus, is a target organ for sex steroid hormones. Therefore, the presence of changes in one of the target organs requires a mandatory systematic examination. Inflammatory processes in the mammary glands (mastitis), as well as diabetes, thyroid disease, liver disease.	

1.4. Stress - as a risk factor for benign breast processes.

Stress is a non-specific reaction of the body in response to a very strong external action, which exceeds the norm, as well as the corresponding nervous system reaction. After exposure to stress, the function of the pituitary gland is activated. It begins to secrete an increased amount of adrenocorticotrophic hormone, which in turn stimulates the adrenal cortex. They begin to produce more hormones, including corticosteroids. Corticosteroids stimulate the mechanisms by which the body adapts to new conditions.

Constant nervous tension triggers the activation of molecular reactions that lead to benign processes, and subsequently, to malignant tumors. Chronic stress leads to changes in the endocrine and immune systems, which at the biochemical level provoke the proliferation and metaplasia of normal cells and non-plastic processes in the body.

Section 2. The role of socio media art therapy as a way to prevent and overcome the effects of stress in quarantine COVID-19 in benign breast processes [3].

2.1. Method of socio media art therapy.

Socio media art therapy is a social aspect of psychotherapeutic care, the solution of individual problems of patients with the help of a large amount of socio media material available on the Internet. The stuff presented in the form of video, audio, blogs of other people. It can be motivating, distracting, calming.

Thus, socio media therapy is an important tool for influencing the neuroendocrine adaptation of people, and therefore the mental state. The feasibility of using the method of socio media therapy to correct neuroendocrine adaptation in women with benign breast processes remains unknown [1,2].

2.2. Socio media art therapy as a way to prevent and overcome the effects of stress in quarantine COVID-19 in benign breast processes.

We evaluated the impact of socio media art therapy sessions on neuroendocrine adaptation rates in women of reproductive age, in women over 60 years of age and in women with disabilities, with benign breast processes. It turned out that the proposed

treatment accompanied by a significant drop in the content of adrenaline and noradrenaline in the serum, which is evidence of the depressing effect of socio media art therapy on the activity of the sympathoadrenal system. Accordingly, the mechanisms of cell proliferation and metaplasia decrease.

So, the use of socio media art therapy in women with benign breast processes significantly reduces the activity of the sympathoadrenal system, which in turn leads to improved physical and psychological components of health.

Thus, socio media therapy is an important tool for influencing neuroendocrine adaptation and, accordingly, the mental state. We can say that among the operational technologies an important point is the free exchange of methods of treatment and prevention, which we continue to work on [1,2].

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