

HISTORY OF MEDICINE AND ANNIVERSARIES

ON THE 60TH ANNIVERSARY OF OLEG L. LAKHMAN'S BIRTH



On May 31, Oleg L. Lakhman, Professor of the Russian Academy of Sciences, Doctor of Medical Sciences, Professor, and Director of the East Siberian Institute of Medical and Environmental Research, celebrates his 60th birthday.

The life and professional journey of Oleg Leonidovich is an example of rare devotion to his work and to his home institute, where he came in 1991 after graduating from the Faculty of General Medicine of the Irkutsk State Medical Institute and completing his clinical residency in the specialty "Nervous Diseases". Oleg Leonidovich progressed through all stages of professional growth, from Junior Researcher to the position of Chief Physician of the clinic, where he worked for 22 years. In 2017, he was elected by the institute's staff to the position of Director.

In 1997, Oleg Leonidovich defended his Candidate of Sciences dissertation on "Clinical, electrophysiological, hormonal and immunological characteristics of vibration disease and its differentiated therapy", and in 2004 – his Doctoral dissertation on "Long-term consequences of occupational neurointoxication (mechanisms of development, clinical presentation, diagnosis, treatment)". In 2008, he was awarded the academic title of Professor, and in 2016 – the title of Professor of the Russian Academy of Sciences. He holds the highest qualification category in the specialty "Neurology" and is accredited in the specialties of neurology and occupational pathology.

Oleg L. Lakhman is a recognized scientist in the field of preventive medicine and occupational medicine in Russia. His scientific work is aimed at developing the theory of formation of the leading forms of occupational neurological pathology and addresses issues of their diagnosis, clinical presentation, and treatment. He has established an original scientific school of occupational pathologists in Siberia, focused on studying and substantiating the development of occupational diseases in workers exposed to chemical and physical occupational factors.

Oleg Leonidovich has developed a methodology for the etiological and differential diagnosis of long-term manifestations of occupational neurointoxications, substantiated the concept of the pathogenesis of toxic encephalopathy, and developed and implemented new medical technologies for the diagnosis of toxic encephalopathy in occupational neurotoxicoses. Lakhman O.L. was the first to substantiate the classification criteria for the severity of cognitive impairment in chronic mercury poisoning and developed neuropsychological criteria for the diagnosis of cognitive impairment in various occupational intoxications. With the participation of Oleg Leonidovich, the pathogenesis of a new form of occupational disease under chronic mercury exposure, ophthalmomercurialism, was studied and scientifically substantiated.

Under the leadership of Oleg Leonidovich, neurointoxications in firefighters have been studied for many years. As a result of the research, the clinical manifestations in the acute and long-term periods of intoxication with a complex of neurotropic toxic substances were systematized, and diagnostic criteria for occupational neurointoxication

in firefighters were established. This made it possible to establish occupational diseases in 102 firefighters who suffered during the suppression of a highest-category-complexity fire.

One of the scientific directions of O.L. Lakhman's activities is the identification of mechanisms underlying the development of occupational diseases of the peripheral nervous system under the influence of physical occupational factors. The peculiarities of changes in the sensory systems of the body under the influence of local and general vibration have been established. Under the guidance of Lakhman O.L., the modern clinical manifestations of vibration disease have been defined and its classification has been improved.

With his direct participation, original technologies for the diagnosis and treatment of polyneuropathy, vibration disease, fluorosis, and sensorineural hearing loss have been developed and implemented into practice, protected by patents. These developments make it possible to reduce the risk of occupational diseases and, when their initial manifestations are detected, to avoid the development of pathological processes and their progression with continued worker exposure to harmful occupational factors.

In recent years, the scope of O.L. Lakhman's scientific interests has included the study of the mechanisms of development of occupational stress caused by high neuropsychiatric loads and physical factors, and the substantiation of the possibility of establishing an occupational disease in the form of burnout syndrome in healthcare workers. With his direct participation, research is being conducted to identify post-traumatic stress disorder in participants of military conflicts and to implement therapeutic and rehabilitation measures.

Oleg L. Lakhman makes a significant contribution to the organization and improvement of occupational health services for the working population of the Irkutsk Region. He is the initiator, organizer, and executor of a number of regional targeted programs for environmental protection and public health preservation. The most important of these are "Medical and social measures to eliminate the consequences of the fire at Irkutskkabel OJSC" (2000–2002), "Improvement of working conditions for workers in the Irkutsk Region for 2003–2005, 2006–2010". Under his leadership, work was organized to provide medical support for the cleanup of accumulated environmental damage at the industrial site of Usolyekhimprom LLC in accordance with the Action Plan for the elimination of environmental pollution on the territory of Usolyekhimprom LLC (Order of the Government of the Russian Federation No. 3136-r dated November 27, 2020).

