

ASSESSING THE IMPACT OF MEN SYNDROME ON QUALITY OF LIFE

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Background. Multiple Endocrine Neoplasia (MEN syndrome) is a rare genetic disorder characterized by the development of tumors in the endocrine glands caused by inactivating mutations of the *MEN* tumor suppressor gene; inherited in a transmission in autosomal dominant tract. There are 3 main types of MEN syndrome: MEN1, MEN2A, and MEN2B. These tumors can affect different endocrine glands such as pancreas thyroid parathyroid and adrenal gland **Objective of the study.** the evaluation of QOL in MEN patients should attract the attention of the medical community as an important medical aspect to be considered in the management of patients with this complex syndrome. **Material and methods.** PubMed, Google Scholar, and clinical journals. **Results.** MEN syndrome has an impact on QOL of the patient who usually experience symptoms such as hypertension hypoglycemia hypercalcemia broken bones peptic ulcer and severe pain. It contributes also to emotional disturbances and depression. The diagnosis of this tumor is a trauma for patients mainly due to the uncertainty of its outcome, adding to the need for frequent medical monitoring and interventions that can disrupt daily life and cause emotional distress. Moreover, the complex nature of managing this disease includes multiple medical interventions surgeries, regular screenings to detect and manage tumor growth and lifelong surveillance. All of this poses significant challenges to maintain a satisfactory QOL, Financial burdens, limitations in daily activities, and disruptions in social relationships contribute to the overall impact on QOL. **Conclusion.** With all the advancements in medical care nowadays, living with MEN syndrome is a big challenge for every patient and awareness of his quality of life should be considered as an important goal to achieve medical aspect should be considered in the management of patients with this complex syndrome. **Keywords:** multiple endocrine neoplasia, quality of life

SCREENING AND PREVENTION OF TYPE 1 DIABETES MELLITUS

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Background. A severe chronic autoimmune disease, that occurs because of destruction of insulin-producing beta cells in the pancreas. Early screening and prevention play an important role in attenuating the onset and progression of this chronic disease and prevent life threatening complications such as Diabetes ketoacidosis **Objective of the study.** Evaluation of the current methodological early screening and prevention of type 1 diabetes and exploring the new advancements of technologies to identify high risk individuals and provide timely interaction. A detailed review of the latest literature on genetic markers and autoantibodies testing, and factors that contributing to diabetes mellitus type 1. **Material and methods.** Bibliographic sources were analyzed using the NCBI platform, PubMed, Google Scholar, and clinical journals. **Results.** Environmental factors such as exposure to certain viral pathogens triggers the autoimmune process and dietary components play a role in onset of the disease. Providing early education on importance of prevention of Diabetes mellitus is critical. Genetic markers such as HLA genotypes and presence of specific autoantibodies are markers for predicting the risk of type 1 diabetes mellitus. The immune modulation therapies such as Teplizumab and rituximab being a much-advanced monoclonal antibodies, can delay the progression of type 1 diabetes in highly risked individuals by preserving the function of beta cells. Futuristic technological advancements in monitoring continuous glucose levels and insulin delivery systems such as closed loop insulin pumps have enhanced the level of ability of maintain optimal blood glucose levels. **Conclusion.** Much comprehensive and well dedicated approach to screening and prevention is vital. Proactive interventions and early detection of disease can improve the prognosis for at risk individuals. **Keywords:** Type 1 Diabetes Mellitus, Autoimmunity, genetic markers, Immune modulation, Insulin Delivery Systems.