

«TO BE YOUNG IS TO BE HEALTHY...»

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The 21st century - is not just the age of nanotechnology and advanced world, it is a century of viruses, the age of depression, age of ecological disasters. Despite the new discoveries in medicine, astronomy and physics, humanity is always at risk of technological, environmental and political impact. With each decade the level of physical and emotional stress increases. Modern man is to create optimal conditions for their existence should not be merely clever or talented but first and foremost he must be healthy. Health – is the most precious human's capital. If there is a health - it means there is a future.

Unfortunately, everyday experience shows that the youth of the 21st century, i.e. people aged 15 to 35 years old, does not think about how ruining their health. Alcohol, drugs, computer addiction, irregular sleep and rest, inadequate nutrition, in particular fast food and other genetically modified products, and more, have their negative effect on the body. Danger lies in that the effect is not immediate. Initially, it is simply a hobby, then turns into a habit, and in the end becomes an addiction. Moreover, to treat these people is difficult because they tend to address for the help in the critical conditions, when it is already impossible to recover health.

What prevents young people to be healthy? Why we are still cannot solve this problem? Here is a short list of reasons:

1. The negative influence of family, friends and loved ones.
2. Bad habits as a method of dealing with stress, escape from reality, an inability to cope with their own emotions and experiences.
3. Unwillingness, lack of willpower, motivation, an irresponsible attitude towards their health. Inability to establish truly meaningful, constructive life goals.

4. Lack of leisure time and opportunities for sports, lack of physical activity.

5. Inadequate rest and sleep (sleep deprivation, night sleep less than 7 hours per day for an adult), violation of the regime of work and rest (lack of rest breaks during the working day, no holidays, no annual vacation), failure to comply with hygiene of living quarters (airing at least 1 times a day, wet cleaning at least 1 times per week), failure to comply with the rules of personal hygiene (oral care at least 2 times a day, non-compliance with the rules of washing hands, body care), unsafe sexual behavior (casual sex, unsafe use of contraceptives to health);

6. Delays and malnutrition.

7. Delays in seeking medical care (treatment only in case of severe symptoms of the disease, neglect, and the passage of preventive medical examinations) inadequate treatment (interruption of treatment prescribed by a doctor), self-treatment (prescribing himself pharmaceutical drugs and treatments without a prescription, including someone's advice, as well as passion for "folk" methods of treatment), the lack of self-control of basic health indicators (measurement of blood pressure, blood sugar and cholesterol levels, weight, mammography (women) less than 1 time in half a year);

Come to think, many problems could have been avoided. How often do we regret the missed opportunities, about how did not appreciate what we had. Dear friends, in the vanity of this world, keep in mind about yourself, your health, it in fact is so important. Lead a healthy lifestyle is not just a desire, it is the need of our generation. There is no need to go to an expensive gym or buy expensive products. Most importantly is to want it! Wanting to improve, wanting to be stronger, it should become part of our spirituality. Taking care of your health, not only will prevent many diseases in the future, but will also help to grow spiritually. In a healthy body healthy mind! Our body is the temple of the soul. Raising in ourself solicitous attitude towards our health, we foster careful attitude to the others, to the world. Only a healthy man can be fully happy. Therefore, our happiness is in our hands!