CLINICAL, EPIDEMIOLOGICAL CHARACTERISTICS AND COMORBIDITIES IN A COHORT OF PARAGUAYAN PATIENTS WITH RHEUMATOID ARTHRITIS


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Background: Rheumatoid arthritis (RA) is a chronic rheumatic inflammatory disease with a higher risk of developing some cardiovascular pathology compared to the general population. The presence of comorbidities in patients with RA represents an increase in the need for care, work disability and hospital admissions.

Objectives: To describe clinical, epidemiological characteristics, frequency of comorbidities and their association with clinical and analytical characteristics in Paraguayan patients with rheumatoid arthritis.

Methods: Descriptive, cross-sectional study of a cohort of patients with established rheumatoid arthritis, followed in the Department of Rheumatology of the Hospital de Clínicas, epidemiological (i.e. sex, age, origin), clinical (i.e., comorbidities (i.e. HBP was defined as BP >140/90), obesity BMI ≥30, dyslipidemia according to lipid profile levels), time of evolution of the disease, DAS28, etc.), laboratory (i.e. RF, anti-CCP) and radiographic variables were recorded. Qualitative variables were expressed in frequencies and percentages and quantitative variables were characterised by their means and standard deviations. The comparison of clinical, epidemiological, serological variables was performed using the chi-squared test and the student test respectively for qualitative and quantitative variables. The statistical analysis was performed with the statistical program SPSS V.23.0.

Results: 177 patients with RA were included, 82.5% were women, with a mean of level of 224.7±201 UI/L. Methotrexate was the most frequent treatment (87%), a mean of level of 436.7±301 UI/L and 85% were anti-CCP positive, with a mean degree. Only 15.3% had extra-articular manifestations, mainly rheumatoid nodules.

Conclusions: In this cohort of patients with established RA a little more than half present significant differences between them.

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