

of patients with rheumatoid arthritis.

Conclusion(s). Dyslipidemias represent a potential marker of both disease severity and progression in rheumatoid arthritis. Careful monitoring and appropriate adjustment of therapy may have a dual beneficial effect: reducing cardiovascular risk and improving control of the rheumatic disease.

Keywords: rheumatoid arthritis, dyslipidemia, HDL, Inflammation, LDL

COMPONENTS OF A HEALTHY LIFESTYLE IN CHILDREN WITH OBESITY

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Background. Childhood obesity is a growing global health issue and continues to be recognized as one of the most common chronic conditions in pediatrics. The adoption of an unhealthy lifestyle significantly contributes to its development and progression, as well as to the associated metabolic risks and complications.

Objective(s). The aim of this study is to evaluate the components of a healthy lifestyle in children with obesity, in order to identify the behavioral factors involved in the onset and progression of excess weight.

Materials and methods. This descriptive study included a group of 20 children diagnosed with obesity (9 boys and 11 girls), aged between 8 and 16 years (mean age of 12.3 ± 1.86 years), who were hospitalized for clinical evaluation and ongoing monitoring in the Endocrinology Department of the Mother and Child Institute between February and May 2025.

Results. The average body weight was 82.68 ± 21.66 kg, and the BMI was 32.99 ± 5.85 kg/m². The duration of sleep was reported as age-appropriate by 11 (55%), not recommended by 2 (10%), and acceptable by 7 (35%). Breakfast was consumed daily by 9 children (45%), lunch by 13 (65%), dinner by 15 (75%), and snacks by 5 (25%). Only 5 children (25%) reported having all three main meals daily, 8 children (40%) had only two meals, and 6 children (30%) only one meal per day. Only 12 children (60%) reported engaging in the recommended amount of daily physical activity according to their age. Most children (95%) performed physical activity of moderate intensity.

Conclusion(s). Approximately half of the children included in the study do not meet the recommended sleep duration for their age, and 40% do not engage in sufficient physical activity. Only one quarter of the children consume all three main meals daily, as recommended for a healthy lifestyle.

Keywords: obesity, sleep, physical activity, healthy eating, children

THE IMPACT OF CARDIOVASCULAR SENESCENCE ON THE CLINICAL PRESENTATION OF ANGINA PECTORIS

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Background. Senescence is an inevitable and irreversible process that induces changes in all body systems as a

Results. of progressive structural and functional degeneration. Changes in the