



# The 30th Anniversary Russian Gastroenterology Congress and the Meeting of the Profile Commission on Gastroenterology of the Ministry of Health of the Russian Federation

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## 30-й юбилейный Российский гастроэнтерологический конгресс и заседание Профильной комиссии по направлению «Гастроэнтерология» Министерства здравоохранения Российской Федерации

А.А. Шептулин

ФГАОУ ВО «Первый Московский государственный медицинский университет им. И.М. Сеченова» Министерства здравоохранения Российской Федерации (Сеченовский Университет), Москва, Российская Федерация

From September 29 to October 1, 2024, the 30th Anniversary Russian Gastroenterology Congress was held in person in Moscow at the Congress Center of the International Trade Center under the auspices of the Russian Gastroenterological Association (RGA), the Russian Society of Neurogastroenterology and Motility, the Russian Scientific Liver Society (RSLS), the Specialized Commission on Gastroenterology of the Ministry of Health of the Russian Federation, the Department of Medical Sciences of the Russian Academy of Sciences and ООО Gastro. It was attended by 1,300 doctors of various specialties (gastroenterologists, therapists, general practitioners, pediatricians, surgeons, proctologists, endoscopists, pathologists, oncologists, nutritionists, etc.) from the Russian Federation and the CIS countries.

Simultaneously, meetings were held in five halls; during the Congress, 46 scientific symposia were held, and 207 scientific reports were heard (Fig. 1).

Information support was provided by 19 publishing houses and publications, including the Russian Journal of Gastroenterology, Hepatology, Coloproctology. An exhibition was organized within the framework of the Congress, where visitors could obtain information about new drugs and medical equipment.

The plenary sessions discussed current issues of etiology, pathogenesis, diagnostics and treatment of diseases of the digestive system. The issues of

diagnostics and therapy of gastroesophageal reflux disease (GERD), Barrett's esophagus and achalasia, prevention of development of esophageal adenocarcinoma were considered.

Much attention was paid to the diagnosis and treatment of gastric diseases (atrophic, biliary and autoimmune gastritis, peptic ulcer disease), achievements and prospects of eradication therapy of *Helicobacter pylori* (*H. pylori*) infection as a basis for the prevention of peptic ulcer disease and gastric cancer.

A significant number of reports were devoted to the diagnosis and treatment of liver diseases and their complications (liver fibrosis and cirrhosis, hepatic encephalopathy and sarcopenia). The focus was on fatty liver disease associated with metabolic dysfunction, which was considered as an interdisciplinary problem affecting not only gastroenterologists, but also endocrinologists and cardiologists.

Of great interest were the reports related to diseases of the pancreas and gall bladder. The issues of primary and secondary exocrine pancreatic insufficiency, as well as the features of enzyme replacement therapy, diagnosis and treatment of chronic cholecystitis and gallstone disease, and modern possibilities of pharmacotherapy of biliary sludge were discussed.

Current issues were discussed in reports devoted to intestinal diseases. These included the features of cancer prevention in ulcerative colitis, changes in intestinal microbiota in patients with



**Figure 1.** At one of the symposiums of the 30th Anniversary Russian Gastroenterology Congress

**Рисунок 1.** На одном из симпозиумов 30-го юбилейного Российского гастроэнтерологического конгресса

inflammatory bowel diseases and the possibilities of its correction, the importance of timely diagnosis and treatment of small intestinal bacterial overgrowth syndrome.

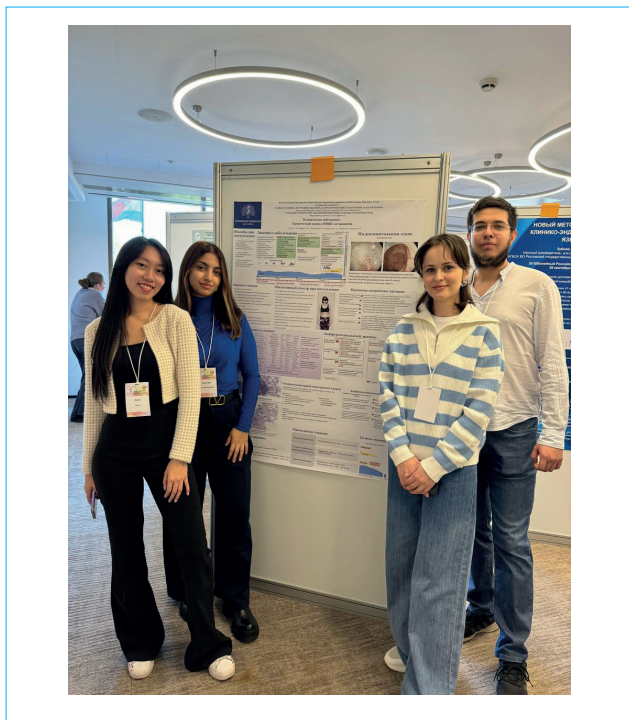
A number of reports concerned functional gastrointestinal diseases. The role of inflammation and motility disorders in the occurrence, course and consequences of functional diseases of the gastrointestinal tract and biliary tract was assessed. Clinical recommendations of the Russian Gastroenterological Association and the Association of Proctologists of Russia on the diagnosis and treatment of irritable bowel syndrome were discussed.

