

**МІНІСТЕРСТВО ОХОРОНИ ЗДОРОВ'Я УКРАЇНИ
БУКОВИНСЬКИЙ ДЕРЖАВНИЙ МЕДИЧНИЙ УНІВЕРСИТЕТ»**



МАТЕРІАЛИ

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Statistically better SGRQ "impact" scores after treatment were observed in two groups (the values were lower by 23% ($p<0.05$) in the 1st and by 39.3% in the 2nd study groups ($p<0.05$)). Positive dynamics of the SGRQ "total" scores were found in two groups (by 33.3% - in the main and by 18% - in the control groups) ($p<0.05$).

Conclusions. The use of questionnaires in CCS, COPD, and obese patients allows assessing the impact of additional therapy on the clinical course of the disease. The most statistically significant reduction of COPD manifestations and better quality of life by SGRQ "symptoms" and "total" scores were found in the group of combination basis therapy with ranolazine.

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METABOLIC SYNDROME IN GOUT PATIENTS

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Introduction. Gout affects about 9.2 million people in the US (FitzGerald et al., 2020), while in Europe, more than half of people suffer from gout attacks and do not have their uric acid (UA) levels monitored. In November 2019, the American College of Rheumatology (ACR) revised its clinical guidelines for the management of individuals with gout, defining the management strategy as a "goal for all". The prevalence of metabolic syndrome among gout patients is 90%, which is much more than the prevalence of metabolic syndrome among patients with coronary heart disease - 41% and occurs with greater frequency than in the population (10-30%).

The aim of the study was to investigate some criteria of metabolic syndrome (based on common position of the IDF, NHLBI, AHA, WHF, IAS i IASO, 2009) in patients with gout.

Material and methods. The study involved 20 men with gout, average age – 53.4 ± 8.2 years. The control group consisted of 10 healthy individuals. Clinical examination of each patient included general clinical and special studies. For the study of carbohydrate metabolism, laboratory analyses of blood to determine blood glucose and insulin levels were made. The level of insulin resistance (IR) was calculated using the formula HOMA-IR. Waist circumference was measured by tape at the navel.

Results. Joint syndrome was the first manifestation of the disease in 85 % of patients with gout debuted with arthritis of the first metatarsophalangeal, ankle-foot, and knee joints in 70% of the examined main group. Peripheral tophi were found in 60% of patients. Tophus affect the severity of metabolic syndrome, which depends on the development of peripheral gouty bumps. An increase in waist circumference >102 cm was noted in 50% patients, triglyceride level >1.7 mmol/l — in 40 %, high-density lipoproteins <1 mmol/l for men — in 45 % patients, systolic blood pressure ≥ 135 mm Hg and/or diastolic blood pressure ≥ 85 mm Hg — 50 %, glucose ≥ 6.1 mmol/l — in 15 % patients.

Conclusions. The above studies represent small, but significant advances in the effort to understand the complex interaction between metabolic syndrome and gout. The prevalence of metabolic syndrome has been reported to be significantly higher in patients with gout as compared to the general population. Comorbid course of disease requires attention from clinicians to develop a differentiated approach for the prevention of metabolic syndrome among patients with gout.

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POLYPHARMACY AND HEALTH-RELATED QUALITY OF LIFE AMONG PATIENTS WITH GASTROINTESTINAL CHRONIC DISEASE

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Introduction: Patients with chronic diseases of gastrointestinal tract, liver and pancreas predominate over patients with acute and infectious diseases, and their prevalence is rising. Because chronically ill patients tend to have a higher risk of multiple morbidity, polypharmacy, defined as the use of 5 or more medications, is common. The association between polypharmacy and low