

44. PARTICULARITIES OF THE EVOLUTION OF GOUT IN MEN

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Introduction. Gout is a joint disease from the group of microcrystalline arthritis. The disease is constantly growing worldwide for both men and women. There are various risk factors however, the most important are obesity, diet, and drugs. Gout is most commonly found in men due to the influence of testosterone on purine metabolism. In women, gout develops more often after menopause, due to the influence of estrogen on purines.

Aim of study. Assessment of comorbidities and the course of the diseases of gout in males.

Methods and materials. A retrospective study was performed, analysing 90 medical records of patients diagnosed with gout (according to ACR criteria), hospitalised in the Rheumatology and Arthrology department of the Timofei Mosneaga Republican Clinical Hospital during 2019-2021.

Results. There were 90 patients included in the study: males 83 (92.2%), females 7 (7.8%). The patients' ages ranged from 34 to 83 years old, with an average of 69 ± 1 . Acute gout attack was observed in 34 patients (40.96%), chronic gout in 49 patients (59.03%). The following comorbidities were found in men: hypertension – 74 men (89.15%), chronic heart disease - 73 men (87.95%), osteoarthritis – 65 men (78.31%), chronic pancreatitis - 62 men (74.7%), chronic pyelonephritis – 59 men (71.08%), kidney stones – 33 men (39.76%), liver steatosis - 21 men (25.3%), diabetes – 15 men (18.07%). According to laboratory data, hyperuricemia was detected in 32 men (42.16%). Patient treatment: allopurinol 80 patients (88.8%), nonsteroidal anti-inflammatory drugs – 64 patients (66.7%), colchicine – 19 patients (52.2%), Steroids – 20 patients (20%), febuxostat – 19 patients (21.1%). Key Words: gout, males, features, evolution.

Conclusion. Males with gout represented 92.2% compared to 7.8% females. Among the features of gout in men, chronic gout is found in 9.03% compared to acute gout, which is 40.96%. The presence of hypertension was detected in most patients (89.15%) with the development of chronic heart disease (87.95%). Renal impairment due to chronic pyelonephritis was found in 59 men (71.08%), in association with the development of kidney stones (39.76%).