

15. CLINICAL FEATURES IN PATIENTS WITH GOUT AND METABOLIC SYNDROME

Author: Oală Diana

Scientific adviser: Larisa Rotaru, MD, Associate Professor, Discipline of Rheumatology and Nephrology, Department of Internal Medicine, *Nicolae Testemitanu* State University of Medicine and Pharmacy of the Republic of Moldova.

Introduction. In the last decades, the incidence of gout has increased in patients with metabolic syndrome. Gout associated with metabolic syndrome increases the risks of cardiovascular and renal complications.

Aim of study. Evaluation of clinical features in patients with gout and metabolic syndrome.

Methods and materials. A retrospective study of 120 medical records of patients diagnosed with gout (according to ACR criteria) hospitalised in the Rheumatology and Arthrology departments of the Public Medical Sanitary Institution Republican Clinical Hospital Timofei Mosneaga during 2019-2021.

Results. The study included 110 men (91.6%) and 10 women (8.4%). The average age of patients is 59 years. There were 75 patients with acute gout (62.5%) and 45 patients with chronic gout (37.5%). MS was detected in 65 patients (54.2%), of whom 7 were women (10.8%) and 58 were men (89.2%). Presence of MS-associated diseases: diabetes mellitus - 27 patients (41.5%), hypertension - 62 patients (95.4%), dyslipidemia - 37 patients (56.9%), hepatic steatosis - 17 patients (26.2 %), obesity - 27 patients (41.5%), chronic heart disease - 57 patients (87.7%), kidney stones - 28 patients (43.1%), chronic pancreatitis - 49 patients (75.4%). According to the laboratory data of 120 patients: hyperuricemia was detected in 55 patients (45.8%). According to the treatment for cupping the acute process was administered colchicine - 59 patients (49.2%), anti-inflammatory nonsteroidal drugs - 45 patients (37.5%) and infiltrations in joints with glucocorticosteroid - 36 patients (30%). The long-term treatments: allopurinol - 105 patients (87.5%), febuxostat - 27 patients (22.5%). **Keywords:** gout, metabolic syndrome, features, target organs.

Conclusion. The development of target organs damage in patients with metabolic syndrome and gout was detected in 65 patients (54.2%), compared to patients with gout without metabolic syndrome - 55 patients (45.8%). Highlighting patients with gout, with or without metabolic syndrome, is necessary in order to establish the early target organs damage and prevent complications.