

Opened in 1919



MUSEUM OF HYGIENE



GUIDE TO THE HALLS OF THE MUSEUM

12+

SHUVALOVSKY PALACE



View of the Anichkov Palace and the estate of I.I. Shuvalov, 1757

Welcome to the **Museum of hygiene** – the only museum of this type in Russia. Here you can get acquainted with the basic rules of disease prevention and health self-preservation. The museum exposition will help you become a supporter of a healthy lifestyle.

The museum is located in a building that is a historical and architectural monument of the middle XVIII century, It belongs to the time of Empress Elizabeth.

This is one of the most beautiful palaces of St. Petersburg.

The palace of I.I. Shuvalov was built in 1753-1755. It was designed by the architect Savva Ivanovich Chevakinsky, the most prominent Russian architect of the mid-18th century. He created the St. Nicholas Naval Cathedral with a bell tower, the church hall of the Great Tsarskoye Selo (Catherine) Palace, the Sheremetev Palace as well.



Savva Ivanovich Chevakinsky



Two-light hall

SHUVALOVSKY PALACE

You are in a magnificent palace belonging to the territory of the Shuvalov estate that occupied the quarter stretching from Nevsky Prospekt to Italienskaya Street in the XVIII century.

The Shuvalov Palace is a sample of Petersburg architecture of the baroque period.

The three-story building occupied almost the entire block stretching from Malaya Sadovaya to Sadovaya Street. Between the palace and the houses along Nevsky Prospekt there was a large courtyard with office buildings.

Original Interior decoration of the house Shuvalov has not remained.

The lower floor of the palace was constructed as a basement that serves as the basis for a second, higher floor. The

lobby belongs to the initial period of the history of the house.

Low massive pylons decorated with columns protruding by two thirds of its diameter, carry arches and cross vaults. The floor of a large octagonal hall rests on them.

On the second floor there were ceremonial apartments with an octagonal 2-light hall along the axis of the palace and two enfilades of rooms in the side wings. One of the enfilades was facing the Italian Street, the other – the main courtyard.

The hall has remained three-dimensional but its initial baroque decoration has been lost. The walls of the hall at the bottom were covered with wooden panels, and those above it – completely covered with paintings. This technique is used in the art halls of the Great Tsarskoye Selo and Peterhof Palaces.



SHUVALOVSKY PALACE



Elizaveta Petrovna

ELIZAVETA PETROVNA (1709 – 1761) – Russian empress the youngest daughter of Peter I. The epoch of the Enlightenment in Russia is related with the ruling of Elizaveta Petrovna. In 1744 a decree was issued to expand the network of primary schools.

The first gymnasiums were opened: in Moscow (1755) and Kazan (1758). In 1755, at the initiative of her favorite I.I. Shuvalov Moscow University was founded, and in 1757 – the Academy of Arts. A support was given to M.V. Lomonosov and other representatives of Russian science and culture.

In 1756 she signed a decree on the establishment of an imperial theater.



Ivan Ivanovich Shuvalov

IVAN IVANOVICH SHUVALOV (1727-1797) – Russian statesman, philanthropist, founder of Moscow University and the Academy of Fine Arts (1757), which was initially housed in the Shuvalov mansion.

The palace housed a beautiful art gallery assembled by I.I. Shuvalov.



F. Rokotov. "Cabinet I.I. Shuvalov, 1757"

SHUVALOVSKY PALACE

MIKHAIL VASILIEVICH LOMONOSOV –

Is the first Russian natural scientist of global significance. He laid the foundations of the science of glass and with the assistance of I.I. Shuvalov a mosaic workshop was established.

M.V. Lomonosov took an active part in the development of Moscow University: he was the initiator of the opening of his medical dept and the author of its education program there, he demanded that lectures at the first Russian university should be given by Russian professors in Russian.

Lomonosov has opened the physical conservation of matter law, in optics he developed the theory of color, created special optical devices.

M.V. Lomonosov attached great importance to the distribution of printed publications in Russia aimed at equipping the population with elementary knowledge about the treatment of diseases. He wrote an essay of eight “chapters” intended to be created in the form of letters confined to the birthday of I. I. Shuvalov (1761) entitled “On the Preservation and Reproduction of the Russian People”.

I.I. SHUVALOV contributed to the development of Russian science and art, provided patronage to scientists, writers and artists. The best minds of Russia, Ekaterina Dashkova, Gavriil Derzhavin, gathered at I.I. Shuvalov. The director and playwright of the regular theater of Elizaveta Petrovna A.P. Sumarokov was a frequent guest as well.



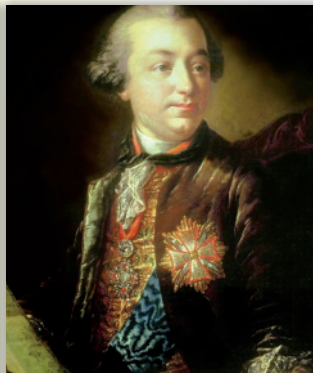
*Mikhail Vasilyevich Lomonosov,
1711-1765*



*Ekaterina Romanovna
Dashkova*



*Gavriil Romanovich
Derzhavin*

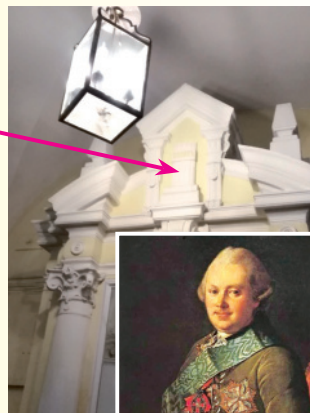
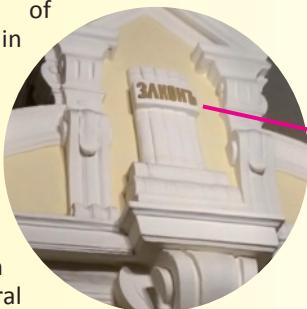


