

RISK FACTORS IN POSTMENOPAUSAL OSTEOPOROSIS PATIENTS

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Background. Osteoporosis is one of the most prevalent conditions among postmenopausal women and is associated with a significant increase in the incidence of fractures, morbidity, and mortality. Women are at higher risk of developing osteoporosis due to their lower total bone mass and hormonal status.

Objective(s). The identification and correlation of both modifiable and non-modifiable risk factors with T-score values contribute to risk stratification and the individualization of prevention strategies.

Materials and methods. A total of 200 postmenopausal female patients, aged between 49 and 79 years, were enrolled in the study. Demographic characteristics, personal and family medical history, lifestyle-related factors, and bone mineral density (BMD) values were extracted from patient medical records. The data collected were subjected to statistical analysis.

Results. The overall incidence of OP was 48%, with an age-related increase in prevalence: 28% in the 49–59 age group, 54% in the 59–69, and 76% in those > 69 years. T-score values ≤ -2.5 SD at the lumbar spine were positively correlated with non-modifiable and modifiable risk factors. Non-modifiable were: a family history of OP (OR: 3.3; 95% CI: 1.8–6.0), previous fractures (distal radius and vertebral), early menopause, and lactation > 24 months. Modifiable factors, a BMI <18.5 (OR: 4.5; 95% CI: 2.5–8.0), low Ca intake, Vit D deficiency (OR: 3.5; 95% CI: 1.9–6.3), low physical activity, and active smoking were associated with an increased risk of OP.

Conclusion(s). The study highlights a high incidence of OP in postmenopausal women, associated with the presence of multiple risk factors. Our findings emphasize the importance of the systematic evaluation of these factors and the implementation of targeted preventive interventions for postmenopausal women.

Keywords: bone mineral density, postmenopausal osteoporosis, risk factor

TUBERCULOSIS DETECTION AND DIAGNOSIS CHALLENGES IN PERSONS LIVING WITH HUMAN IMMUNODEFICIENCY VIRUS

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Background. Tuberculosis (TB) remains the leading cause of death among patients infected with the human immunodeficiency virus (HIV). The immunosuppression caused by HIV significantly contributes to the development of TB. Detection and appropriate treatment of TB in HIV-positive populations remain a major challenge.

Objective(s). The study aimed to evaluate and analyze the main challenges and difficulties in the detection and diagnosis of patients with TB/HIV coinfection, as well as the treatment success rate.

Materials and methods. A retrospective, selective, case-control study was conducted, including 86 patients diagnosed with pulmonary tuberculosis between January 1 and December 31, 2023. The patients were divided into two study groups: Group 1 – 38 patients with CD4 levels >200 cells/mm³; Group 2 – 48 patients with CD4 levels <200 cells/mm³.