AB1359-HPR THE COMBINED EFFECTS OF LIFESTYLE HABITS ON HEALTH-RELATED QUALITY OF LIFE, PHYSICAL AND MENTAL FUNCTIONS IN PATIENTS WITH SPONDYLOARTHRITIS

Elisabeth Mogard^{1,2}, Ann Bremander^{1,2,3,4}, Emma Haglund^{2,5}. ¹Lund University, Department of Clinical Sciences Lund, Rheumatology, Lund, Sweden; ²R&D Spenshult, Halmstad, Sweden; ³Department of Regional Health Research, University of Southern Denmark, Odense, Denmark; ⁴Danish Hospital for Rheumatic Diseases, University Hospital of Southern Denmark, Sønderborg, Denmark; ⁵Halmstad University, School of Business, Engineering and Science, Halmstad, Sweden

Background Earlier studies have found strong correlations between worse health and an unhealthy lifestyle, such as not meeting recommendations of moderate-to-vigorous physical activity, being overweight or obese and the use of tobacco in patients with spondyloarthritis (SpA). The impact of more than one unhealthy lifestyle habit (LsH) is however, scarcely described.

Objectives To study the combined effects of unhealthy LsHs on health-related quality of life (HRQoL) and physical and mental functions in patients with SpA. Differences between SpA subgroups and gender were also studied.

Methods Postal questionnaires were in 2009 and 2011 sent to all patients diagnosed with SpA and registered in the Skane Healthcare Register. This study included patients who at both time points responded to the survey, were ≥20 years, and had ankylosing spondylitis (AS), psoriatic arthritis (PsA) or undifferentiated spondyloarthritis (USpA). Cross-sectional data from the 2011 questionnaire were available for 1601 patients (AS n=455, PsA n=883, USpA n=263), with a mean age of 58 (13) years (52% women). Self-reported levels of weekly physical activity at moderate or vigorous intensity, (MVPA), use of tobacco (cigarettes and/or snuff) and BMI (overweight or obese) were dichotomized as "healthy" or "unhealthy". The number of unhealthy LsH were then summarized and stratified into four groups (scoring 0-3, 0=no unhealthy LsH). HRQoL was assessed with EQ-5D (0-1, worst-best), and physical function with BASFI. Disease activity (BASDAI), pain, fatigue (0-10, best-worst), anxiety, and depression (HADA/d) (0-21, no distress-maximum distress) were also measured. Statistical analyses were performed with Chi Square test and ANOVA.

Results Fourteen percent (n=226) reported none of the studied unhealthy LsH, while 35% (n=555) reported one, 38% (n=611) two, and 13% (n=209) three unhealthy LsH. Reports of one and more unhealthy LsH had increasing negative impact on HRQoL (from mean 0.74 (SD 0.19) to 0.57 (0.30)), disease activity (from 3.2 (2.1) to 4.5 (2.3)), physical function (2.3 (2.1) to 4.4 (2.6)), VAS-pain (3.4 (2.3) to 4.8 (2.5)), VAS-fatigue (4.2 (2.7) to 5.5 (2.7)), anxiety (4.8 (4.2) to 5.6 (4.4)) and depression (3.3 (3.3) to 4.8 (3.8)) in patients with SpA (p=0.019-**Conclusion** Our findings support that the combined effect of unhealthy lifestyle habits have negative impact on many aspects of health. There is a need for interventions aiming at screening for not only one but several unhealthy lifestyle habits combined, and to offer coaching to increase behavioral change and promote better health.