The current issues of pediatric gastroenterology were discussed, in particular, the multidisciplinary approach of gastroenterologists and immunologists to the treatment of immune-mediated intestinal diseases, and gastroenterologists and surgeons to the treatment of Crohn's disease.

Fifty-eight poster presentations were announced within the framework of the Congress. The presentations were made by authors from Moscow, Smolensk, Kazan, Nizhny Novgorod, Yaroslavl, Rostov-on-Don, Simferopol, Donetsk, Saratov, and Krasnoyarsk (Figs. 2, 3).

A competition for the best poster presentation was held, and the jury selected the following as winners:

- 1st place — **O.E. Akchurina, L.K. Tuma-kova, D.D. Mukhametova, E.S. Bodryagina, A.Kh. Odintsova, D.I. Abduganieva** "Ultra-sound diagnostics of sarcopenia in patients with inflammatory bowel diseases" (Kazan State Medical University, Kazan);
- 2nd place — **Ch.M. Lyong, O.S. Shifrin, E.A. Poluektova, A.V. Korolev, A.S. Tertychny, V.T. Ivashkin** "Chronic constipation and NSAID enteropathy" (V.Kh. Vasilenko Clinic of Propaedeutics of Internal Medicine, Gastroenterology and Hepa-tology, Sechenov University, Moscow);
- 2nd place — **A.I. Skutar, A.V. Borsukov** "Liver elastometry in comorbid pathology in patients with metabolic syndrome against the background of chronic heart failure" (Clinical Hospital No. 1, Smolensk);
- 3rd place — **A.V. Naletov, N.P. Guz, P.I. Kuropyatnik** "Frequency of overlap syndrome of functional gastrointestinal disorders in patients who have had COVID-19" (Donetsk National Medical University named after M. Gorky, Donetsk).



**Figure 2.** Clinical residents of the Department of Propaedeutics of Internal Diseases, Gastroenterology and Hepatology of Sechenov University at a poster session. From left to right Ch.M. Luong (author of the poster report, who took second place in the competition), A.Kh. Kafarova, Ye.A. Avazbekova, A.A. Kazarov

**Рисунок 2.** Клинические ординаторы кафедры пропедевтики внутренних болезней, гастроэнтерологии и гепатологии Сеченовского университета на сессии стендовых докладов. Слева направо: Ч.М. Лыонг (автор стендового доклада, получившего второе место в конкурсе), А.Х. Кафарова, Е.А. Авазбекова, А.А. Казаров



**Figure 3.** At the poster session. On the left is Professor of the Donetsk State Medical University named after M. Gorky A.V. Naletov (author of the poster report that received third place in the competition), on the right is Associate Professor of the Donetsk State Medical University named after M. Gorky D.I. Masyuta

**Рисунок 3.** На постерной сессии. Слева — профессор ФГБОУ ВО «Донецкий государственный медицинский университет им. М. Горького» А.В. Налетов (автор стендового доклада, получившего третье место в конкурсе), справа — доцент ФГБОУ ВО «Донецкий государственный медицинский университет им. М. Горького» Д.И. Масюта

The Congress included an extended meeting of the editorial board and a round table of friends of the Russian Journal of Gastroenterology, Hepatology, Coloproctology, dedicated to improving the level of scientific content of the journal and information support for the Russian Gastroenterological Association.