*Alexander Petrovich
Sumarokov*

SHUVALOVSKY PALACE

After the death of Elizaveta Petrovna in 1763 I.I. Shuvalov was forced to go abroad. In 1765 the prince, Lieutenant-General Ivan Sergeevich Baryatinsky acquired the mansion. In 1773, it went into a possession of Prosecutor-General Prince Alexander Alekseevich Vyazemsky and became known as the "Prosecutor General's House" in the city. In 1774-1776 it was reconstructed. The house was expanded by an extension wing from the side of the current Malaya Sadovaya street. Alterations of the main house involved not only its interiors but the facade on Italian street that has lost its lush baroque decor. There were new decorative motifs in a tradition of early classicism, namely, the panels decorated with stuccoed panels.

After the death of Vyazemsky the house was bought by the Government and became state-owned and in 1797 transferred to the Department of Land, then the Court office, and in



A.A. Vyazemsky

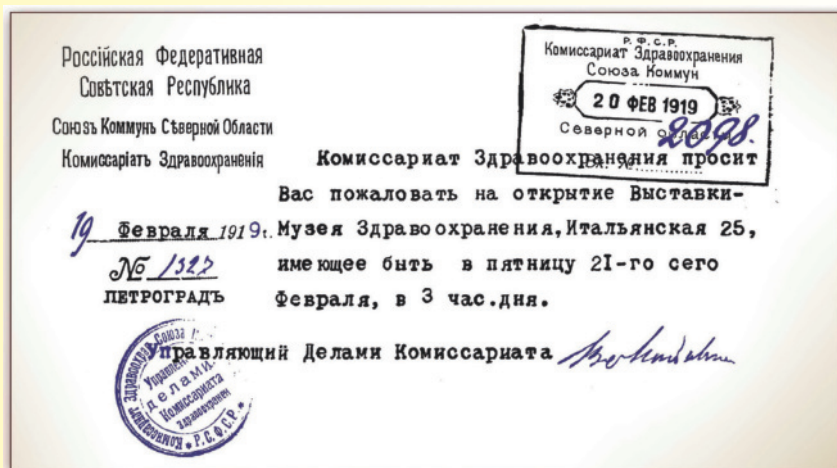
1801 it was made «special for the rank of prosecutor general state house.» It belonged to the Ministry of Justice till 1917.

Today the building is an object of cultural heritage of federal significance and it is included in the unified historical heritage zone of the St. Petersburg central districts.



Ministry of Justice, 1917

EXHIBITION-MUSEUM OF HEALTH



In the early years of Soviet power the palace was registered.

The Museum of Hygiene of the City Center for Medical Prevention, located in this building was officially opened on February 21, 1919 under the name "Healthcare Exhibition Museum".

In 1931 the House of Sanitary Culture

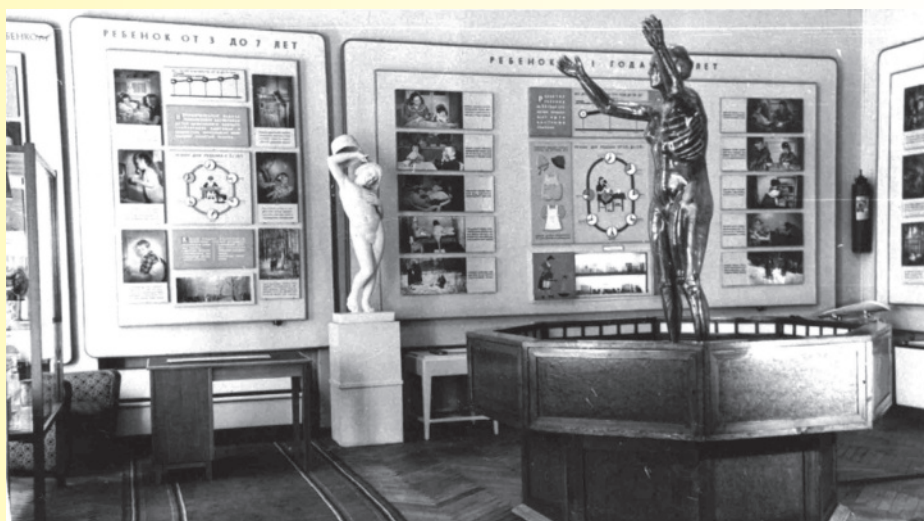
was established on the basis of the Exhibition-Museum..

1941-1990 – House of Health Education.

1991-1993 – Health Center.

Since 1993 – Medical Prevention Center.

Since 2000 – City Center for Medical Prevention.



EXHIBITION-MUSEUM OF HEALTH



*Georgy Vladimirovich
Shor*



*Maria Alekseevna
Zakharyevskaya*

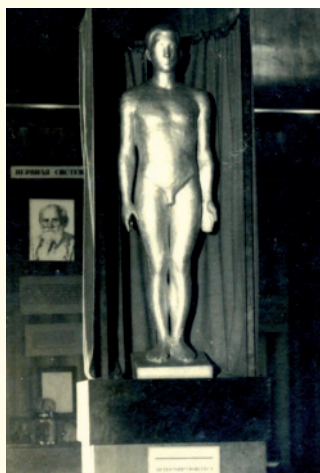
In the formation of the exposition of the museum and the selection of exhibits Professor G.V. Shor and preparatory doctor M.A. Zakharyevskaya who several years later became the head of Department of Pathological Anatomy of the First Leningrad Medical Institute played a leading role. She was the first employee of the Exhibition-Museum who began working on October 22, 1918.

