

## 111. THE INCIDENCE OF INFLAMMATORY BOWEL DISEASE IN MOLDOVA

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**Introduction:** Inflammatory bowel disease (IBD) is one of the most difficult and complex problems of modern gastroenterology. From the epidemiological point of view, IBD is less common than other gastrointestinal diseases, but their impact is major medic- social, due to several evolution, imperfect therapeutic approaches and their tactics applied. Moreover, during the last decades of IBD tends to spread in different regions of the world, including Central and Eastern Europe and Asia.

IBD are chronic diseases and clinical manifestations and peculiarities of their development are very different. In most patients relapsing disease is evolving, involving new areas of inflammation and complications. The progressive nature of the disease requires treatment in active disease during the treatment and maintenance of remission. This therapy has the goal preventing relapse and prevention of complications.

**Purpose and objectives:** Determination of spread of BII in Moldova depending on age, sex, occupation and risk factors.

**Materials and methods:** To achieve the set goal and tasks in this paper were examined by statistical method returns clinical observation of 50 patients with inflammatory bowel disease (non-specific ulcerative colitis - 48 patients, Crohn's disease - 2 patients) in the republican clinic of gastroenterology during 2013. The patients' age ranged from 20-80 years, from them – 25 (50%) patients were men and 25 patients (50%) - women. Patients were divided by age, sex, occupation, demographic indicators.

**Results and discussion:** Classification according to age demonstrated that patients aged 20-40 years were 18, which corresponds to - 36%, aged 40-60 years were -23 patients, corresponding to 46%; and 9 patients aged 60-80 years (18%). In patients aged 20-40 years suffering predominantly men - 12 patients (66,6 %) women 6 patients who were respectively, 33,3%. In patients aged 40-60 years the situation is reversed, men constituted- 8 patients (34,8 %), and 15 patients women- corresponding to 65,2%. In patients aged 60-80 years this ratio almost equals 4 patients are women (44,4 %) and 5 male patients (55,6%).

Study of disease distribution by regions, the high frequency observed in the central region - 34 patients, representing 68%, in the northern region - 12 patients (24%) and in the south of Moldova-4 patients, which corresponds to – 8 %. Area of residence did not influence the development of disease, as in both rural and urban areas both indexes were identical).

Distribution of patients by type of activity has shown that IBD is rarely found among the unemployed -six patients (12%), equally intellectuals and workers in agriculture and industry each - 8 patients (16 %), pensioners were - 9 patients (18%) and most common among the ranks of invalids, being detected in 19 patients (38%).

Most patients, 29 of them (58%) had a normal body mass index, and 16 patients (32%) had a weight loss characteristic of the disease once. Body mass index was increased only in 5 patients (20%). Smoking patients were -32 (64%), 7 patients (14%) were smokers before the occurrence of the disease, and 11 of them (22%) continue to smoke. No alcohol or very rarely used - 26 patients (52%), were used in moderate amounts - 22 patients (24%), alcohol abuse presented 2 patients (4%).

**Conclusions:** (1) Frequently suffer from pathology concerned middle-aged population. (2) Patients in both rural and urban areas suffer from this disease the same. (3) Not determined any correlation between risk factors (increased body weight, smoking, alcohol consumption) and the development of inflammatory bowel disease.

**Keywords:** Inflammatory bowel disease (IBD), spread of IBD