

## In honor of Professor Tamara Mykolaivna Khrystych anniversary

N.B. Gubergits

April 2013 will celebrate the anniversary of a famous scientist, gastroenterologist, Professor T.M. Khrystych.

Tamara Mykolaivna Khrystych is Professor of Family Medicine Department at Bukovina State Medical University, M.D., a talented scientist, physician, teacher, and all her life is associated with Chernivtsi and Chernivtsi region. Neatness, punctuality, ease of communication, the interest to everyone with an inherent gift to see the students, doctors, scientist personality - it is everyday life. She is always gracious in conversation, balanced in mind. It is not an exaggeration - medicine for her is not only the main thrust of life, but her main pleasure (her students' opinion).

Tamara Mykolaivna was born on April 22nd 1943 in Shura Abad Kulyabskiy region Tajik SSR in the family of a serviceman, the reason why her childhood was accompanied with move to Tadzhikistan, to Moldova, to Turkestan, to Ukraine.

1957 year Tamara Mykolaivna entered to Chernivtsi medical school, and in 1960 year she received paramedic diploma and was assigned as a paramedic specialist in picturesque village Banuliv, at that time belonged to Vasckivetckiy district, after (1963-1964) became a head nurse of children's department in Vizhnitsk central hospital. Working as a nurse and gained invaluable experience in clinical work, she realized the need and importance of physicians of all ranks in order to achieve the ultimate goal - the recovery and rehabilitation of the patient, she has earned respect as an expert. However, having a restless nature and seeking new knowledge, Tamara Mykolaivna dreamed of higher education, with support of her family and husband - Dmitry Vasiliovich.

1964 year she successfully passed the entrance exam, she became a student of Chernivtsi Medical University, where she studied all the 6 years, focusing on family and raising a daughter (there were about 70% of the students on the course with enough experience and families). Since 3 year Tamara Mykolaivna is an active participant in student scientific society medical school and the council. 1967 year her first scientific work won first place in the National Conference of Students and Young Scientists in Odessa.

1970 year she received diploma, has worked in gastroenterology in Chernivtsi Clinical Hospital department, where at that time dominated highly intelligent academic atmosphere that was created by the Head of Faculty Therapy Professor Samson O. I. As a result, work has been started with thesis on "The exocrine pancreatic function in peptic ulcer depending on the period of the disease and treatment," which was successfully defended in 1974. The important concept to take into account the condition of exocrine gland function in the treatment and prognosis of recurrence of peptic ulcer. During this period scientific cooperation began with Dnipropetrovsk Scientific-Research Institute of Gastroenterology, Department of liver and pancreas (Head - Professor Rafes Y.I.) and continues to this day. Due to this collaboration for the first time in Ukraine the use of secretin in the treatment of peptic ulcer was offered. In addition, for the first time

in Ukraine and worldwide shows a positive effect of Bulgarian drug - almagel effect on the state of exocrine pancreatic function in peptic ulcer.

Since 1973 year Tamara Mykolaivna has started work as an instructor of Propedeutics Internal Medicine department. This was the period incipience as a doctor, scientist and educator. Life gave her a chance to know teachers and clinicians as Professor Burchynskyy G. J., Vladkovskyy I.K., associates Mohun I.K., Krychyn J. I.

While working as an assistant of Faculty Therapy Department (1977-1990 years), and since 1990 became an associate professor of the same department, she continued research, and promoted her research activities. Later scientific achievements turned into doctoral thesis "Clinical and pathogenetic substantiation of rehabilitation and staging of chronic pancreatitis", which was defended in 1996. For the first time in Ukraine was given reasonable differentiated approach to the treatment and rehabilitation of patients with chronic recurrent, infiltrative, fibrosing pancreatitis based on severity of disease, comorbidity, intensity of oxidative stress prooxidative protection systems and features of chronorhythms for staged treatment: in-patient department rehabilitation department out-patient hospital health and recreation resort. She mentions respectively help that gave her honored workers of science and technology of Ukraine Pistko Grigoriy Timofeevich, Samson Elena Illarionovna, Corresponding Member of Pedagogical Sciences of Ukraine Vasily Pavlovich Pishak, Honored Doctor of Ukraine Professor Alexander Ivanovich Voloshin, Professor Meshchyshe Ivan Fedorovitch, Associate Dyschuk Ivan Petrovich.

Tamara Mykolaivna is an author of nearly 500 scientific researches, in particular 5 monographs, 17 textbooks, 8 technique guidelines, 38 work-improvement suggestion and 7 patents for inventions. Result of studies published in the pages of numerous national and international scientific publications. Research interest of professor T. M. Khrystych is not limited by gastroenterology and pancreatology only. Her researches are also related to pathophysiological problems in the clinic of internal diseases, especially the mechanisms of the syndrome of systemic inflammatory response to injury, chronic common and local inflammatory reaction in the comorbidity of diseases such as chronic pancreatitis, chronic obstructive pulmonary disease and coronary heart disease and myocardial ischaemia. A number of papers devoted to the problems of ecology, clinical immunology and clinical pharmacology. Working at the Regional Clinical Hospital of disabled soldiers (from 1996 to 2001).

T.M.Khrystych - Professor of Hospital Therapy and Clinical Pharmacology (BDMA), deeply studied gerontological aspects of diseases of internal organs, especially the pharmacokinetics, pharmacodynamics of certain drugs described in detail in the book "Chronic pancreatitis: unsolved problems", "Chronic bronchitis, a differentiated approach to the treatment and prevention according to age" and "Chronic pulmonary heart: Modern concept». She has worked closely with the Kiev Research Institute of Gerontology and Geriatrics about this problem.

Since 2001 year she had being worked at all therapy departments of BDMA, till present time (already 11 years) Tamara Mykolaivna holds the position of professor of family medicine, constantly working on self-improvement, developing science in the home institution. Tamara Mykolaivna also maintains close research links with scientists all over Ukraine and abroad.

5 PhD theses (each of them exploring new mechanisms of important comorbidity pathologies) and 2 Masters qualification were performed under supervision of professor T.M. Khrystych. Tamara Mykolaivna is a part of the academic councils in "internal medicine" at Donetsk National Medical University and majoring in "general practice / family medicine" in the Lugansk State Medical University.

Her social activities are very countervailing - since 1980 she has elected for been four times a deputy of district council and a member of the executive committee, once has been part of the Academic Council of Bukovina State Medical University; she is a member of the Academic Council of the Faculty of Postgraduate Education BSMU, CMC, FMC on therapeutic disciplines; a member of Ukraine Society Gastroenterology, a member of the Association of Physicians of Chernivtsi University in honor V.H. Vasilenko; a member of the Association of Family Physicians of Chernivtsi region. In addition, she is a member of the International, European and Ukrainian pancreas clubs, member of the Presidium Ukrainian Club pankreatologists, head Bucovina Club of pankreatologists, a member of the editorial board of the journal "Vestnik of Pankreatologists Club».

Tamara Mykolaivna has done much to develop pankreatology not only in Bukovina, but also in Ukraine as a whole. Her researches are often published in club materials of the European Club pankreatologists, International Association of pankreatologists. Professor T.M. Khrystych constantly reports on her findings at scientific conferences in foreign countries, Russia, Ukraine, the Ukrainian Club meetings of pankreatologists. Tamara Mykolaivna's advances in pankreatology are marked by the highest award of Ukrainian Club pankreatologists - Crystal panther.

Tamara Mykolaivna is attractive, intelligent, educated person, nice to socialize and collaborate with.

Let us greet Tamara Mykolaivna Khrystych with a glorious anniversary! Good health, further productive work and all the best!