OSTEOPOROSIS AND FRACTURES IN PATIENTS WITH CIRRHOSIS. CAN FRAX BE USEFUL FOR SCREENING?

E. Casado1, M. Arévalo2, J. Protòs2, A. Lira3, L. Del Río2, O. Valero2, M. Larroca1, J. Sánchez-Delgado2, J. Gratacos3,1, R. Rheumatology, University Hospital Parc Taulí, 13PT, UAB, Sabadell, Sabadell; 2Gastroenterology and Hepatology, Consorci Hospitalari de Terrassa, Terrassa; 3Gastroenterology and Hepatology, University Hospital Parc Taulí, 13PT, UAB, Sabadell, Sabadell; 4Radiology, CETIR Centre Mèdic, Barcelona; 5Statistics, Universitat Autònoma Barcelona (UAB), Bellaterra, Spain

Background: Osteoporotic fractures are a serious complication in patients with cirrhosis. In addition to the high morbidity and mortality of the patients who suffer them, fragility fractures represent a high cost for Healthcare systems. However, there are very few studies that evaluate the prevalence of osteoporosis and fractures in patients with liver cirrhosis different than primary biliary cirrhosis (non-PBC cirrhosis). There are also no clinical guidelines with recommendations for osteoporosis screening in these patients.

Objectives: To assess the prevalence of osteoporosis and fracture in patients with liver cirrhosis in our environment, and the associated risk factors.

To analyse if the FRAX tool can be useful in the diagnostic screening of these patients.

Methods: From November 2015 to September 2017, outpatients older than 40 years diagnosed with non-PBC cirrhosis (any Child stage) were randomly included.

Demographic, clinical and analytical data (calcium, phosphorus, 25-hydroxyvitamin D and PTH) were collected from all patients. A bone densitometry, GE, Lunar Prodigy (DXA) and vertebral fracture assessment (VFA) were also performed, for the diagnosis of osteoporosis (T-score ≤−2.5), and vertebral fracture. The 10 year absolute fracture risk was calculated using FRAX (https://www.sheffield.ac.uk/FRAX/tool.aspx?country=4).

A descriptive statistic of the main variables was carried out, univariate and multivariate analysis to assess which predictive factors could be related to the presence of osteoporosis and/or fragility fractures.

Results: Ninety-two patients were included (71% male and 29% female). Age 63±11 years. The etiology of cirrhosis was: alcohol (52%), hepatitis C virus (27%) and other (21%). Thirty-six (39%) patients were categorized as non-osteoporosis (NP) and 56 (61%) as osteoporosis (O). No significant differences were found by DXA in cirrhotic patients could expect a saving of 76% of DXA scans.

FRAX for major fracture without BMD higher than 2.3% in this population had a high sensitivity (69%) and specificity (85%) for the diagnosis of osteoporosis, with a mean 25-hydroxyvitamin D and PTH significantly lower in those of the Camargo cohort, (47.4±19.9 ng/ml), with statistical significance (p=0.03). Mean general P1NP values were 48.34 ng/ml (±29.47), 58.63 ng/ml (±32.9) in women and 44.9 ng/ml (±27.56) in men, with no statistically significant differences found when HIV infected women were compared with those of the Camargo cohort, (47.1±19.9 ng/ml) (p=0.06), although a trend towards higher levels in HIV infected women was observed.

Conclusions: In the present study no correlation between PVF and b-CTX levels was found in HIV infected patients and incidence of vertebral fracture was found. P1NP and b-CTX mean values in HIV infected women in our study are higher than those of healthy postmenopausal Spanish women, which means a higher bone turnover in this population. More studies are needed to clarify the extent and clinical impact of this finding.

Disclosure of Interest: None declared


PAIN RELIEF MANAGEMENT OF ACUTE OSTEOARTHRITIC VERTEBRAL FRACTURE IN A REAL LIFE STUDY

F. Bertolli1, G. Gandolini2, A. Venturin3, C. Cisari4, R. Lovato4, M. Longh2, S. Farina5, E. Bertolli2, R. Nutil6, on behalf of Servatius Gismo study group.

