

## 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

muscles, improving circulation, and increasing joint mobility, thus reducing the risk of injuries during physical activity. In contrast, moderate static stretching is performed outside the active phase of training and helps relax tense muscles, restore the body after effort, and prevent muscle soreness and contractures, supporting efficient recovery.

**Conclusion(s).** Our study has demonstrated that stretching is an essential part of athletes' preparation and one of the key elements in preventing sports injuries. Its integration into the training process should be individualized and adapted to the requirements of each specific sport.

**Keywords:** static stretching, dynamic stretching, injury prevention

## **THE IMPACT OF KINETIC TECHNIQUES IN THE MEDICAL REHABILITATION OF PEOPLE WITH VARICOSE VEIN DISEASE: A CLINICAL CASE REPORT**

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**Background.** The most severe complication of varicose veins disease is acute varicothromboembolism (AVTP). Some specialists in the field are oriented towards surgical intervention to prevent complication and the risk of pulmonary embolism, conservatory treatment with the combination of physiotherapeutic methods.

**Objective(s).** The aim of this research was to evaluate the impact of active kinetic techniques in the medical and physio-functional rehabilitation of people with varicose disease.

**Materials and methods.** Patient with varicose disease of the MI, included in a two weeks physiofunctional program. Buerger gymnastics associated with breathing exercises, adjuvant treatment with lymphatic drainage techniques and strength/resistance training. Pain assessment by VAS scale, VAS score assessed by Likert scale, functional capacity estimated by TM6.

**Results.** At the end of two weeks of physiokinetic rehabilitation, the patient reported a significant decrease in pain intensity, with a VAS score from 6/10 to 4/10 conventional points. Also, the Likert scale score showed a decrease from 15 points initially to 8 points after the application of the functional treatment (on account of decreased edema and pain). The 6-minute walk test showed an increase in functional capacity. After the physiofunctional treatment the patient walked 54 meters more (the initial distance 432 meters, and the final distance – 486 meters) with a speed of 1.35 m/s compared to the initial 1.2m/s.

**Conclusion(s).** Our study has shown that the association of kinetic methods (Buerger gymnastics and breathing exercises) and their combination with other active and passive techniques (lymphatic drainage and strength/resistance training) improves the functional status of people with varicose vein disease.

**Keywords:** Buerger gymnastics, rehabilitation, varicose vein disease

## **CERVICAL COLLAR IN TRAUMA CONDITIONS: BETWEEN ROUTINE AND CLINICAL NECESSITY**

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**Background.** The cervical collar is a standard component in the initial management of