On September 30, 2024, a joint meeting of the Profile Commission on Gastroenterology of the Ministry of Health of the Russian Federation and chief gastroenterologists of the constituent entities of the Russian Federation was held. Chief Freelance Gastroenterologist of the Ministry of Health of the Russian Federation **V.T. Ivashkin** (Moscow) presented a report on its work and formulated the main tasks facing the gastroenterology service of the Russian Federation to reduce mortality from diseases of the digestive system.

In accordance with the instructions of the Russian Ministry of Health, a comparative analysis of the dynamics of mortality from major diseases of the digestive system (peptic ulcer, liver and pancreas diseases) was conducted for the first 6 months of 2024 compared to the same period in 2023 in the following federal districts (FD): Central, Ural, Southern, Volga, Northwestern, Far Eastern, Siberian, as well as an analysis of mortality rates in the constituent entities of the Russian Federation of the North Caucasian FD. The Chief Freelance Gastroenterologists of all the aforementioned FDs provided complete and timely data on the dynamics of mortality rates from diseases of the digestive system for the concerned period (Table 1).

As the assessment showed, in most federal districts (except for the Far Eastern FD), an increase in overall mortality rates from diseases of



**Table 1.** Dynamics of mortality rates from diseases of the digestive system in various federal districts in the first 6 months of 2024 compared to the same period in 2023

**Таблица 1.** Динамика показателей смертности от болезней органов пищеварения в различных федеральных округах в первые 6 месяцев 2024 г. по сравнению с аналогичным периодом 2023 г.

Subject of the Russian Federation Субъект РФ	General mortality rates from DDS and mortality rates among the working-age population Общие показатели смертности от БОП и показатели смертности среди трудоспособного населения	Peptic ulcer Язвенная болезнь	Liver diseases Болезни печени	Diseases of the pancreas Болезни поджелудочной железы
Far Eastern FD Дальневосточный ФО	↓3.3 %	↓7.7 %	↓5.8 %	↑8.8 %
Ural FD Уральский ФО	↑3.9 % (↑6.3 %)	↑16.4 % (↑19.6 %)	↑2.4 % (↑5.2 %)	↓5.6 % (↓0.7 %)
Southern FD Южный ФО	↑8.8 % (↑16.1 %)	↑0.1 % (↑9.2 %)	↑11.3 % (↑19.3 %)	↑13.3 % (↑11.8 %)
Volga FD Приволжский ФО	↑4.9 % (↑2.4 %)	↑11.5 % (↑24.4 %)	↑1.5 % (↑1.4 %)	↑11.9 % (↑4.1 %)
North-West FD Северо-Западный ФО	↑3.2 % (↑40.4 %)	↓13.6 % (↑35.3 %)	↑81.3 % (↑25.0 %)	↑11.9 % (↑42.3 %)
Siberian FD Сибирский ФО	↑4.1 %	↑10.7 %	↑1.2 %	↑4.6 %
Central FD Центральный ФО	↑9.5 %	↑14.8 %	↑11.7 %	↑1.6 %

**Note:** FD – Federal District; DDS – diseases of the digestive system.

**Примечание:** ФО – федеральный округ; БОП – болезни органов пищеварения.

the digestive system was observed in the first half of 2024 compared to the same period last year (from 3.2 % in the Northwestern FD to 9.5 % in the Central FD). In the Ural, Southern, Volga, Siberian and Central Federal Districts, an increase in mortality rates from peptic ulcer disease was observed (from 0.1 % in the Southern FD to 16.4 % in the Ural FD). In the Ural, Southern, Volga, Siberian, Central and Northwestern FDs, an increase in mortality rates from liver diseases was revealed (from 1.2 % in the Siberian FD to 81.3 % in the Northwestern FD). Finally, in the Southern, Far Eastern, Siberian, Central, Northwestern and Volga FDs, an increase in mortality rates from pancreatic diseases was noted (from 1.6 % in the Central FD to 13.3 % in the Southern FD).

The following are indicated as the reasons for the increase in mortality rates from diseases of the digestive system in the above-mentioned federal districts: insufficient staffing of gastroenterologists (especially at the outpatient level); insufficient provision of gastroenterology beds (in particular, in the Ural and Volga FDs); insufficient coverage of gastroenterology patients (primarily with peptic ulcer and liver diseases) with dispensary observation; insufficient training of general

practitioners in gastroenterology; late presentation of patients for medical care; concomitant diseases; insufficient time allocated for the appointment of one gastroenterology patient; shortage of endoscopic equipment; high levels of alcohol consumption, low health literacy of the population.