The structure of the exhibition-museum of health:

- department of infectious diseases;
- department of sexually transmitted disease;
- sanitary department;
- disinfection department;
- department for the disposal of drinking water;
- department of maternity and infancy;
- department of labor protection;
- department of anatomy and physiology;
- food department;
- department «Microbes and their properties»;
- dental department;
- the department of assistance for injured people;
- tuberculosis department.

THE FIRST "TALKING MUSEUM"

"The first in the USSR speaking installation was arranged in one of the departments of the Leningrad Museum of Health. Explanations of qualified specialists given to the visitors of the museum are recorded on film. An automatic machine that reproduces speech works quite clearly. Museum director Dr. A.M. Alekseev who designed this installation said that in the future «all departments of the museum would speak». The «Leningradskaya Pravda» newspaper, 1937.



The first «talking» person



Stethoscope

The stethoscope was invented in 1816 by Rene Laennec and used to listen to the lungs function. One end was applied to the patient's chest, and the other to the ear of the doctor. The first stethoscopes called «medical clarinets» were glued of thick paper and then manufactured on a special machine from various wood species.

Mask for anesthesia – an independent device or part of the apparatus, applied to the patient's face for inhalation anesthesia. N.I. Pirogov designed a mask for the supply of anesthesia and applied ether anesthesia on a massive scale (military actions, Dagestan, Salty, 1847). He performed more than 700 surgeries.

Microscope. The world of cells remained completely unexplored till the appearance of a microscope (mid- XVII century). The first descriptions of cells seen under a microscope were made by the English scientist R. Hook and his contemporary Dutchman A. Leeuwenhoek.

The first microscope was brought to Russia by Peter I in 1698 from Holland. He visited Leeuwenhoek who showed him blood circulation in the eel's blood capillaries. He brought the optical glass polishing master (L. Schepper) from Holland to Russia. Since 1726, the Russian masters (Matveyev, Remezov, Kulibin) themselves designed microscopes in accordance with the best contemporary examples.



Microscope



Mask for anesthesia

ZEMSTVO MEDICINE



Sack of the Zemstvo doctor



Medical instruments XIX century



Doctor at a microscope

Zemstvo medicine is a form of health care for the rural population that emerged in Russia after the abolition of serfdom. Zemstvo medicine was the first to develop and introduce a territorial precinct approach that was later developed by Soviet health care.

By the mid 90s of the XIX century in most zemstvos medical facilities medical

aid was provided free of charge. Zemstvo doctors paid much attention to disease prevention and public health education.



"Zemstvo medicine" Section of the exposition

N.I. PIROGOV



Bust of N.I. Pirogov

N.I. PIROGOV (1810-1881) – a world-famous scientist, founder of topographic anatomy, founder of field surgery. He was the first who proposed to sort the wounded and put a plaster (French) bandage into practice. N.I. Pirogov played a major role in attracting the sisters of mercy of the Krestovozdvizhenskaya (Holy Cross) community to the care of the wounded in war conditions.

Russian surgeon and anatomist, he is the creator of the first atlas of topographic anatomy, the naturalist and teacher, professor, founder of the Russian school of anesthesia. In 1841, Pirogov was invited to St. Petersburg where he headed the department of surgery at the Medico-Surgical Academy, he managed the hospital surgery clinic he organized. Since the duties of Pirogov included the training of military surgeons he developed a number of completely new techniques, thanks to which he was able to avoid amputation of the limbs. One of these techniques is so far called «Pirogov surgery.»



N.I. Pirogov gives a wounded ether anesthesia

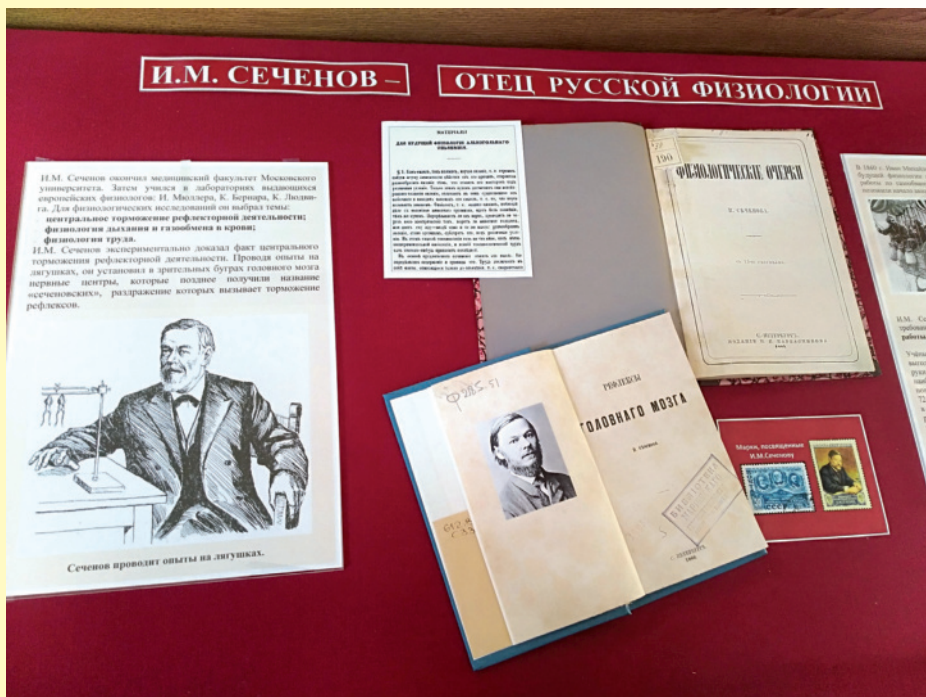
I.I. MECHNIKOV



I.I. Mechnikov

I.I. MECHNIKOV (1845-1916) – one of the founders of microbiology, bacteriology, the founder of immunology. He created the phagocytic theory of immunity, for which he received a Nobel Prize (together with the German scientist P. Ehrlich) in 1908.