1Internal Medicine, University of Verona, Verona; 2rheumatology, IRCCS Don Nono Gnocchi, Milan; 3Rheumatology, University of Padua, Padua; 4Orthopedic Unit, University of P.O. Novara; 5Internal Medicine, Villa Bertica Hospital, Vicenza; 6Orthopedic Unit, Galeazzi Institute, Milan; 7Rheumatology Unit, University of Verona, Verona; 8Internal Medicine, University of Siena, Siena, Italy

Background: Among all osteoporotic fractures the painful vertebral fractures (PVF) are the most frequent. The management of PVF is lacking in the literature.

Objectives: To assess the relationship between mean values of bone biomarkers P1NP and b-CTX and incidence of vertebral fractures (VF) in an HIV infected population; and compare such values with those of a Spanish healthy population of reference.

Methods: We performed a cross-sectional study with HIV infected patients followed up in the Infectious Diseases Department of our centre from 2014 to 2016. P1NP and bone-CTX values were determined and lumbar and thoracic spine radiographs made to assess presence of VF (Genant grading scale). Other clinical and demographic data were collected retrospectively. P1NP and bone-CTX values in the presence (VF) group and absence of fractures (non-VF group) were compared. Mean values were also compared with the Camargo cohort, comprised of 1080 healthy postmenopausal Spanish women, used as reference. Statistical analysis were made with STATA. All patients signed and informed consent, previously approved by the Hospital’s Ethics Committee.

Results: A total of 144 patients were included, 38 were women with a mean age of 56,4 years old45–77 and 106 men with mean age of 56,5 years old45–86 of the patients had at least one VF. No statistically significant differences were found between P1NP mean levels in the FV and the non FV groups, with values of 45,30 ng/ml (±17,59 ng/ml) and 49,48 ng/ml (±32,92 ng/ml) respectively, (p=0.52). Mean levels of b-CTX were 0.38 ng/ml (±0.18 ng/ml) in the VF group and 0.43 ng/ml (±0.22 ng/ml) in the non-VF group, again without significant differences (p=0.35).

Mean general b-CTX values in our population were 0.41 ng/ml (±0.21); 0.46 ng/ml (±0.20) in women and 0.39 ng/ml (±0.20) in men. Higher levels were found in HIV infected women than in the Camargo cohort (0.36±0.19 ng/ml), with statistical significance (p=0.03). Mean general P1NP values were 48.34 ng/ml (±29.47), 58.63 ng/ml (±32.9) in women and 44.95 ng/ml (±27.56) in men, with no statistically significant differences found when HIV infected women were compared with those of the Camargo cohort, (47.7±19.9 ng/ml) (p=0.06), although a trend towards higher levels in HIV infected women was observed.

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Disclosure of Interest: None declared


BONE REMODELLING BIOMARKERS IN HIV INFECTED PATIENTS

F. López1, L. Loarce1, C. Sobrino1, J.L. Casado2, M. Vázquez1, 1Rheumatology Department, 2Infectious Diseases Department, Ramon y Cajal University Hospital, Madrid, Spain

Background: Bone metabolism is an equilibrium of resorption and growth, maintained by many regulating factors. Several molecules have been identified that estimate bone turnover, being P1NP and b-CTX the most commonly used. Many studies have shown a relationship between their levels and metabolic bone disease, and possibly with risk of fracture.

Human Immunodeficiency Virus (HIV) infected patients have lower bone mineral density (BMD), as documented on many studies. An increased incidence of fractures has been noted as well, probably due to predisposing factors related to HIV infection, apart from the traditional risk factors.

Objectives: To assess the relationship between mean values of bone biomarkers P1NP and b-CTX and incidence of vertebral fractures (VF) in an HIV infected population; and compare such values with those of a Spanish healthy population of reference.

Methods: We performed a cross-sectional study with HIV infected patients followed up in the Infectious Diseases Department of our centre from 2014 to 2016. P1NP and bone-CTX values were determined and lumbar and thoracic spine radiographs made to assess presence of VF (Genant grading scale). Other clinical and demographic data were collected retrospectively. P1NP and bone-CTX values in the presence (VF) group and absence of fractures (non-VF group) were compared. Mean values were also compared with the Camargo cohort, comprised of 1080 healthy postmenopausal Spanish women, used as reference. Statistical analysis were made with STATA. All patients signed and informed consent, previously approved by the Hospital’s Ethics Committee.

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