ù ¬ ¯ « Å ¾ ” û 8

ù « ¯ Å Í g ô Î 9 7 ” y ® Þ ¨ 7 Ü ® Y v 8 ã 3 ð

è W b \ > ~6ä & 8 S K r M b [>* H g • C T I 8 r M | :>* H L Æ 8 S K r M

6ä & ¥ ì >8>0>,>0>1 º>/>/ v>0>6 ¥>&!F>'>/>5 ì >1>. (%

6ä & ‰ 2>8 œ å Û – å

K)F ›>8 Zoom(Ñ î ¸ • å ¢)ID>8 890 6191 5257

Zoom URЯ8

https://us02web.zoom.us/j/89061915257?pwd=Uk93L2JWWDJ3dnFkYmkvSjFGN21DZz09

ZoomÃ « á î » >8538773>& V0ŮRL† ¡ Ü µ ¡ K Z g • M • œ c ° Š Y0[[M>'

± – º Ý>8 **Internal radiation exposure from 137Cs and its association with dietary habits and upper gastrointestinal endoscopic findings in Zhytomyr region, Ukrain.**

$Î /² *..>86× î ± Û N!ÿ ‹7€ $ª%Ê'2 d ¹ %Ê'2 N4 4Š>& N%Ê - å ± î>'

± Û7T#Õ Yesbol Sartayev ›#Õ

People living in areas around Chernobyl Nuclear Power Plant (CNPP) have been exposed to low dose 137Cs which has over 30 years half- life chronically. Residents eat contaminated locally grown food and wild forest foodstuff that most likely contain 137Cs, despite more than 3 decades have passed since the accident. Therefore, we assessed the status of the internal exposure dose by measuring the internal concentration of 137Cs using the whole-body counter, the dietary habits, and possible impact of low dose chronic internal radiation onto GI organs in residents living around CNPP. All data were collected at Korosten Medical Center in Zhytomyr region, Ukraine. Participants of our study were adults who underwent screening for internal radiation on Whole-body Counter. In this presentation, we introduce results of our previous studies.

± – º Ý>8 **Trend of quality of sleep after the Great East Japan Earthquake in Fukushima**

$Î /² *…>8&Ÿ å%4'g &É ± Û$? Û1n Ù ± Û7T#Õ -f ¾%? ^›#Õ

Aim: The aim of this study was to determine the association of evacuation with the quality of sleep in Fukushima prefecture before and after the Great East Japan Earthquake.

Methods: Data from specific medical examinations of residents in Fukushima prefecture between 2008 and 2017 from the National database were used. The questionnaire included the question: "Do you sleep well and enough?" A response of "No" was defined as low sleep quality. A cumulative total of 3,866,754 persons between 2008-2017 who answered the questionnaire were included in this study. Then Fukushima was divided into four regions: Mountainous, Central, Coastal, and Evacuation areas. We calculated the age-

DGMXVWHG SUHYDOHQFH RI ORZ VOHHS TXDOLW\ DQG WKHLU DVVRFLDWHG E
prevalence ratio was compared between the periods 2008–2011 and 2012–2017, before and after the disaster, using Poisson regression to derive the prevalence ratio. In addition, Joinpoint regression was conducted to analyze the inflection point and calculate the Average annual percentage change (AAPC) through the period.
Results: The proportion of low sleep quality increased by 6.2 points in the Evacuation area after the disaster. The rate increased continuously until the year 2017. The inflection points were detected in all age and sex groups around 2010-2011, with an average AAPC (95% confidential interval) of 3.8 (1.3– 6.4) in males and 3.0 (1.7–4.4) in females. For the age group, AAPC was 5.2 (2.4– I R Xá á C¸ P 0 À € p P 60), 4 0 11.04 56.64 786.60), area after 10.9 (a(continuouTJ 10.J (–an(2011)1099 (and 2)10.9 (0)10.8011 Tw [males. 08.435eFor th)10.8(–(