

EVALUATION OF THE IMPACT OF THE CLIMATE IN SUPRAŚL ON THE PREVALENCE OF RESPIRATORY TRACT INFECTIONS AND ALLERGIC DISEASES IN CHILDREN AND YOUTH

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Introduction. The experience of many years of medical practice in pediatrics and school age medicine, general and family medicine indicates that upper respiratory tract infections are the most frequent pathologies at the developmental age and the reason for school absences. According to scientific sources, respiratory tract infections constitute 60% of the reasons for consulting family doctors. Many factors contribute to this situation, among others: viral infections, environmental factors, and also weather and climatological conditions.

Aim. To evaluate the impact of the climate in Supraśl (Podlasie) and Pisz (Mazury) concerning the prevalence of upper respiratory tract infections and allergic diseases in children and youth.

Materials and methods. The research involved 370 subjects, 176 girls and 194 boys in Supraśl, and 559 subjects, 295 girls and 264 boys in Pisz. The researched subjects completed a questionnaire form. Anthropometric measurements were marked on pre-prepared forms, the types of body structures and postures were determined. Head and chest circumferences were taken for the youngest children. Arterial blood pressure, resting pulse rate and pulse rate after exercise (15 s of stationary running), and voluntary apnea (only in school-age children) were measured. The range of examinations was extended by a new element – iris examination (iridology method).

Results and discussion. A higher prevalence of respiratory allergy and bronchial asthma is discernible among the researched subjects from Pisz (8.58%) in comparison with those from Supraśl (5.94%). Recurrent upper respiratory tract infections (inflammations) were detected in 13.51% of the examined subjects in Supraśl, in comparison with the examined subjects in Pisz – 1.61%.

Conclusions. Regional climatic specificity of Poland indicates the beneficial, local impact of the microclimate in Supraśl concerning the health condition of children and youth.