

Section 03. Challenges in Environmental Protection

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Influence of Environmental Factors on Digestion Processes

In a modern city, a person is exposed to environmental factors that largely determine the adverse changes in his health.

When extreme factors such as high ambient temperature, low atmospheric pressure, water pollution, various kinds of radiation and super-strong sound influence on the body, normal vital functions of the digestive tract are violated.

The water factor plays a big role in infecting geohelminths with the use of water containing eggs or larvae of these parasites. The helminth eggs can enter the human body if raw river water is used for drinking, as well as when washing fruits and vegetables. Worm infections can occur during bathing in a polluted water, which is especially characteristic of infection with a wide ribbon (diphyllobothriasis), since an aquatic environment is needed to develop its larval stages.

Contamination of drinking water causes primarily diseases of the digestive system and excretory system. These include gastritis, stomach ulcers, gallstone and urolithiasis, nephritis. Thus, with an increase in the content of chlorides and sulfates 3-5 times in water, the incidence of bile and urolithiasis are increasing, and an increase in vascular pathology is also observed. Pollution of water with organic and inorganic industrial wastes leads to damage of the liver, blood-forming apparatus and the deposition of calcium salts.

It is known that most of the polluting elements enter the reservoirs together with sewage from large enterprises. Water treatment is one of the ways to solve the problem of water pollution. Compliance with several simple rules will help to significantly reduce the level of water pollution:

- Use tap water sparingly.
- Avoid getting household waste into the sewer system.
- Remove nearby ponds and beaches from debris.
- Do not use synthetic fertilizers.
- Dispose of discarded trash.

Despite the fact that the problem of water pollution is reaching an alarming scale now, it is quite possible to solve it. For this, each person must make some efforts; take care of nature more carefully.