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- **Food Expertise and Safety**
- **Food Technologies**

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UKRAINE

IODINE INSUFFICIENCY AS A DIETARY ISSUE IN ELDERLY PEOPLE AND ITS CONNECTION WITH PATHOLOGY OF THYROID

Insufficiency of the iodine intake is widespread in many countries including Ukraine. Pathologies that may develop due to this microelementinsufficiency are very variable and connected to low synthesis of thyroid hormones and inadequate content of the iodine in different tissues. In contrast to other developed countries in Ukraine the problem of the sufficient supply of the iodine for the people is still remaining without any solution.

The biggest part of attention about the iodine supplement is given to the children and pregnant women who are really the most susceptible for the iodine insufficiency. But we shouldn't forget about elderly people.

Aging is an important feature of the demographic situation in Ukraine. The portion of the elderly people in Ukraine according to the official statistical data is over 30%. In our country this group is one of the most vulnerable and not socially unprotected. Besides all the social factors in this age people start experience some health problems that were that previouslywere not seen. And among other, problems with thyroid are playing very important role that shouldn't be ignored.

In our researches have participated 53 patients in the age of 40-78 years. Median of the iodine urinary excretion was 68.99 mcg/l, that indicates mild iodine insufficiency. Meanwhile the normal range of iodine excretion in elderly was revealed only in 19.4% of elderly patients. Structural changes in thyroid gland (diffuse goiter, nodular goiter and diffuse-nodular goiter) revealed by USI were found in 41.3%.

Values of iodine excretion were inverse correlated to the sizes of thyroid gland.

The easiest and the most effective way to compensate insufficient supply of iodine is regular intake of the iodized salt that is standard practice in other countries. According to data that were obtained by specially developed questionnaire only 53.7% of the elderly patient are using iodized salt on the routine bas

KEY WORDS: *iodine insufficiency, elderly patients, prevention*