Methods: A cross-sectional study including a total 121 Caucasian pre-menopausal and postmenopausal women was conducted (mean age 49.29±12.43 years).

The SLE Disease Activity Index (SLEDAI-2K) and the SDI Damage Index were used to assess disease activity and disease-related damage, respectively. Bone mineral density (BMD) of the left femoral neck and lumbar spine (L2-L4) were measured by dual-energy X-ray absorptiometry (Hologic QDR 400).

Results: Ten patients (8.3%) had osteoporosis, 63 (52.1%) patients had osteopenia and 68 (56.2%) of women had history of previous fracture. Patients with low bone mass had a significantly higher mean SDI (1.36±1.26 versus 0.70±1.09; p<0.003). T-score at lumbar spine was inversely correlated with SDI score (r=-0.222, p=0.014) and complement C3 level (r=-0.206, p=0.024). Results of bivariate correlations showed that T-score at lumbar spine was inversely correlated with SDI score (r=-0.222, p=0.014) and complement C3 level (r=-0.206, p=0.024). SDI scores were significantly different between patients with osteoporosis, osteopenia and normal BMD after adjusting for age, menstrual status, BMI, time since diagnosis and corticoid use (p=0.004).

Conclusion: There is a high prevalence of low BMD in Caucasian women with SLE and this status of osteopenia/osteoporosis was associated with higher damage accrual scores, supporting that disease damage may itself be a major contributor to the low BMD. SLE women with organ damage require regular bone status monitoring to prevent further musculoskeletal damage. Since diminished BMD is a major comorbidity it is therefore essential to study, monitor and prevent osteoporosis in SLE women to avoid fractures leading to reduced quality of life.

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AB0317
ADHERENCE TO MEDITERRANEAN DIET AND NUTRITIONAL STATE IN ITALIAN WOMEN WITH ISOLATED SJÖGREN’S SYNDROME

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Background: The Mediterranean Diet (MD) has anti-inflammatory and immunomodulatory effects12 suggesting a protective role in rheumatic diseases. There is limited knowledge about the eating habits and the nutritional state in patients with isolated Sjögren Syndrome (SS) living within the Mediterranean area.

Objectives: assessment of adherence to the MD and analysis of the nutritional state in women with SS and their correlations with the clinical, laboratory and histological data of the disease.

Methods: patients classification. The sample of patients was isolated SS according to AECG criteria 20023 who had undergone to minor salivary gland biopsy during the previous twelve months were consecutively enrolled during follow-up visits. The adherence to the MD was assessed by the Med Diet (MDiet) which includes eleven groups of foods; to each group is assigned a value ranging between 0 and 5 based on the frequency of monthly intake. The total score spans from 0 (poor adherence) to 110 (high adherence). The Med Diet was calculated as well. A subgroup of patients was asked to fill a daily food