

Materials and methods. The information was searched using the PubMed engine along with the PsycArticles database. The following keywords joined the search for titles / abstracts via PubMed: Pathogenesis of obesity, leptin, metabolic syndrome, metabolic inflammation.

Results. Adipose tissue produces a series of cytokines collectively called adipocytokine. TNF- α - was the first cytokine identified in the adipose tissue in obese mice, marking the beginning of the concept of metabolic inflammation. A series of clinical and experimental studies have been reported showing that adiponectin functions as an anti-atherogenic, anti-inflammatory and antidiabetic agent. Hypoadiponectinemia increases the risk of type II diabetes, hypertension and dyslipidemia and ultimately causes atherosclerosis. Leptin has pro-inflammatory effects by stimulating IL-2 synthesis and by inhibiting the synthesis of IL-4 by T cells. Proinflammatory cytokines induce the synthesis and release of leptin, which helps maintain chronic inflammation in obesity.

Conclusions. The regulation of adipocytokine and brain-intestinal hormone levels will allow the development of methods of prophylaxis and pathogenetic therapy of obesity, metabolic disorders and multiple organ dysfunction-induced obesity.

Key words: pathogenesis of obesity, adipocytokine, metabolic inflammation

DEPARTMENT OF HUMAN PHYSIOLOGY

245. THE CONCEPT OF "RESPIRATORY PERSONALITY" IN TWINS

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Introduction. The first who introduced the term "respiratory personality" was Dejours (1961). He discovered differences in the respiratory pattern from one person to another and suggested that the respiratory pattern may be a stable feature of personality.

Aim of the study. To study the concept of "respiratory personality" in twins

Materials and methods. The group was made of 16 twins (8 pairs) in the age of 24+-6(the youngest are 18 years old, the eldest 30). All don't have respiratory pathology, are healthy and didn't take psychoactive substances before the experiment. The current study was applied in 2 steps. First determines psychometric properties of twins, which were described using PID-5 test. This test has 220 autoreport elements, evaluated from 0 to 3. This test discovers maladaptive personality traits from DSM-5. Second step was made to record respiratory pattern using respiratory inductive pletismography Visuresp RBI France and Capnography Capnostream. The experimental protocol included recording the respiratory variables in 27 minutes: 5 minutes in rest, 3 minutes of pain, 3 minutes postpain rest, 1 minute stress, 3 minutes poststress rest, duration of apnea, 3 min postapnea rest, 3 minutes of metronome guided volunteer hyperventilation, 5 minutes of rest.

Results. (1) For all the girls in a pair of twins, the PID-5 domains are more pronounced in one girl than in the second in pair. (2) In a pair of twins, the same domains of PID-5 are often found. The most common is the domain of Disinhibition (6 pairs) and Detachment (7 pairs). (3) Two pairs are similar in all domains. And they are girls. (4) EtCO₂ is initially the same in a pair of twins. At 37.5% it starts to differ in the sample with apnea (5) 75% had the same length of apnea (6) 75% had a similar level of pain (7) 62.5% of couples showed the same trend in the change in respiratory rate during the following samples: in transfer from post-pain to stress samples and in transfer from stress to post-stress samples. (8) the same length of apnea are represented in twins with the same Disinhibition domain

Conclusions: 1. Even with different PID-5 domains, some variables of the respiratory pattern in twins are the same 2. Twins are very similar in PID-5 items, of which the most common domain is Detachment 3. The most common in PID-5 domains are girls 4. Domain of Disinhibition may have an effect on the length of apnea.

Key words: “respiratory personality”, respiratory pattern, PID-5, twins

246. SLEEP QUALITY OF URBAN POPULATION IN REPUBLIC OF MOLDOVA

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Introduction. For each person, sleep is an essential part of normal life rhythm and well-being. Spending roughly third part of life in this state, many people are underestimating its influence on body’s functioning, mood and sharpness of mind. Especially clearly, sleep problems can be observed among the urban population, affected by increasing rhythm of life and burden of constant stress. Sleep disturbances are directly linked to human errors, accidents, material losses and long-term effects on health. This study was designed to prove statistical significance of sleep-related pathologies among the urban population of Moldova and deficiency of its diagnostics and treatment.

Aim of the study. To determine sleep quality of urban population in Republic of Moldova

Materials and methods. The study consisted of an anonymous survey of urban citizens aged 18-40 years old and included the Pittsburgh Sleep Quality Index (PSQI), a self-rated instrument that evaluates sleep habits for last month. It consists of seven “component” scores: subjective sleep quality, sleep duration, sleep latency, habitual sleep efficiency, use of sleeping medication, sleep disturbances and daytime dysfunction. The sum of scores for these seven components yields one global score.

Results. Study was completed by 359 people. Prevalence of bad sleepers, characterized by PSQI score > 5, was reported by 181 respondents (50,2%). Medium PSQI score was 6,11. Medium score for women was 6,28 and 5,89 for men. 5,67 for married respondents and 6,26 for not married. Medium score for respondents, which’ve evaluated their income as “low” was 6,46, 5,97 for those who said “medium” and 4,33 for people who characterized their income as “high”.

Conclusions. Every second person is experiencing problems with sleep, which is more significant, comparing it to data provided by other countries (30-40%). Also, it was confirmed that men experience less sleep problems than women, married couples sleep better than unmarried and that sleep quality increases with subjective satisfaction of financial status.

Key words: sleep quality, disturbances, PSQI

247. CARDIAC FUNCTIONAL INDEX - LEFT VENTRICLE EJECTION FRACTION AS A PREDICTOR FACTOR IN HEART PATHOLOGY

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Introduction. The ejection fraction (EF) is the volumetric fraction of blood ejected from a ventricle of the heart with each heartbeat. EF is used as a measure of the pumping efficiency of the heart. The systemic circuit is provided by the left ventricle, thus left ventricular ejection fraction (LVEF) is the main index the body’s systemic circulation. By today’s standards, LVEF is