

men aged between 20-55 years. In first 5 years after the stone event, the risk of recurrence ranges between 25 and 50%, that may lead to decreasing of renal function and increasing of morbidity.

Aim of the study. The objective of the research was to assess the effectiveness of general metaphylactic measurements in patients with the urinary stone disease.

Materials and methods. In this research retrospectively were included 60 patients with urolithiasis that were treated in Department of Urology between 2016 and 2018. The patients with urolithiasis were selected into two study groups. The first group (30 persons) received general metaphylactic treatment; the second group (30 persons) did not implement the metaphylactic recommendations and served as a control group. The general metaphylactic recommendations included: 1) increased hydration up to 2.5-3 L/24h with neutral pH liquids and achieving of diuresis about 2-2.5 L/24h, 2) a diet rich in vegetables and fibers, 3) normal consumption of calcium (Ca) 1-1.2 g/day, 4) decreased consumption of salt - up to 4-5g/day, 5) limited dietary protein intake – up to 0.8-1g/kg/day, 5) change of lifestyle to decrease risk factors (BMI < 25, moderate physical activity etc.). The received data was processed with EpiInfo™ statistical software. The P values <0,05 were considered statistically significant.

Results. According to the obtained research data, in the first group the recurrence of urolithiasis happened in 8 (26.7%) patients; in the control group the recurrence rate was 46.7% (14 patients). The metaphylactic measures decreased the rate of recurrence with 20% (absolute risk reduction). The relative risk reduction was 0.429. The Relative Risk of stone recurrence in first group was 0.571, with a 95% Confidence Interval of 0.282-1.158 (p=0,17).

Conclusions. According to the research results, the general metaphylactic measures reduce the risk of stone recurrence twice. The results of the treatment of urolithiasis are determined not only by the stone removal but also using general metaphylaxis for certain patients.

Key words: general metaphylactic measures, effectiveness, urolithiasis

152. CONTEMPORARY MANAGEMENT IN PATIENTS WITH CHRONIC CALCULOUS PYELONEPHRITIS

Author: **Vladislav Rotari**

Scientific adviser: Emil Ceban, PhD, Professor, Department of Urology and Surgical Nephrology

Nicolae Testemitanu State University of Medicine and Pharmacy of the Republic of Moldova

Introduction. Urolithiasis takes an important place in the structure of urological pathology, thanks to its high incidence, its recurrence frequency and the complications it might cause. There are many scientific publications dedicated to the study of urinary infection as an etiological factor of urolithiasis. Chronic pyelonephritis has the important etiologic and pathogenic role in the development of urolithiasis, but stone formation as a complication is possible in chronic inflammation of the upper and lower urinary tract. In some cases, urinary infection precedes the development of urolithiasis and may serve as a trigger for kidney stones formation. In other cases, it associated with urolithiasis, arising from other infectious causes. The association of metabolic factors and the infection usually forms chemically mixed renal stones containing phosphates, which in most cases are recurrent. In general, urinary tract infection is detected in 80% of cases of urolithiasis.

Aim of the study. To improve the results of postoperative treatment of patients with chronic calculous pyelonephritis (CCP).

Materials and methods. The study was performed on a group of patients with renal lithiasis treated in the Surgical Urology and Nephrology Clinic of the USMF "N. Testemitsanu", Republican Clinical Hospital between 2016 and 2017. In the study group were included 120 patients (men - 58, women - 62) aged between 23 and 70 years.

Results. According to the results obtained from the research group, the stones' solving methods were distributed in the following way: 55 patients (45.8%) - retrograde ureteroscopy, in 32 (26.7%) cases - pyelolithotomy; 19 (15.8%) cases - nephrolithotomy, in 8 (6.7%) patients received extracorporeal lithotripsy; and 6 patients (5.0%) - lithokinetic therapy with drug administration.

Conclusions. Based on this study results we consider that the implementation and application of the proposed treatment method in the CCP improves the activation of cellular immunity and the restoration of humoral immunity, the rheological properties of the blood and as a result, improves the blood circulation in the affected kidney. In this context, the obtained results confirm the priority of combined therapy in CCP with phytotherapy and spasmolytic therapy compared to traditional therapy. It is important to underline that antibacterial therapy is mandatory and is administered in accordance with the antibiotic susceptibility testing.

Key words: chronic calculous pyelonephritis, urolithiasis

153. THE ROLE OF THE LITHOKINETIC THERAPY IN THE TREATMENT OF DISTAL URETERAL STONES

Author: **Anastasia Plesco**

Scientific adviser: Pavel Banov, MD, PhD, University Assistant, Urology and Surgical Nephrology Department

Nicolae Testemitanu State University of Medicine and Pharmacy of the Republic of Moldova

Introduction. The problem of urethral stones nowadays is quite actual. The treatment is long and complex. There are a lot of methods of treating urethral stones, one of them being the drug therapy for the expulsion of urethral stones. There are many scientific researches about the effectiveness of α -blockers in medical expulsion therapy of distal urethral stones, but the results of the studies are contradictory. In this research, scientific publications about medical expulsion therapy for the distal urethral stones will be examined to establish conclusions about the effectiveness of the treatment with the α -blockers.

Aim of the study. To establish the efficacy of α -blockers in medical expulsion therapy for distal urethral stones.

Materials and methods. The PubMed (MEDLINE) database was used for the scientific research, where medical articles about the topic "Medical expulsion therapy" published in the last 5 years were searched and accessed. We found 213 publications, out of which 163 were excluded due to the non-coincidence with the required topic and only 50 were included in the research. Out of these 50 publications included in the study, 34 publications were full text and 16 were abstract publications.

Results. Based on the research carried out, from the publications included in the research - 39 (78%) publications were for the application of the α -blockers in treatment therapy. Most of them were blinded or double-blinded, randomized controlled multicenter trials, which confirmed the decrease of the colic attacks, of the pain severity, analgesics administration, time till stone elimination and the increase of stone expulsion probability in groups that used α -blockers. Six (12%) publications were against the application of α -blockers (with conclusions about the absence of difference between standard and with the administration the α -blockers groups), 5 (10%) publications suggested that further complementary studies for the α -blockers effectiveness in medical expulsion therapy for urethral stones are to be performed.

Conclusions. Following the research results we can confirm the efficacy of medical expulsion therapy for urethral stones with the application of α -blockers. It is necessary to introduce this group of medicines into the initial medical expulsion therapy for treatment of distal urethral stones.

Key words: α -blockers, medical expulsion therapy, urolithiasis, ureteric stones