medially and 2 knees showed worsening BMLs laterally. 10 (7%) knees showed incident BMLs medially and 8 (6%) knees in the lateral FT compartment. Deep layer T2 showed prolongation in the MT in knees with incident LT cartilage lesions (n=38, 54.5 vs. 32.7 ms, p=0.02) and for MF in knees with MF cartilage lesion worsening (n=9, 47.6 vs. 41.4 ms, p=0.01) and MF BML incidence (n=6, 45.4 vs.41.6ms, p=0.000). Superficial T2 showed prolongation in the MT only in those knees with MT cartilage lesion worsening (n=2, 47.3 vs. 43.4 ms, p=0.03). No additional associations were seen for the superficial layer.

**Conclusion:** For knees without ROA, BL deep layer T2 prolongation was seen for those who developed incident cartilage damage in the LT, and those with worsen-
ing cartilage damage and incident BMLs in the MF; respectively. Superficial T2 showed prolongation only in the MT for those with MT cartilage lesion worsening. In summary and contrary to our hypothesis the deep cartilage layer seems to be more relevant for cartilage damage or worsening in the same FT plate than the superficial layer.

**Acknowledgments:** German Bundesministerium für Bildung und Forschung (BMBF: 01EO1406D / OVERLOAD-PREVOP)

**Disclosure of Interests:** Frank Roemer: None declared, Felix Eckstein Grant/ research support from: Merck, Orthoprix, Servier, Galapagos, Kolon Tissue

### Osteoarthritis: clinical

**OP0184**

**RISK OF COMORBIDITIES FOLLOWING INCIDENT CLINICIAN-DIAGNOSED KNEE OR HIP OSTEARTHRITIS: A REGISTRY-BASED COHORT STUDY**

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**Background:** Osteoarthritis (OA) is associated with increased comorbidity, but knowledge of the temporal relationships between OA and comorbidities is limited. **Objectives:** To estimate the risk of consulting for comorbidities in people with incident clinician-diagnosed knee or hip OA. **Methods:** Using the Swedish Population Register, we identified all residents aged 35 years or above in the Skåne region, Sweden (total pop. 1.23 million) in the year 2009. We used the Skåne Health Care Register (SHR), a comprehensive register based on physicians’ International Classification of Disease (ICD) 10, to identify persons who had at least one diagnosis of knee or hip OA — the exposures of interest — and 18 other diagnoses (Figure 1) – the outcomes of interest – between 1 January 2010 and 31 December 2017. To minimize potential confounding due to propensity to seek care, persons had to have had at least one health-care visit with any diagnosis registered between 1 January 1998 and 31 December 2009 to be included. We excluded persons with a knee or hip OA diagnosis before 1 January 2010, and for each analysis, persons with a previous diagnosis of the outcome diagnosis of interest. People were followed from 1 January 2010 until relocation outside of the region, death, outcome diagnosis, or 31 December 2017, whichever came first. We calculated hazard ratios (HR) of each outcome diagnosis using Cox proportional hazard models with incident knee and hip OA as time-varying exposure. Time from start of follow-up to the date of an OA diagnosis was treated as unexposed, while time from an OA diagnosis to the outcome diagnosis was treated as exposed. Models were adjusted for residential area, if born in Sweden, annual income, years of education, marital status, sex, and age (all retrieved from Statistics Sweden), and baseline conditions (i.e. the other outcome diagnoses of interest, and alcohol-related disorders) as registered in SHR before 1 January 2010.

**Results:** We included 548,681 persons in the Skåne population having at least one health-care visit during 1998 to 2009 and no doctor-diagnosed knee or hip OA. Of these, 36,465 persons consulted for knee OA and 14,477 for hip OA during the follow-up period (Table 1). Persons with clinician-diagnosed incident knee or hip OA have 8-61% higher hazard of depression, cardiovascular diseases, back pain, and osteoporosis than persons without an OA diagnosis (Fig. 1). Both knee and hip OA patients have increased risk of fracture to the forearm. For the rest of the diagnoses, we found either no increased risk for knee or hip OA persons, or estimates with wide confidence intervals, excluding any clear interpretations of the direction or size of the effects.

<table>
<thead>
<tr>
<th>Age, yrs (SD)</th>
<th>No OA (n=497,739)</th>
<th>Incident knee OA (n=36,465)</th>
<th>Incident hip OA (n=14,477)</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;0 yrs</td>
<td>573 (14.6)</td>
<td>62.2 (12.2)</td>
<td>65.3 (11.7)</td>
</tr>
<tr>
<td>1-10 yrs</td>
<td>254,593 (51)</td>
<td>21,553 (59)</td>
<td>8,306 (57)</td>
</tr>
<tr>
<td>Married</td>
<td>n (%)</td>
<td>350,172 (70)</td>
<td>27,955 (77)</td>
</tr>
<tr>
<td>Born in Sweden</td>
<td>n (%)</td>
<td>422,713 (85)</td>
<td>31,292 (86)</td>
</tr>
<tr>
<td>Education</td>
<td>n (%)</td>
<td>128,738 (26)</td>
<td>11,364 (31)</td>
</tr>
</tbody>
</table>

**Figure 1.** Adjusted hazard ratios of consultation for diseases occurring in persons with incident doctor-diagnosed knee or hip OA compared to non-OA persons. *Only women included in analysis. **Only men included in analysis.