At the same time, a decrease in overall mortality rates from diseases of the digestive system and liver diseases in the Far Eastern FD, a decrease in mortality from peptic ulcers in the Far Eastern and Northwestern FDs, and a decrease in mortality from diseases of the pancreas in the Ural FD were noted.

The Chief Freelance Gastroenterologist of the North Caucasus Federal District **S.N. Mammaev** presented a comparative dynamics of mortality rates from diseases of the digestive system in various regions and autonomous districts of this region (Table 2).

As follows from the data provided, an increase in overall mortality rates from digestive system diseases was noted in the Kabardino-Balkarian Republic, the Republic of Ingushetia, Stavropol Region, the Chechen Republic, and a decrease in these rates in the Karachay-Cherkess Republic and the Republic of Dagestan. An increase in mortality rates from peptic ulcer disease was noted in the

**Table 2.** Dynamics of mortality rates from diseases of the digestive system for the first 6 months of 2024 in various constituent entities of the North Caucasus Federal District compared to the same period in 2023

**Таблица 2.** Динамика показателей смертности от болезней органов пищеварения за первые 6 месяцев 2024 г. в различных субъектах Северо-Кавказского федерального округа по сравнению с аналогичным периодом 2023 г.

North Caucasian FD <i>Северо-Кавказский ФО</i>	General mortality rates from DDS <i>Общие показатели смертности от БОП</i>	Peptic ulcer <i>Язвенная болезнь</i>	Liver diseases <i>Болезни печени</i>	Diseases of the pancreas <i>Болезни поджелудочной железы</i>
Kabardino-Balkarian Republic <i>Кабардино-Балкарская Республика</i>	↑4.0 %	↑28.9 %	↓13.4 %	↑35.5 %
Republic of Ingushetia <i>Республика Ингушетия</i>	↑4.0 %	↑2.0 %	↑1.0 %	↑2.0 %
Karachay-Cherkess Republic <i>Карачаево-Черкесская Республика</i>	↓9.0 %	↓11.9 %	↑11.5 %	0 %
Stavropol region <i>Ставропольский край</i>	↑6.9 %	↓2.4 %	↓8.7 %	↑7.0 %
Chechen Republic <i>Чеченская Республика</i>	↑11.7 %	↑6.7 %	↑2.1 %	↑11.4 %
Republic of Dagestan <i>Республика Дагестан</i>	↓6.1 %	↑41.4 %	↓10.1 %	↑66.6 %

**Note:** FD — Federal District; DDS — diseases of the digestive system.

**Примечание:** ФО — федеральный округ; БОП — болезни органов пищеварения.

Kabardino-Balkarian Republic, the Republic of Ingushetia, the Chechen Republic, the Republic of Dagestan, and a decrease in the Karachay-Cherkess Republic and Stavropol Region. Mortality rates from liver diseases increased in the Republic of Ingushetia, the Karachay-Cherkess Republic and the Chechen Republic, and decreased in the Kabardino-Balkarian Republic, the Republic of Dagestan and Stavropol Region. Mortality rates from pancreatic diseases increased in all regions of the North Caucasus Federal District (except for the Karachay-Cherkess Republic), which was explained by the main regional gastroenterologists by the high level of alcohol consumption.

The existing organizational problems that impede the reduction of mortality rates from diseases of the digestive system primarily include insufficient staffing of gastroenterologists (in the Republic of Dagestan, Stavropol Region, and the Republic of Ingushetia), difficulties in conducting endoscopic examinations and diagnosing *H. pylori* infection (in the Kabardino-Balkarian Republic), difficulties in conducting antiviral therapy for liver diseases of viral etiology (in the Karachay-Cherkess and Chechen Republics), and insufficient coverage of medical examinations (in particular, in Stavropol Region).

In their work, gastroenterologists of all federal districts are guided by the regulatory legal acts posted on the website of the Ministry of Health of Russia,

in particular, the Order of the Ministry of Health of Russia No. 906n dated 12.11.2012 “On approval of the Procedure for the provision of medical care in gastroenterological profile to the population”, as well as the standards for the provision of medical care for diseases of the digestive system: peptic ulcer, gastritis and duodenitis, chronic viral hepatitis C, fibrosis and cirrhosis of the liver, non-alcoholic fatty liver disease, chronic pancreatitis, Crohn’s disease, ulcerative colitis, diverticular disease, constipation, irritable bowel syndrome.