Founder of scientific gerontology. He claimed that a person could live for 120 years or more. Together with N.F. Gamaleia he founded the first bacteriological laboratory in Russia in Odessa where anti-rabies vaccinations (against rabies) were made – Pasteur's station (1886). Becoming the successor of L. Pasteur, headed the Institute of L. Pasteur in Paris.



FROM THE HISTORY OF HYGIENE



Medical and hygienic skills appeared even in the herds of Neanderthals (120-100 thousand – 40 thousand years ago), when the fire was received, they began to sew clothes from the skins, build dwellings on an elevated place near the flowing water taking into account the wind rose. The highest level of sanitation and hygiene differed the countries of the Ancient East and Central America. In ancient Greece, there was a cult of a healthy and beautiful body and the spectacular ancient Rome became an apotheosis of the development of sanitary and hygienic culture



Asclepius



Gigay

Doctors were the first immediately after the gods. In the medical family school of the ancient Greek physician Asclepius his daughters were trained. One of them – Gigay, at the end of it, began to teach people to prevent disease and maintain health. After their death they were deified, introduced into the Pantheon of the gods. Asclepius became the god of healing of ancient Greece, Gigay – the goddess of health. She gave her name to a preventive direction of medicine – hygiene.

VACCINE PROPHYLAXIS



EDWARD ANTHONY JENNER (1749-1823) – an English doctor who developed the world's first vaccine against smallpox, vaccinating vaccinia virus that was not dangerous for humans. The first head of the smallpox vaccinating lodge in London since 1803 (now Jenner Institute).

In Russia vaccination appeared under Catherine II.



After learning about the first smallpox vaccination in Europe, she invited an English doctor T. Dimedal to Russia and asked to be vaccinated first. This happened on October 12, 1768.

At present all vaccinations in Russia are carried out in accordance with the national preventive vaccination calendar. It provides for mass immunization against the main infectious diseases: tuberculosis, polio, whooping cough, diphtheria, tetanus, measles, rubella, mumps, viral hepatitis B, influenza, hemophilic infection, pneumococcal infection, and others. Vaccinations are free and they require parental consent.



Silver paper cutting knife
On the handle there is a picture of Jenner doing a smallpox vaccination

INFECTIOUS DISEASES



The main subject of the hall is infectious diseases, their transmission and prevention. Most of the infectious diseases are natural focal, i.e., diseases that exist for a long time in a certain area in nature, independently from human. The reservoir of causative agents are wild animals.

Tick-borne encephalitis is an infectious disease characterized by fever, intoxication and damage to the nervous system, resulting in the development of paralysis.

The virus enters the human body through the bite of the *Ixodes* tick. The virus survives at low temperatures, dies after boiling in 2 minutes, in milk and dairy products survives up to 2 months.

- Prevention:
- vaccination;
 - the use of protective clothing, repellents;
 - drinking boiled milk.



INFECTIOUS DISEASES



PEDICULOSIS is an infectious disease caused by parasitism of lice on the human body. Contrary to the popular belief that pediatrics is the fate of people without a specific place of residence,

this disease is equally likely to be found in everyone.

Even before our era Herodotus wrote that the Egyptian priests so carefully shaved their heads in order to protect themselves from unpleasant insects – lice.

Unfortunately, pediculosis can be obtained practically in any place where close contact of one person with another is possible: in a store, train or other public transport, and even in a swimming pool. Moreover, the louse can wait for 2-3 days for a new owner on the pillow.

Prevention of pediculosis:

- wash at least 1 time in 5-7 days, change clothes, daily brush your hair;
- do not use other people's combs, hats, towels, hairpins and elastic bands;
- you need to inspect the hair and scalp as after trips to rest, and regularly – 1 time per month.

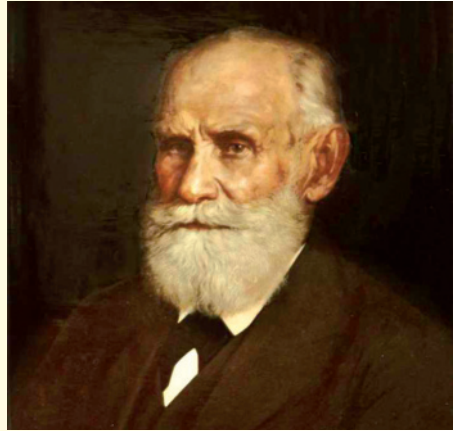


Layout «Muskrats – tularemia reservoir», 1969

I.P. PAVLOV

In the center of the hall there is a well-known model Pavlov's Dog, one of the first exhibits in the museum's collection demonstrating the mechanism for producing a conditioned food reflex that was exhibited at the II All-Russian Hygienic Exhibition, held in St. Petersburg in 1913.

I.P. PAVLOV (1849-1936) – Nobel Prize winner (1904) that he received for describing the mechanism of the conditioned reflex and evaluating its role in the activity of the digestive system. He developed the theory of conditioned reflexes, divided all reflexes into conditioned and unconditioned ones, introduced the method of chronic experiment into the practice of physiological research that allowed the study of a healthy animal (used in the experiment of dogs).



