METABOLIC ABNORMALITIES IN MEXICAN PATIENTS WITH RHEUMATIC DISEASES

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Background: Nutritional status plays an essential role in the etiopathogenesis of rheumatic diseases either as a triggering factor or as a contributor in the progression of disease activity, comorbidities and ineffective therapeutic response. An increased Body Mass Index (BMI) and a low lean muscle mass (LMM) have been associated with a worse clinical prognosis in rheumatic diseases.

Objectives: To describe the nutritional status and alterations in a cohort of patients with rheumatic diseases.

Methods: 658 Mexican rheumatic patients from a rheumatology public center were included. Anthropometric measurements were assessed using bio-electrical impedance analysis (BIA) Tanita, including weight, height, BMI, Body Fat Percentage and Body Fat Mass (FM), Visceral Fat (VF), MM, Total Body Water (TBW) and Bone Mass (BM) which were classified according to validated parameters as normal and abnormal.

Results: A total of 658 patients were evaluated, 368 (55.92%) had Rheumatoid Arthritis. Table 1. The different diagnosis and anthropometric measures for each pathology are listed in Graphic 1. More than half of the patients (68.05%) presented an increased BMI and 85.56% with an increased BMI, is a common disorder among rheumatic patients, found in more than half of our studied population. Since nutrition is a modifiable factor, important investigation in the detection and approach of metabolic abnormalities should be done.

References: