RISK OF FRACTURE IN A COHORT OF PATIENTS WITH RHEUMATOID ARTHRITIS.


**Background:** Rheumatoid Arthritis (RA) is associated with low bone density and high risk fracture compared to general population.

**Objectives:** The aim of this study is to assess the effect of some variables on fragility fractures in patients with RA.

**Methods:** We perform an observational study in a cohort of patients diagnosed of RA according to 1987 and 2010 ACR criteria, to determine the frequency of osteoporotic fractures and associated clinical and densitometric variables. All patients diagnosed of RA were invited to participate in the study between 2013 and 2019, and to perform BMD Dxa (GE Lunar Prodigy 69). SPSS 25 was used to compare variables between patients with fracture and without fracture.

**Results:** 376 patients with RA were included (78.7%) women, mean age 63.3 (±13.2) years old and a mean of evolution of the RA of 118.7(+96.7) months at the moment the BMD was performed. We found bone fracture in 47 (12.6%) patients. Fractures were associated to female gender (OR: 2.93 (1.08-7.93); p<0.002), lower height and weight (p<0.05) and older age (p=0.007).

Table 1 shows the characteristics and differences between patients with and without fragility fractures. Women presented high risk of osteoporosis in lumbar spine (OR=3.89 (1.48-10.37); p=0.002) than men, but any differences between gender were found in BMD of femoral neck. Of the fractured patients, BMD T-score was normal in 2 (4.3%), <1 in 45 (95.7%) and <-2.5 en 25 (54.3%). In the multivariate analysis, the values of T-score < -1 and <-2.5 of the hip were associated with fragility fracture, but not the value of T-score in lumbar spine. The risk of fracture decreases 0.008 with each mg/ cm2 that increases BMD. The use of corticosteroids was associated with the development of femoral osteopenia [OR 2.04 (1.3-3.2); p=0.002] but not with an increased risk of fractures. No significant association was found between fractures and the presence of RF, ACPAs, smoking, or treatment with biological therapy.

**Conclusion:** Women with RA present higher risk of fracture than men. The most sensitive indicator for fracture risk seems to be MBD in femoral neck.

**Disclosure of Interests:** None declared

**References:**

ASSESSMENT OF PHYSICAL DYSFUNCTION IN PATIENTS WITH RHEUMATOID ARTHRITIS WHO PLANNED PREGNANCY FROM THE IORRA COHORT.

M. Ochi1, E. Tanaka1, E. Inoue1,2, M. Abe1, E. Sugano1, N. Sugitani1, K. Sakai1, H. Yoko1, R. Yamaguchi1, N. Sugimoto1, I. Katsunori1, N. Nakajima1, A. Taniguchi1, H. Yamakana1, M. Haraig1, Department of Rheumatology, Tokyo Women’s Medical University School of Medicine, Tokyo, Japan; Division of Medical Informatics, St. Marianna University School of Medicine, Kanagawa, Japan; Department of Orthopedic Surgery, Tokyo Women’s Medical University School of Medicine, Tokyo, Japan; Center for Rheumatic Diseases, Mie University Hospital, Mie, Japan; Rheumatology, Sanno Medical Center, Tokyo, Japan

**Background:** It has been reported that female rheumatoid arthritis (RA) patients have a longer time to pregnancy than healthy women (1), and that high Disease Activity Score 28 joint count (DAS28) – CRP in preconception increases the frequency of infertility (2). Before the era of biologics, RA treatment tended to be inadequate from pregnancy planning to the end of lactation. It was not uncommon for female RA patients to be unable to get pregnant or develop physical dysfunction as a result of insufficient control of the disease. There are some reports of disease activity during pregnancy and postpartum in RA patients, and the effects of RA disease activity on pregnancy and childbirth outcomes (3-5), but there are few reports focusing on the physical function during pregnancy planning of RA patients.

**Objectives:** To investigate disease activity and physical function in female patients with RA who planned and didn’t plan pregnancy.

**Methods:** The IORRA cohort is a large, single-institute-based, observational cohort of RA patients established at the Institute of Rheumatology, Tokyo, Women’s Medical University, in 2000. We identified female RA patients aged 20-49 years who answered ‘pregnant’ or ‘delivered’ in the IORRA survey in 2010-2015 and whose pregnancy and the pregnancy planning time was confirmed in the medical records, and defined them as the pregnancy planning (PP) group. Matched control was extracted at 1:3 ratio from patients without pregnancy planning based on age, sex, year of survey, and RA disease duration, DAS28-CRP.<br>

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**References:**