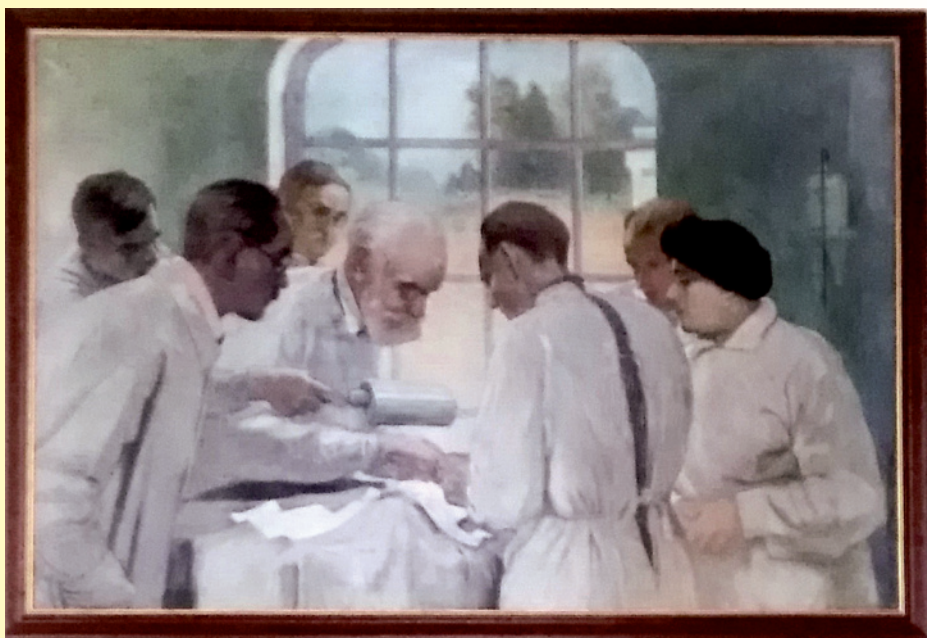
I.P. Pavlov

I.P. Pavlov was the author of the higher nervous activity doctrine that was the greatest achievement of the natural sciences of the 20th century.



«Pavlov's Dog» model, 1911

TEACHING ABOUT CONDITIONAL REFLEXES



I.P. Pavlov in the operating room with students

I.P. Pavlov set up experiments in his laboratory, located not far from St. Petersburg, in Koltushi studying the mechanisms of a conditioned reflex formation. The scientist conducted his research on dogs. All work was carried out in a kind of «Tower of Silence» – a special isolated soundproof chamber. During the experiment the animal was given the signal of a metronome or a light bulb and then a small portion of food was delivered to it. After several such sessions the dog showed salivation even without food when the signal was turned on.



Monument to the dog in Koltushi

BAD HABITS

Tobacco smoke is a hazardous substance. Substances contained in tobacco smoke have toxic, mutagenic and carcinogenic properties. Smoking and inhaling poisonous fumes, each time a smoker harms his own health and the health of those around. Along with the formation of nicotine addiction, smoking increases the risk of developing more than 25 diseases or worsens the course of diseases.

Passive smoking is the inhalation of poisonous smoke from other people's cigarettes. In passive smoking, a person inhales 70-80% of the most dangerous



Doll – smoking simulator

components of tobacco smoke. A stay in a smoky room for one hour affects a person like four cigarettes smoked one after another. Many people find it unpleasant to be in a room where it is very smoky and feel that their hair and clothes smell like acrid smoke from cigarettes.

If a person spends a lot of time in a smoky room he can develop the same diseases as a smoker.

In a smoking mother a child may be born prematurely, with heart defects, an underdeveloped spinal cord, and other pathologies. Children are more likely to be born weak with low body mass. It is related to the fact that while smoking, the mother and the fetus experience "oxygen starvation" since the maternal blood entering the child's body is not sufficiently saturated with oxygen.



BAD HABITS

Alcohol (ethyl alcohol, ethanol) refers to potent psychoactive substances that are addictive. With the frequent consumption of ethanol in large quantities, the activity of the liver, pancreas, heart and other organs is disrupted, mental disorder occurs and alcoholism develops.

Alcohol does not destroy only the brain. It also has a detrimental effect on the sex cells, which can lead to the birth of inferior children ("drunken conception") that are called "carnival children". In Athens and Sparta people laid a naked sword, insuring against minute pleasures in the first wedding night.

Even when a small amount of alcohol is consumed by a pregnant woman, fetal alcohol syndrome develops in the fetus (a combination of congenital



«Green Snake» exhibit, 1952

mental and physical defects that occur at birth and remain with him for life).



Exhibit «The effect of alcohol on the brain»

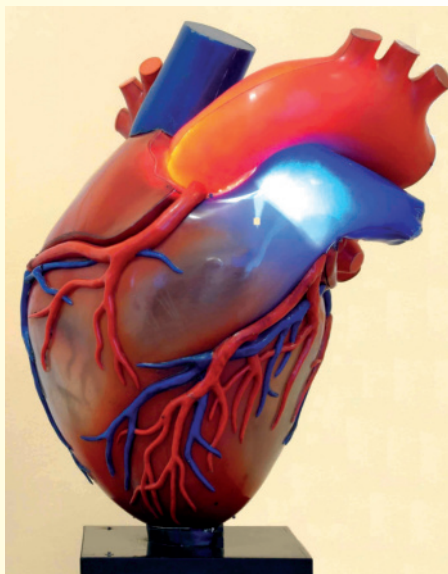
PREVENTION OF CARDIOVASCULAR DISEASES

The central exhibit of the hall is a large, volumetric two-color model of the heart, showing its shape ("inverted drop"). The size of the heart of an adult healthy person is approximately equal to the size of his fist.