**Acknowledgments:** This study was supported by FOREUM.

**Disclosure of Interests:** Kenneth Pihl: None declared, Aleksandra Turkiewicz: None declared, Velocity Hughes: None declared, Weiya Zhang Consultant of: GlaxoSmithKline for advice on gout management, Speakers bureau: Biobestica as an invited speaker for EULAR 2016 satellite symposium, S.M.A. Biema-Zeinstra Research support from: Professor Prieto-Alhambra has received research Grants from AMGEN, UCB Biopharma and Les Laboratoires Servier, Consultant of: DPAs department has received fees for consultancy services from UCB Biopharma, Speakers bureau: DPAs department has received fees for speaker and advisory board membership services from Amgen, Martin Englund Consultant of: Advisory Board 1 day (2019) Pfizer (Tanezumab).

DOI: 10.1136/annrheumdis-2020-eular.1315

### KNEE JOINT DISTRACTION IS MORE EFFICIENT IN RESTORING CARTILAGE THICKNESS THAN HIGH TIBIAL OSTEOTOMY IN PATIENTS WITH SEVERE KNEE OSTEOARTHRITIS

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**Background:** Both high tibial osteotomy (HTO) and knee joint distraction (KJD) are joint preserving surgical techniques unloading the affected femorotibial
compartment in patients with knee osteoarthritis (OA). While HTO permanently unloads the more affected compartment (MAC) by correcting the leg axis, KJD temporarily unloads the whole joint by separating the tibia and femur for 6 weeks. In a previous randomized controlled trial (RCT), comparable clinical benefit and radiographic joint space width (JSW) increase over 2 years follow-up were demonstrated for both treatments. Yet, comparison of JSW before and after HTO may be unreliable, as pseudo-widening of the unloaded compartment may occur due to the induced leg axis change. Therefore, direct cartilage thickness measurements need to be compared between KJD and HTO, to accurately evaluate the efficacy of both treatment options on cartilage structure.

Objectives: To compare two-year cartilage thickness changes after treatment with KJD vs HTO and identify factors predicting cartilage thickness restoration.

Methods: Patients indicated for HTO were randomized to KJD (KJDHTO) or HTO treatment. Patients indicated for total knee arthroplasty received KJD (KJDTKA). Standardized semi-flexed weight-bearing radiographs and 3T MRIs with 3D spoiled gradient recalled imaging sequence with fat suppression (SPGR-fs) were acquired before and two years after surgical treatment. Cartilage thickness in the knee was measured using Chondrometrics Works 3.0 software. On the radiographs the mean JSW in the MAC were measured with KIDA software. Readers were blinded to the type of intervention and acquisition order. The primary and secondary outcomes were the mean MAC cartilage thickness (ThCtAB) and percentage of denuded bone area (dABp) change before and two years after treatment (MRI), with radiographic joint space width (JSW) used as a reference.

Results: No statistically significant differences in the baseline characteristics were seen between KJDHTO (n=18) and HTO (n=33). The KJDHTO group (n=18) had a higher age and Kellgren-Lawrence grade (KLG) than the HTO and KJDTKA groups. KJDHTO patients did not show significant changes in MAC cartilage thickness, dABp, or JSW over time (all p>0.10; figure 1). HTO patients displayed a decrease in MAC cartilage thickness and an increase in dABp (both p<0.03), but an increase in JSW (p=0.006). KJDHTO showed a significant increase in MAC cartilage thickness and JSW and decrease in dABp (all p<0.01). Baseline OA severity was the strongest predictor of cartilage restoration. KJD patients with severe OA (KJDsevere; KLG ≥3) showed significant restoration (all p<0.01; fig 2); mild OA patients (KJDmild; KLG ≤2) showed a slight deterioration. KJDHTO showed a significantly greater cartilage restoration response in the MAC than HTO for cartilage thickness (p=0.005) and dABp (p=0.003), but not JSW change (p=0.521). The changes in all three parameters did not differ significantly between KJDHTO and HTOHOT groups (all p>0.08).

Conclusion: In patients with severe knee OA, KJD is more efficient in restoring cartilage thickness than HTO is. In these patients, KJD causes significant cartilage restoration while HTO, despite shifting the leg axis and demonstrating radiographic joint space widening, shows loss of cartilage as measured on MRI. In patients with mild knee OA, neither HTO nor KJD treatment results in significant cartilage restoration and both treatments show a slight deterioration that is likely the result of natural OA progression. As such, this research promotes the choice KJD as joint-preserving surgery in case of knee OA patients with more severe structural damage.

References:

Figure 1: Two-year change in radiographic and MRI cartilage parameters. (A) Change in MRI mean cartilage thickness over the total subchondral bone area (THCtAB) of the most affected compartment (MAC). The lines represent percentile lines for the KJD groups. KJDsevere: KJD patients with indication high OA severity (MOS); KJDmild: KJD patients with joint attrition (MOS). Patients with indication total knee arthroplasty (TPA) are marked by white circles. (B) Change in MRI percentage of denuded subchondral bone area (dABp) of the MAC for the three groups. (C) Change in mean cartilage, joint space width (JSW) of the MAC for the three groups. Dashed lines represent the standard deviation (SD) of the MAC for the three groups. The lines represent the mean change over time.


Figure 2: Two-year change in radiographic and MRI cartilage thickness parameters for knee joint-preserving (KJD) patients with mild (KJDmild) and severe (KJDsevere) OA severity. (A) Change in MAC mean cartilage thickness (MAC ThCtAB) of the most affected compartment (MAC). The lines represent percentiles for the KJD groups. KJDmild: KJD patients with indication low OA severity (MOS); KJDsevere: KJD patients with indication high OA severity (MOS). Patients with indication total knee arthroplasty (TPA) are marked by white circles. (B) Change in MAC percentage of denuded subchondral bone area (dABp) of the MAC for the three groups. (C) Change in mean cartilage, joint space width (JSW) of the MAC for the three groups. Dashed lines represent the standard deviation (SD) of the MAC for the three groups. The lines represent the mean change over time.