A great deal of work was carried out in the reporting year by the Russian Gastroenterological Association, an all-Russian public organization that unites more than 14,000 gastroenterologists and doctors of other specialties from Russia and foreign countries.

In 2024, work continued on the preparation and revision of clinical guidelines for the diagnosis and treatment of diseases of the digestive system. This year, the scientific and practical council of the Russian Ministry of Health reviewed and approved clinical guidelines for the diagnosis and treatment of gastritis and duodenitis, constipation, Crohn’s disease, ulcerative colitis, diverticular disease, alcoholic liver disease, and non-alcoholic fatty liver disease.

Clinical guidelines on achalasia, gastroesophageal reflux disease, dyspepsia syndrome, peptic ulcer disease, chronic pancreatitis, irritable bowel

syndrome, *Clostridioides difficile*-associated disease, and bacterial overgrowth syndrome are being under consideration by the Russian Ministry of Health.

Within the framework of the Russian Gastroenterological Association, specialized monothematic scientific and practical conferences were held in person. In December 2023, the conference “Intestinum 2023” brought together 120 participants. In February 2024, a mono-thematic scientific and practical conference “Stomach 2024. Metabolic organization of stomach functions” was held in person, bringing together 194 participants from 12 regions of the Russian Federation. In June 2024, a monothematic scientific and practical conference “Therapeutic biliopancreatology 2024. Metabolism, comorbidity, cancer prevention” was held in person, where recommendations for the diagnosis and treatment of patients with functional biliary disorders, pancreatitis, exocrine pancreatic insufficiency were considered. In September 2024, a monothematic scientific and practical conference “Esophagus. Inflammation. Motility. Extraesophageal syndromes” was held, which was attended by 182 doctors, issues of pathophysiology of inflammation of the esophageal mucosa, a combination of gastroesophageal reflux disease with diseases of the larynx and lungs, *H. pylori* infection, atrophic gastritis, metabolic syndrome, functional dyspepsia, as well as the problem of preventing complications of GERD were considered.

In order to improve the professional training of doctors in the field of gastroenterology, the Russian Gastroenterological Association holds online webinars twice a week (Tuesday and Thursday, at 15:00) on the most pressing issues in gastroenterology, with an average of 450 participants.

Extensive work aimed at improving the quality of care for patients with liver diseases, including educational projects, support for young scientists and doctors, interdisciplinary and international projects, was carried out by the Russian Scientific Liver Society (RSLs). On March 22–23, 2024, the XXVIII International Congress “Hepatology Today” was held in person and remotely. 794 people took part in the discussion of current problems in hepatology. The issues considered included new methods for diagnosing and treating primary hemochromatosis, criteria for acute liver failure syndrome against the background of chronic liver failure, new methods for managing patients with fatty liver disease, methods for non-invasive diagnosis of portal hypertension, epidemiology and treatment of viral hepatitis in the Russian Federation, etc.

On June 20, 2024, the conference “Prognostic indices in hepatology: Fast, efficient and reliable”

was held online, where diagnostic and prognostic indices and scales (in particular, FIB4) were discussed, allowing to assess the degree of fibrosis and the risk of developing hepatocellular cancer.

Over the past months, the board members of the RSLs and invited lecturers have held 15 webinars devoted to current issues in hepatology, in particular, discussion of the consensus “Diagnostic and prognostic value of hyperammonemia in patients with liver cirrhosis and its complications”; liver diseases and pregnancy (recommendations of the European Association for the Study of the Liver); principles of managing patients with intrahepatic cholestasis; new nomenclature of fatty liver disease; pathogenetic targets for pharmacotherapy of fatty liver disease; endocrine system and liver; screening and early diagnosis of virus-associated hepatocellular carcinoma.

A large number of events were held within the framework of the Scientific Society for the Clinical Study of Human Microbiome (SSCSHM). In November 2023, a scientific and practical conference “Clinical Application of the Latest Achievements in the Study of the Human Microbiome” was held (with 860 participants). In December 2023, an Expert Council “Bacterial Overgrowth Syndrome in the Practice of Doctors of Various Specialties” was held (with 600 participants). In May 2024, the All-Russian Conference “Human Microbiome as a New Therapeutic Target” was held (with 230 participants). Within the framework, 14 webinars were held on current issues of changes in the intestinal microbiota in various gastrointestinal diseases.

