

CHARACTERISTICS OF PULMONARY TUBERCULOSIS IN MIGRANTS UNDER CURRENT CONDITIONS

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Background. Migration is a social phenomenon with major interest. The WHO warns of the worsening at the global level of epidemiological situation in tuberculosis (TB) in recent years, conditioned by the recent COVID-19 pandemic and migration that is currently generated by armed conflicts triggered in many regions.

Objective(s). Analysis of the clinical-paraclinical features and evolution of pulmonary TB in patients diagnosed with different clinical forms of pulmonary TB with a history of migration.

Materials and methods. A retrospective, selective study was conducted by analyzing 56 cases of pulmonary TB diagnosed in people with a history of migration, hospitalized for treatment in the Municipal Hospital of Phthisiopneumology, Chisinau during the years 2022-2024. Clinical observation sheets were examined. A questionnaire was completed for each case.

Results. The age of migrant patients was: 25-34 yrs.-21 (37.8%), <24 yrs.-6 (10.7%), 35-44 yrs.-15 (26.7%), 45-54 yrs.-8 (14.2%), 55-64 yrs.-5 (8.9%), over 65 yrs.-1 (1.7%) cases, 46 (82%) cases being men. Migrants from Russian Federation were 29 (51.7%), from European countries-27 (48.3%) cases, including 6 (10.7%) from Ukraine. Duration of stay abroad was in 12 (24%) cases up to a year, 28 (56%) - between 2-3 years, 10 (20%) - 4 years and more. Infiltrative pulmonary TB was established in 44 (78.5%) patients. Drug-resistant TB was established in 17 (31%), complications of the disease in 31 (38%) patients. The therapeutic success constituted 95% cases.

Conclusion(s). Pulmonary TB in migrants is characterized by predominantly affecting the male gender and young age. 1/4 patients develop complications of the disease. Therapeutic success is achieved in most cases of pulmonary TB in migrants. Migrants should be systematically examined for TB.

Keywords: tuberculosis, pulmonary, migrant patients, cases, the age

THE INFLUENCE OF CHILD ABANDONMENT AT ANY AGE FROM MOLDOVA

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Background. Child abandonment represents a serious social and medical issue, with multiple consequences on the child's psychological and physical development. In the Republic of Moldova, as well as in other Eastern European countries, this phenomenon persists, especially among newborns and young children.

Objective(s). Evaluating the impact of abandonment on children of all ages, identifying its causes and methods of prevention, and highlighting the importance of involving professionals from various fields.

Materials and methods. For this study, 17 scientific articles in Romanian, English, and Russian were selected and analyzed from databases such as PubMed, NCBI, Google Scholar, and Medscape, published between 2015 and 2025. Additionally, observational studies and best practice guidelines regarding the consequences of child abandonment were also used.

Results. Among the main causes of child abandonment are the family's vulnerable social status (42%), lack of family support (28%), mental disorders in both parents (13%),

migration abroad (10%), and unplanned or unwanted pregnancies (7%). The most frequently observed consequences of abandonment include cognitive developmental delays (68%), emotional disorders (52%), and difficulties in the child's later adaptation and integration into society (44%). Both national and international studies show that early, coordinated collaboration between professionals from various fields can significantly reduce the risk of abandonment by approximately 30%.

Conclusion(s). Abandonment is a complex phenomenon that profoundly and negatively affects the child's emotional, social, and psychological development. Preventing this process requires a multidisciplinary approach and the development of comprehensive support services for vulnerable families.

Keywords: child, abandonment, prevention, family, support, mental health

THE ROLE OF NUTRITION IN THE PREVENTION OF TYPE 2 DIABETES MELLITUS

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Background. Type 2 diabetes mellitus is the most widespread disease globally, representing one of the major global public health issues of the 21st century. Untreated diabetes can lead to severe complications: stroke, diabetic retinopathy, diabetic nephropathy, amputations and cardiovascular diseases.

Objective(s). To evaluate the role of nutrition in the management of type 2 diabetes mellitus and the effect of diet on body mass, blood glucose levels, lipid profile, and intestinal microflora.

Materials and methods. After analyzing the results of clinical studies in the PubMed database, 25 scientific articles were evaluated. Upon reviewing these sources, a positive trend was confirmed in the treatment of diabetes through various nutritional strategies: a high-fiber diet, a low-carbohydrate diet based on almonds, the ketogenic diet, and the use of probiotics.

Results. A fiber-rich diet has several positive effects, such as increasing the synthesis of fatty acids, enhancing insulin sensitivity, and reducing glycated hemoglobin levels. The low-carbohydrate almond-based diet has a positive impact on depression and lowers glycated hemoglobin levels in patients with diabetes. The ketogenic diet contributes to a decrease in body mass and BMI and differs from other diets by lowering triglycerides, cholesterol, and LDL, while increasing HDL levels, which provides a positive dynamic, especially when combined with other diets. The increase in *Bifidobacterium lactis* raises HbA1c levels and enhances GLP-1 secretion.

Conclusion(s). Adoption of diets rich in fiber, low in carbohydrates almond-based diet, or ketogenic can significantly improve glycemic control, lipid profile, and the patient's mental state, thereby reducing complications associated with the disease and maintaining body weight within normal limits.

Keywords: nutrition, diabetes mellitus, fiber, microflora, carbohydrate