After 12 months of follow-up, there was no difference between the dose of glucocorticoids received in patients with EORA and PMR (p = 0.684). There were also no differences in glucocorticoids adverse effects according to the diagnosis (p = 0.734).

Regarding the use of immunosuppressors, this was higher in patients with EORA (91% EORA and 20% PMR), according to the usual clinical practice guidelines.

The percentage of remission in PMR at 12 months was 95%. However, using DAS 28-VSG, only 40.9% of patients with EORA were in remission at 12 months (p < 0.003).

Conclusions: The female predominance was higher in PMR than in EORA. The scapular girdle involvement, but especially the pelvic girdle, was more frequent in PMR. In contrast, involvement of peripheral joints and edema were more frequent in EORA. RF and ACQA were more frequent in EORA. There were no other analytical differences that would help their differential diagnosis. The mean and accumulated doses of glucocorticoids during the first 12 months were similar, as well as the percentage of side effects. Immunosuppressors are more frequently used in EORA than in PMR. Remission is achieved more commonly in PMR than in EORA.

REFERENCES

Disclosure of Interests: None declared

AB0339

HYPERURICEMIA AMONG A MOROCCAN POPULATION WITH RHEUMATOID ARTHRITIS

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Background: Rheumatoid arthritis (RA) is a known cause of cardiovascular disease (CVD). Several studies suggest that serum uric acid (SUA) is significantly associated with CVD in RA. However, the association between SUA and inflammation remains controversial.

Objectives: The aim of the present study is to determine the prevalence of hyperuricemia in RA patients, to assess its association with inflammation and to evaluate whether disease modifying antirheumatic drugs (DMARDs) have a hypouricemic effect.

Methods: We conducted a cross-sectional study over four months in our department of rheumatology. A total of 204 RA patients receiving DMARDs in their treatment were enrolled. All patients fulfilled the RA ACR-EULAR criteria. SUA and inflammatory markers were studied. Hyperuricemia was defined as SUA >70mg/L for males and >60mg/L for females. Data analysis was carried out using the SPSS 20 Software. Univariate and multivariate regressions were performed to identify the impact of hyperuricemia in RA patients.

Results: The mean age was 51.76±12.84 and the mean age at RA diagnosis was 42.5 ± 15.23. Fourteen patients (6.9%) had hyperuricemia and the average rate of SUA was 41.99 ± 11.85 mg/L. All patients were taking Methotrexate, 34% received also Sulfasalazine, 6.4% Hydroxychloroquine and 77% steroids. Males and post-menopausal women had significantly higher SAU levels (p<0.001 and p<0.0001, respectively).

Univariate analysis showed a positive relationship between SUA levels and age (p<0.004), gender (p<0.002), age at RA diagnosis (p=0.03), smoking (p=0.04), use of alcohol (p=0.025), high body mass index (BMI) (p=0.012), elevated blood pressure (p<0.0001), dyslipidaemia (p<0.001) and high doses of steroids (p<0.001). The association between RA and gout was noted in one case. We found no correlation between inflammation, DMARDs, CVD and SUA. In multivariate analysis adjusted for age, gender, BMI and steroids maintained a significant correlation with SUA.

Conclusion: The prevalence of hyperuricemia is low in our RA patients and similarly gout remains infrequent. However, RA patients must be screened for hyperuricemia. There is growing evidence that higher doses of steroids can cause hyperuricemia. Practitioners should be aware that these patients are at risk of having high SUA levels as well as more traditional cardiovascular risk factors. Thus, appropriate preventive interventions in these patients should be introduced.

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Disclosure of Interests: None declared

AB0340

PATIENTS WITH RHEUMATOID ARTHRITIS COMPLICATED WITH DEPRESSION HAVE A HIGHER FREQUENCY OF EXPERIENCING PHYSICAL DEPRESSIVE SYMPTOMS

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Background: Approximately 15% of patients with rheumatoid arthritis (RA) experience depression with an odds ratio of 1.42 (95% CI 1.3–1.5) compared to healthy people. Depression is related to disease activity and activities of daily living (ADL) of patients with RA. Previous studies have reported depressed mood, sleep disorder, and other such symptom separately with no reports addressing the factors constituting depression together.

Objectives: To examine the factors contributing depression in RA patients.

Methods: The subjects were 124 registered RA patients. The following patient characteristics were investigated: age, gender, body mass index, smoking history, and presence or absence of hypertension and diabetes. Baseline steroid dosage, methotrexate dosage, and serum matrix metalloproteinase–3 levels and creatinine level were examined. For evaluation, we used the simplified disease activity index (SDAI) for RA disease activity, the health assessment questionnaire disability index (HAQ-DI) score for ADL, and the Hamilton depression rating scale (HAM-D) score for depression status. Different items on the HAM-D scale were analyzed, and the correlation between HAM-D and each item was examined.

Results: Although 42 patients (33.9%) answered that they experienced depressed moods, more than 50% of the patients answered that they had “anxiety somatic (79 patients, 63.7%)” and “somatic symptoms general (69 patients, 55.6%)”. Patients, who responded that they had “work and activities (57 patients, 46.0%)”, “hypochondriasis (53 patients, 42.7%)”, and “general symptom (49 patients, 36.5%)” exceeded the number of patients claiming to experience depression. “Depressed mood” correlated with SDAI (r=0.31, p<0.01) and HAD-DI (r=0.26, p<0.01). “Somatic Symptoms General” correlated with SDAI (r=0.30, p<0.01) and HAQ-DI (r=0.29, p<0.01) as well. “Anxiety somatic” correlated with age (r=0.24, p=0.01) only and no other factor.

Conclusion: Patients with rheumatoid arthritis patients experiencing a depressed state of mind have a high chance of exhibiting physical symptoms as compared to patients with “depressed mood” alone. These factors are not necessarily associated with RA disease activity or HAQ-DI.