Much attention was paid to improving the level of professional training of gastroenterologists and primary care physicians, which is the main goal of the National College of Gastroenterology and Hepatology. The College held visiting sessions in Krasnodar twice (in October 2023 and 2024), dedicated to new relevant solutions in modern gastroenterology. On November 3–5, 2023, the 125th Autumn Session of the National College of Gastroenterology and Hepatology of the Russian Gastroenterological Association “Modern Gastroenterology: Acting Today for a Better Tomorrow” was held, and on April 12–14, 2024, the 126th Spring Session of the National College of Gastroenterology and Hepatology was held. Much attention was paid to modern approaches to the treatment of the most common gastroenterological diseases, the current state of scientific research in gastroenterology. Leading Russian gastroenterologists gave academic lectures on the most pressing issues of gastroenterology. The final of the Russian Gastroenterology Olympiad was held as part of the 125th Autumn Session.



**Figure 4.** Chief Freelance Gastroenterologist of the Ural Federal District I.B. Khlynov opens the section

**Рисунок 4.** Главный внештатный гастроэнтеролог Уральского федерального округа И.Б. Хлынов открывает секцию

The regular 128th Autumn Session of the National College of Gastroenterology and Hepatology was held from November 8 to 10, 2024. More than 400 listeners took part in it. During the session, interdisciplinary problems in gastroenterology and the possibilities of using artificial intelligence in medicine were discussed.

All lectures of the College sessions were held with interactive control of the acquired knowledge necessary for preparation for the certification and attestation exam in gastroenterology.

The primary tasks facing gastroenterologists at present are the following: examination and treatment of patients with gastrointestinal diseases in accordance with clinical guidelines prepared under the auspices of the Russian Gastroenterological Association and approved by the Ministry of Health of the Russian Federation; preventive endoscopic examination of the upper and lower gastrointestinal tract in individuals over 45 years of age for the purpose of cancer prevention and detection of malignant tumors at early stages; improvement of remote consultations by gastroenterologists for patients with gastrointestinal diseases in regions with low availability of specialized gastroenterological care; conducting explanatory work among



**Figure 5.** On the left — Chief Freelance Gastroenterologist of the Tyumen Region N.V. Tomilina, in the center — Chief Freelance Gastroenterologist of the Chelyabinsk Region A.I. Dolgushina, recognized as “Best Gastroenterologist 2024”, on the right — Chief Freelance Gastroenterologist of Khanty Mansi Autonomous District E.V. Sosnovskaya

**Рисунок 5.** Слева — главный внештатный гастроэнтеролог Тюменской области Н.В. Томилина, в центре — главный внештатный гастроэнтеролог Челябинской области А.И. Долгушина, признанная «Лучшим гастроэнтерологом 2024», справа — главный внештатный гастроэнтеролог Ханты-Мансийского автономного округа Е.В. Сосновская

the population, together with the media, on maintaining a healthy lifestyle and the dangers of alcohol consumption; improving the professional level of gastroenterologists, therapists, and general practitioners within the framework of educational programs and events of the Ministry of Health and the Russian Gastroenterological Association.

In conclusion, the Chief Freelance Gastroenterologist of the Ministry of Health of the Russian Federation **V.T. Ivashkin** (Moscow) noted that the Specialized Commission on Gastroenterology of the Ministry of Health of the Russian Federation is carrying out a great deal of work aimed at the early detection and successful treatment of diseases of the digestive system (primarily oncological diseases), improving the educational level and professional qualifications of gastroenterologists, as well as primary health care physicians involved in providing



medical care to patients with gastrointestinal diseases. There is every reason to believe that this work will help reduce the incidence and mortality of the population of the Russian Federation from diseases of the digestive system.

During the meeting of the Specialized Commission under the leadership of the Chief Freelance Gastroenterologist of the Ural Federal District **I.B. Khlynov** (Ekaterinburg) (Fig. 4), clinical observations were presented, prepared by the Chief Freelance Regional Gastroenterologists of the Ural Federal District, which demonstrated modern

possibilities for the diagnosis and treatment of diseases of the digestive system. Particularly noteworthy is the report of the Chief Freelance Gastroenterologist of the Chelyabinsk Region **A.I. Dolgushina**, recognized as the best gastroenterologist in the country in 2024 (Fig. 5).

The 30th Anniversary Russian Gastroenterology Congress was distinguished by the great scientific novelty and practical significance of the reports presented and made a great contribution to raising the educational level of doctors of various specialties.

### Information about the author

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