The original «talking» model with light allows you to see not only the external, but also the internal structures of the heart. The cavities of the heart, the structure of the valves, the large vessels through which blood flows (arterial and venous) are clearly visible. It is possible to examine the coronary arteries, a long-lasting spasm or blockage with a thrombus leads to angina pectoris and myocardial infarction. Visitors to the museum here can not only see but also hear important medical information about the work of the heart, the circulatory circles, etc.

Prevention of diseases of the cardiovascular system is based on the main provisions:

- healthy lifestyle, balanced diet, adherence to work and rest;



- physical activity, avoiding bad habits;
- prevention of infectious diseases;
- prevention of stress situations;
- regular medical examinations.



N.S. Korotkov, 1874-1920

The showcase presents historical materials and various objects of past years, created for measuring blood pressure – ancient tonometers. A picture N.S. Korotkov attracts attention – he was a Russian surgeon, pioneer of modern vascular surgery. In 1905, he proposed the use of a sound (auscultatory) method for measuring blood pressure (Korotkov method).

STRESS. GERONTOLOGY

STRESS – a condition arising from the action of extreme positive or negative stimuli.

Stress is our response to life around us.

Help your body actively deal with stress:

- engage in autogenic training and psychotherapy;
- find classes of interest;
- observe the regime of work and rest;
- eliminate bad habits;
- do not be alone with your troubles and grief;
- go in for physical culture and sports;
- try to be optimistic.

Active factor slowing down or accelerating aging is a way of life.

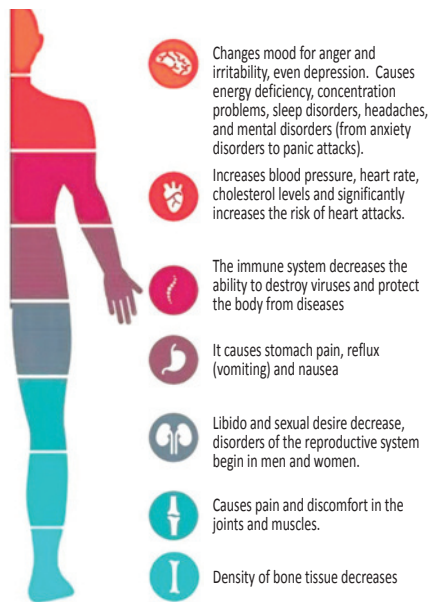
Preventing early aging involves maintaining a healthy lifestyle.

Gerontology is a science that studies the biological, social and psychological aspects of human aging, its causes and ways of dealing with it (rejuvenation).

It arose about a century ago. The object of her study is the process of aging. In this case experts in this field are trying to determine how various diseases occur in older people. The



How the stress affects the body



concept of «gerontology» is quite broad. It identifies one of the most important section directly related to the health of every elderly person. It's geriatrics.

This science is developing very dynamically. One of the most important goals of gerontology and its main section (geriatrics) is the development of effective methods for treating the elderly. At the same time geriatrics is studying not only treatment, but also the basics of prevention. This area of knowledge is of great importance, as with the age all human organs gradually work worse. It results is the development of serious chronic diseases

DENTIST CHAIR XIX CENTURY.



E.K. Lancere

On the old dental chair in the Museum of hygiene a sign is marked in black letters on the white enamel: "DENTAL DOCTOR E.K.LANSERE".

This chair belongs to Elena Kazimirovna

Lancere (1885-1974) – the dentist, the wife of Nikolai Evgenyevich Lancere (1879-1942). He was an outstanding architect, a professor at the Academy of Arts, the author of many architectural masterpieces, a representative of the artistic dynasty of Benoit-Lancere, the author of the project of the stone pavilion



«Petersburg» where in 1913 the All-Russian Exhibition of Hygiene took place. «that is usually mentioned in literary sources).



Pavilion II All-Russian Hygienic Exhibition, 1913

FROM THE HISTORY OF AMBULANCE TRANSPORT

The first ambulances appeared in Vienna at the end of the XIX century.

The impetus for the creation of ambulance in Russia was the terrible disaster of Khodynka on May 18, 1896 that happened during the coronation of Nicholas II and killed nearly 2000 people. In the same year Professor N.A. Velyaminov developed a project of an institution for emergency medical care.

Before that police firefighters and sometimes cab drivers picked up victims of street accidents, taking them to the emergency rooms at police stations. Originally ambulance crews had only horse carriages.

By 1912 the first ambulance car was re-designed by the project of Dr. Vladimir Petrovich Pomortsov. In St. Petersburg, three ambulance cars of the Adler company were acquired in 1913. At the same time an emergency



The crew of the Central Ambulance Station, St. Petersburg, 1900

ambulance station was opened on ul. Gorokhovaya 42

Nowadays there are “ambulance services” with the words “cardiological” or “resuscitation”, in recent times children’s resuscitation has begun to appear including neonatal (for newborns)



HEALTHY TEETH - BEAUTIFUL SMILE

The first information about dental diseases belong to the primitive society when people began to prepare food of animal origin on fire. In the countries of the Ancient East and Central America dental diseases were treated with solutions and pastes prepared from herbal ingredients. The cause of toothache was seen in the action of the «toothworm». In Russia folk healers – zubodoriy, dentists – were treating dental diseases. In the XVIII century, fascinated by medicine, Peter I brought back a set of dental instruments from Holland and he himself was pulling teeth from the courtiers sometimes without analyzing which tooth he was pulling out if it were sick or healthy; his actions horrified his patients.

