

THE RISK OF DYSLIPIDEMIA IN SYSTEMIC LUPUS ERYTHEMATOSUS

Cătlin-Cătălina Miaun, Liliana Groppa, Eugeniu Russu, Lia Chișlari, Alesea Nistor

Disciplina de reumatologie și nefrologie, Facultatea de Medicină nr.1, USMF "Nicolae Testemițanu", Republica Moldova

Background. Systemic lupus erythematosus (SLE) is a chronic autoimmune disease characterized by systemic inflammation that affects multiple organs and systems. Dyslipidemia is common in SLE, contributing to an increased cardiovascular risk, influenced by inflammatory, immunological, and therapeutic factors.

Objective(s). Analysis and synthesis of recent data regarding the prevalence, mechanisms, and impact of dyslipidemia in SLE, as well as the evaluation of the role of treatment in altering the lipid profile.

Materials and methods. Recent scientific studies and data from international literature, accessed through PubMed, Medscape, and ScienceDirect, were reviewed and integrated, exploring the correlations between SLE, dyslipidemia, and cardiovascular risk. This analysis highlights the pathogenic mechanisms and clinical consequences for patients.

Results. Dyslipidemia affects 36% to 60% of patients with SLE and is caused by chronic inflammation (IL-6, TNF- α , CRP), oxidative stress (activation of Th1/Th17 cells, oxysterols, anti-LDL autoantibodies), as well as hormonal and metabolic disturbances. These changes disrupt lipid metabolism, promoting early atherosclerosis characterized by increased triglycerides, LDL, total cholesterol, and decreased HDL. Glucocorticoids worsen dyslipidemia, whereas hydroxychloroquine, statins, and certain biologic therapies (e.g., rituximab, belimumab) have demonstrated benefits by lowering triglycerides and increasing HDL levels effectively.

Conclusion(s). The high prevalence of dyslipidemia in SLE significantly increases cardiovascular risk. The involved mechanisms are complex and include chronic inflammation, oxidative stress, and immune dysfunction. Effective therapy with statins, antimalarials, and immunosuppressants improves the lipid profile.

Keywords: systemic lupus erythematosus, dyslipidemia, inflammation

PROCESSED MEAT CONSUMPTION – A CHALLENGE FOR HEALTH

Nadejda Mogîldea, Olga Cernelev

Disciplina de igienă, Facultatea de Medicină nr.1, USMF "Nicolae Testemițanu", Republica Moldova

Background. The consumption of processed meat was linked with an increased risk of cardiovascular and oncological diseases, including colorectal cancer. The WHO has classified it as a Group1 Carcinogen, inferring that a daily intake of 50g rises the risk of colorectal cancer by 18%, which is a major public health problem.

Objective(s). Assessing the population's perception of the risks associated with the consumption of processed meat and identifying the needs for information and nutritional education at the population level.

Materials and methods. Relevant scientific studies published between 2013-2023 were analyzed. At the same time, a quantitative study was conducted on a sample of 324 respondents (aged between 15-65) by applying an online and direct questionnaire. The data obtained were processed and statistically interpreted (descriptive method and analysis of proportions).

Results. The study data has shown that 85% of respondents know the risks associated with consuming processed meat and 59% got their opinion influenced by the online environment