Disclosure of Interests None declared

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AB1360-HPR PREVALENCE OF TOBACCO AND ALCOHOL CONSUMPTION IN PATIENTS WITH RHEUMATOID ARTHRITIS

Laura Villarreal¹, Michael Cabrera², Pedro Santos-Moreno³, Diana Buitrago-García⁴. ¹Biomab – Center for rheumatoid arthritis, Psychology, Bogotá, Colombia; ²Biomab – Center for rheumatoid arthritis, EHR administration, Bogotá, Colombia; ³Biomab – Center for rheumatoid arthritis, Rheumatology, Bogotá, Colombia; ⁴Biomab – Center for rheumatoid arthritis, Nursing research, Bogotá, Colombia

Background: Rheumatoid arthritis (RA) is a chronic, inflammatory arthritis leading to progressive joint and organ system damage and disability. It has been demonstrated that smoking and alcohol consumption is a risk factor for poor response to RA treatment.

Objectives: To describe the prevalence of smoking and alcohol consumption in patients with rheumatoid arthritis.

Methods: We conducted a retrospective study, patients were followed during 12 months. Smoking and alcohol consumption were assessed through yearly questionnaires. The disease activity and functional status were measured annually by the DAS28. We calculated means, and standard deviations for continuous variables and categorical variables were presented as rates. We estimated the prevalence smoking and alcohol consumption and explored if there was an association between DAS28 and smoking or alcohol consumption.

Results: We included 6491 patients. patients, 82% were female and 18% male; median age was 60 years RIQ (50-67), regarding disease activity, mean DAS28 was 2.59 ± 1.08. The prevalence of alcohol consumptions was 2.26% while smoking 7.83%. We did not find an statistical association between smoking alcohol consumption and DAS28.

Conclusion: Our study showed a small prevalence of patients with rheumatoid arthritis who smoke or consume alcohol without any associations between smoking or alcohol consumption with disease activity. This could be attributed to a low prevalence in our study. Further research is needed in order to propose other methodological approaches to explore this association.

Disclosure of Interests:

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HPR Interventions (educational, physical, social and psychological)

AB1361-HPR BENEFITS OF HYDROGINASTICA IN ELDERLY WITH OSTEOPOROSIS

Mateus Antunes¹, Sonia Bertolini², Amelia Pasqual Marques¹. ¹University of São Paulo, Department of Physical Therapy, Speech Therapy and Occupational Therapy, São Paulo, Brazil; ²University Center of Maringá – UNICESUMAR, Department of Health Promotion, Maringá – PR, Brazil

Background: The aging of the population has repercussions in several social sectors, among them health, with a view to increasing the frequency of Chronic Non-Communicable Diseases. It is worth highlighting Osteoporosis, since it is associated with increased mortality and dependencies, becoming a growing public health problem. As a form of maintenance and prevention of osteoporosis it is indicated the performance of physical exercises, among them, the water gymnastics stands out.

Objectives: The study aimed to present and discuss studies on the benefits of water aerobics for the elderly with osteoporosis.

Methods: For the development of the present study a bibliographic research was carried out in the years 2010 to 2017 through searches in national and international journals indexed in PubMed, Scielo, Lilacs and Medline databases. The descriptors used were: Elderly, Aging Process, Hydrogeology, Aquatic Activity, Osteoporosis and Health Promotion in Portuguese, Spanish and English. The search period was between the months of February and March of 2017 and after selecting the articles, to extract the definitions about the theme, they were read.

Results: We can identify that water aerobics is a practice that addresses these benefits in the elderly with osteoporosis. Another aspect found in the studies is that water gymnastics provides the elderly with improved socio-affective relationships.

Even considering the natural losses due to aging on some physical characteristics, water aerobics is an important exercise practice option. The activities in the aquatic environment are indicated for a considerable gain of muscular mass and reduction of the loss of the same one, aiding in the tonification of the musculature, the loss of fat and the increase of the resistance. For the elderly with osteoporosis this modality is a preventive aid that contributes to improve their quality of life.

Among the studies found, one performed in Japan in the elderly with osteoporosis, found an increase in VO2max, flexibility and increased strength of hydrogymnastics participants; in Israel, the elderly women reduced the Muscle Mass Index and body fat. In Brazil, a study verified the improvement of functional capacity in elderly women practicing water aerobics.