Since 1838 dentists in Russia began to be called dentists. The first dental school in Russia was opened in 1881. F.I. Vazhinsky.



«Healthy and sick teeth» exhibit



History of dentistry

SUPPORT-MOTOR APPARATUS. HEARING

The core of the whole body is the spine. It is no coincidence that such definitions as "The spine is the key to health" or "If there are many diseases, this means that the spine is sick" have become familiar to everybody.

In everyday life caring for your spine it is important to choose the right bed, furniture for adults and children, shoes that do not effect negatively the function of the foot.

Flat feet – one of the most common diseases of the osteo-ligament apparatus in children.



HEARING

If the intensity levels of perceived sounds are within 70 decibels then there will be no pathological changes from them. But sounds over 70 dB become stressful for the ear. If the volume exceeds 80 dB, then such noise, particularly long-lasting, is harmful to health: a jackhammer gives – 90 dB, rock music – 110-140 dB, thunder – 130 dB. A very strong sound may result in the eardrum rupture. Constantly

listening to music through headphones, a person begins to quietly lose his hearing.

Take care of your ears when bathing. After swimming, be sure to shake the water out of your ear. Protect your ears from a strong wind and sub-zero temperatures.

In the case of foreign bodies in the ear do not try to remove them from the ear canal. Turn to a doctor immediately.



ANATOMICAL HALL



A. Kazantsev. "Anatomy", 1950

The Anatomical Hall is the largest hall of the museum, the exposition of which tells about various systems of the body, non-communicable diseases and their prevention.

The hall presents moist anatomical exhibit preparations of the heart, brain, intestinal preparations, healthy lung and pulmonary pathology that develops in smokers. As well as models of the sense organs, skeleton, muscles and much more.

At the same hall you can get acquainted with interesting material (moist exhibits, models, drawings) on parasitic diseases – helminth infections and their prevention.

Sources of infection with helminthiasis can be sick animals, people suffering from helminth infections, contaminated food and water. All worms, particularly on the early stage and when migrating through

the human body, cause a rearrangement in the immune system, a whole complex of allergic skin reactions develops. There may arise a pneumonia, cough with sputum, low-grade fever, conjunctivitis, enlarged liver, lymph nodes, edema. Worms emitting biologically active substances, suppress the protective reactions of the body.



ANATOMICAL HALL



Particular attention is attracted by the figure «Glass Man» (the idea and creation of the German anatomist F. Chuckert. He created «Woman of Glass» and «Man of Glass» – anatomically correct transparent

dummies, which became a sensation in Germany in the 1930s).

In the hall there is the picture «Anatomy» (A. Kazantsev, 1950) illustrating the interest of physicians of the XVII century

to the structure of the human body for the successful treatment of diseases, and the picture «William Garvey explains the blood circulation system to the students» (A. Kazantsev, 1950) tells about the creator of the theory of blood circulation, who theoretically proved the insularity of the cardiovascular system (1628).



A. Kazantsev. «William Garvey explains the circulation of blood to the pupils», 1950

SOCIALLY SIGNIFICANT DISEASES

HIV infection is a disease caused by a virus of human immune deficiency (HIV) with a slow progressing course, affecting immune system and leading to AIDS (acquired immunodeficiency syndrome)

Currently there are effective antiviral drugs. Regular reception under the supervision of a physician can significantly reduce the activeness of the virus and improve immunity.

HIV infection is a disease of behavior! Its distribution depends on the characteristics of behavior and lifestyle.

It is possible to avoid infection by following certain rules of safe behavior:

- drug refusal;
- safe sexual behavior;
- use of disposable or sterile instruments for medical procedures related to the penetration into

Disease prevention – health basis

HIV



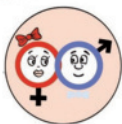
Don't die of ignorance!

the body: ear piercing, tattoos, piercings;

- use only an individual toothbrush, scissors, razor, etc.

HIV (human immunodeficiency virus) is transmitted:

- with unprotected sexual contact (without a condom) with an infected person (sexual intercourse)



- through the blood when using common syringes and needles, the use of non-sterile instruments, through manicure, piercing and other manipulations. While working with infected blood the virus can penetrate through cuts (hemo-contact path)



- from infected mother to her baby during pregnancy, childbirth or breastfeeding (vertical path)

HIV (human immunodeficiency virus) is not transmitted:



- at a handshake, a friendly kiss
- with a hug
- through sweat and tears
- through cough and sneezing

- through the dishes, household items, bedding, money



- in pools, spa. baths, saunas, shower

- with insect bites, through cats and dogs



SOCIALLY SIGNIFICANT DISEASES

DRUG ADDICTION – a disease that is manifested by the desire to continuously receive of narcotic drugs in increasing quantities, the result of which is a persistent psychological dependence with the development of abstinence (withdrawal syndrome) at the termination of their consumption.

Drug consumption is a delayed suicide, a guaranteed way to nowhere.

Drug distribution is related to the activities of the global drug business. Buying a drug you help somebody to get rich at the expense of your health/

Tuberculosis is a socially significant human infectious disease widespread in the world, caused by various types of mycobacteria (Koch sticks). Before 20th century tuberculosis was practically incurable.

The Day of White Chamomile in Russia, as a sign of solidarity with patients with tuberculosis, was originally held under the auspices of Prince A.P. Oldenburgsky (the House/Dynasty of the Romanovs) in 1908. The income from the sale of flowers went



to help the sick people. The Day of White Chamomile continued to be celebrated in modern Russia since the late 1990s.

