



23. STUDY OF RISK FACTORS IN PATIENTS WITH AORTIC STENOSIS

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Introduction. Aortic valve stenosis is commonly considered a degenerative disorder with no recommended preventive intervention. With increased life expectancy and aging of the population, aortic stenosis is now one of the most common valvular heart diseases. Early recognition and management of aortic stenosis are of paramount importance because untreated symptomatic severe disease is universally fatal.

Aim of study. It is generally accepted that aortic valve stenosis is a degenerative illness for which there is no suggested course of treatment. Populations getting older and greater longevity have made aortic stenosis one of the world's most widespread valvular cardiac conditions. Since untreated symptomatic severe illness is always life-threatening, early identification and therapy of aortic stenosis are critical.

Methods and materials. The following online databases were included in the search strategy, limiting results to a range of 2021-2023 years, retaining a total of 110 articles as the primary studies of the study selection process. As the basic search engine used IEEE Xplore, ScienceDirect and PubMed as the free version of MEDLINE, is highly authoritative. For a more effective study of the articles, the keywords used in the research were: aortic valve stenosis, risk factors, lipid profile, blood cholesterol.

Results. The results of the research emphasize that risk factors predominate in people depending on their age, gender, lifestyle, status in society, and their income. Several studies have also indicated infrequency of exercise and individual education levels as determining factors of aortic stenosis. Another study revealed that significant predictors of aortic stenosis, particularly around the age of 55 (women and men), include maternal smoking during pregnancy, childhood neurological functions and trait conscientiousness.

Conclusion. Aortic stenosis is common and expected to increase in prevalence with the aging population. In addition to aging, clinical risk factors for the development of AS include hypertension, hyperlipidemia, diabetes and lifelong exposure to high LDL-cholesterol suggesting that LDL-lowering treatment may be effective in its prevention. The collected findings are promising, but additional research is required to increase understanding of this disease. Moreover, this study briefly examined the most influential factors that cause or worsen aortic stenosis.