During O.L. Lakhman's tenure as Chief Physician of the clinic and Director of the institute, activities were organized within the compulsory health insurance system; new departments of radiology, physical and rehabilitation medicine, and an occupational pathology department were opened; the institute's material and technical base was significantly strengthened; and the modernization of medical and scientific activities of the institute's clinic was implemented.

Despite his enormous administrative workload, Oleg Leonidovich remains a practicing physician and mentor. Under his supervision, 14 Candidate of Sciences dissertations and 1 Doctoral dissertation have been defended. Currently, 2 Doctoral and 3 Candidate dissertations are being completed, and residents and postgraduate students are undergoing training. Oleg Leonidovich is a member of the Dissertation Councils D 001.058.01 at the East Siberian Institute of Medical and Environmental Research in the specialties "Occupational Medicine" (medical sciences) and "Hygiene" (medical sciences), and since January 2026, he has been its Chairman, as well as a member of D 999.184.02 at the Ural State Medical University and the Yekaterinburg Medical Research Center for Prophylaxis and Health Protection of Industrial Workers.

Since 2011, Oleg Leonidovich has been the Head of the Department of Occupational Pathology and Hygiene at the Irkutsk State Medical Academy of Postgraduate Education, a branch of the Russian Medical Academy of Continuous Professional Education, as well as the Head of the Occupational Pathology Course at the Educational Center of the East Siberian Institute of Medical and Environmental Research.

Oleg Leonidovich annually organizes and actively participates in seminars for physicians of the Irkutsk Region on current issues of occupational pathology.

Lakhman O.L. has 459 publications in leading journals indexed in Russian and international databases, including 12 monographs. With the participation of Oleg Leonidovich Lakhman, 33 regulatory and methodological documents have been developed, prepared, and approved at the federal and regional levels, including 8 new medical technologies, 7 teaching aids approved by the Educational and Methodological Association, and 41 patents for inventions have been obtained.

Oleg L. Lakhman is a member of the Editorial Boards of the journals "Medicine in Kuzbass", "Transbaikalian Medical Bulletin", and "Baikal Medical Journal".

Oleg L. Lakhman is actively involved in public service. He is an expert of the Russian Academy of Sciences, the Chief External Specialist in Occupational Pathology of the Ministry of Health of the Irkutsk Region, and a member of the Profile Commission on Occupational Pathology of the Ministry of Health of the Russian Federation. He is a member of the Central Attestation Commission for the Siberian Federal District and the Attestation Commission of the Ministry of Health of the Irkutsk Region, a member of the Interdepartmental Regional Commission on Occupational Safety, a member of the Presidium of the Russian Association of Physicians and Specialists in Occupational Medicine, the Medical Council under the Governor of the Irkutsk Region, the Coordination Council under the Government of the Irkutsk Region on the prevention of non-communicable diseases and the promotion of a healthy lifestyle among citizens in the Irkutsk Region, and the Environmental Council of the Irkutsk Region. During O.L. Lakhman's tenure as the Chief External Specialist in Occupational Pathology of the Ministry of Health of the Irkutsk Region, a clearly functioning occupational

pathology service was established in the region and its structure was proposed. Currently, all tasks facing specialists are being fulfilled, and extensive work is being carried out on the early detection of occupational diseases, their prevention, and treatment.

Oleg L. Lakhman has been awarded the badge of "Excellence in Healthcare", the Academician M.A. Lavrentiev Commemorative Medal for his achievements in science and effective leadership of the institute; he has been awarded the honorary titles of "Honorary Worker of Science and High Technologies of the Russian Federation" and "Honored Scientist of the Siberian Branch of the Russian Academy of Sciences" with the award of the "Golden Sigma" badge, and "Honored Veteran of the Siberian Branch of the Russian Academy of Sciences". For the development and implementation of various diagnostic and therapeutic-rehabilitation methods for occupational diseases in Eastern Siberia, Oleg Leonidovich has three times become a laureate of the regional competition in the field of science and technology. He has been awarded the Honorary Badge of the Russian Academy of Natural Sciences "For Services to the Development of Science and Economy of Russia" and the Prize "For Achievements in the Preservation and Promotion of Health of the Working Population of Russia" of the All-Russian Congress "Profession and Health", as well as awards from the Irkutsk Region and the city of Angarsk.

Dear Oleg Leonidovich!

The staff of the East Siberian Institute of Medical and Environmental Research congratulates you on your 60th anniversary! Your jubilee marks a period of flourishing, when immense experience combines with inexhaustible energy for new accomplishments. We wish you robust health, scientific inspiration, and well-being. May every new project bring satisfaction, and may your scientific school continue to enhance the prestige of Russian science!