Currently, a comprehensive program has been developed to identify and cure the disease in the early stages of its development.



Royal family. «Day of white chamomile»

NUTRITION



Nutrition – a complex process of nutrients intake, digestion and assimilation in order to ensure energy spending and ongoing processes in the tissues of the body.

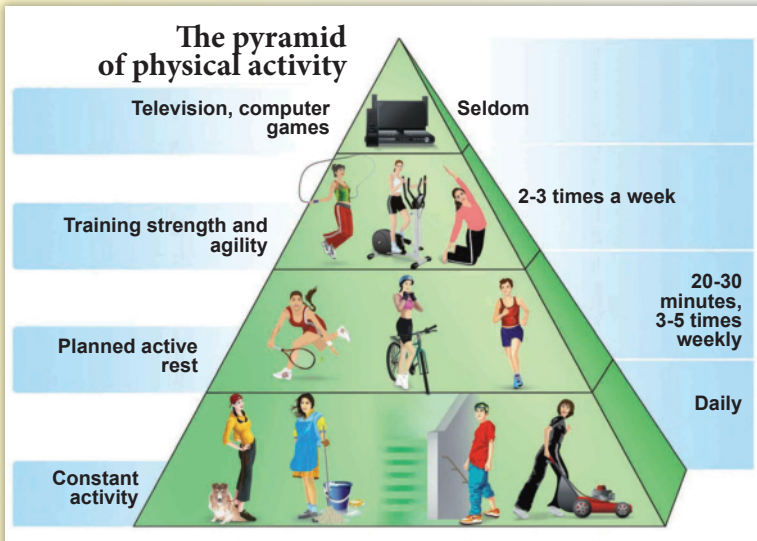
The nutritional factor plays a major role in the development of the following diseases:

- cardiovascular diseases (61%);
- neoplasms (31%);
- type 2 diabetes mellitus (5%);
- nutritional deficiencies (2%)
(iodine deficiency, iron deficiency).

PRINCIPLES OF RATIONAL NUTRITION:

- energy balance;
- balanced nutrition;
- diet;
- meal conditions.

PHYSICAL ACTIVITY



PHYSICAL ACTIVITY is one of the key aspects of a healthy lifestyle.

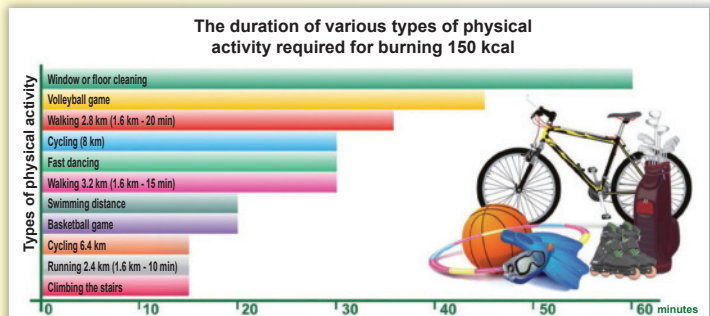
• the strength of body bones increases.

ROLE OF PHYSICAL ACTIVITY:

- lung ventilation increases, bronchial conductivity improves;
- activates the digestive glands, increases intestinal motility;
- muscle strength, their volume, elasticity speed of contractions increase;
- improves blood supply to the brain and oxygenation,
- resistance to stress increases;
- ligaments become stronger and more elastic;

Prevention of physical inactivity – daily moderate physical activity for 30 minutes or walking in the fresh air (10 thousand steps). Go up the stairs without using the elevator.

The duration of various types of physical activity required for burning 150 kcal



MIRACLE OF LIFE

VARVARA ALEKSANDROVNA KASHEVAROVA-RUDNEVA (1841-1899) is one of the first Russian women doctors. In 1863, she was enrolled in the Medical-Surgical Academy as a volunteer fellows (as an exception). On December 9, 1868, for the first time in Russia, a woman was recognized as an obstetrician-gynecologist. Her scientific articles were published in domestic and German journals.

Kashevarova-Rudneva was a member of the "Association of Russian Doctors in St. Petersburg". In 1876, she defended her thesis applying for a doctorate degree in medicine. She participated in international medical congresses in European countries, in America. Published more than 15 scientific papers.



V.A. Kashevarova-Rudneva

REPRODUCTIVE HEALTH – not only an important element of the physiological well-being of each person and his quality of life, but a factor in the demographic state of society, development prospects and prognostic opportunities for the future.

HUMAN GENETIC INFORMATION. Human cells contain 46 chromosomes. All of them are combined into 23 pairs that make up the set. There are two types of chromosomes: autosomes and sex. The first form 22 pairs – common for women

and men. They differ from the 23rd pair – the sex chromosomes that are different in the cells of the male body.

The female sex chromosomes are XX, and the male sex chromosomes are XY.

It is important to remember that pregnancy must be planned, because the termination of the first pregnancy is particularly dangerous – according to statistics, infertility in 75% is associated with it.

Pregnancy needs to be planned.





Want to know more about health?

**Come to the only one in Russia Museum of Hygiene –
St. Petersburg, Italianskaya st., 25,
Phone +7(812) 246-69-08**

We do not treat people, but teach them to be healthy!



Отпечатано: ООО «МИР». Адрес: 394033, г. Воронеж, Ленинский пр-т, д.119А, оф. 226, тел.: 8-906-679-04-80, 8 (473) 258-08-27.

Заказ № 21696-401. Тираж 300 шт. Фото А. Киселев, из архива ГЦМП и Интернет, рис. Е. Шориной.

Отпечатано 26.04.19 г. Распространяется бесплатно.