

PREVENTION OF CARDIO-RENO-METABOLIC SYNDROME IN 2025

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Background. Cardiorenal-metabolic syndrome is the description of the health disorder attributable to the interconnection between obesity, diabetes, chronic kidney disease and cardiovascular diseases (CHD, AF, stroke, peripheral vascular disease). The goal for 2025 is that CVD and risk factors are aggressively addressed.

Objective(s).

To review and analyze the current literature regarding the cardiorenal-metabolic syndrome to provide insights into prevention and management strategies for these patients.

Materials and methods. A systematic literature review was conducted using databases such as: Medline, PubMed, Scopus, and Web of Science. The search was conducted by reviewing articles that were focused on "cardiovascular heart disease", "diabetes mellitus", "obesity", "chronic heart failure", "risk factors", and "chronic kidney disease".

Results. Cardio - reno - metabolic diseases represent an unprecedented challenge to healthcare systems and providers worldwide. These disorders are grouped as multiple long-term conditions that span traditional medical specialties. There is an unmet need for greater clinical awareness, coupled with more effective interdisciplinary collaboration (cardiologist, nephrologist, endocrinologist and physician). There is general acceptance that the treatment of cardio - reno - metabolic syndrome should involve a holistic approach to prevention, screening, and management to improve outcomes and reduce long-term morbidity and mortality.

Conclusion(s). Direct analysis of risk factors that may contribute to the onset and evolution of this syndrome, as well as targeted management for individuals at high risk of cardiovascular disease, will provide additional opportunities for improvement in the prevention, control, and treatment of these patients.

Keywords: chronic heart failure, chronic kidney disease, obesity

STRETCHING METHODS USED IN THE PREVENTION OF SPORTS INJURIES

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Background. Prevention of sports injuries is essential in training programs and recovery complexes for athletes of different level of mastership. Every year, 20-30% of athletes suffer injuries. An effective method of preventing sport injuries is integration of stretching into the training process of athletes.

Objective(s). The aim of this research is to analyze and compare the stretching methods applied in sports practice, to determine the most effective strategy for injury prevention in athletes.

Materials and methods. Dynamic stretching consists of controlled movements maintained for around 3 seconds, usually performed before physical activity to activate muscles, increase joint mobility, and reduce the risk of injuries. Static stretching involves holding muscles in a stretched position for 15-60 seconds, used after physical activity for recovery.

Results. According to current evidence, there is no single method that can effectively prevent sports injuries. The most recommended approach is to combine dynamic and static stretching. Dynamic stretching is included in the warm-up phase and helps for activating