A NARRATIVE REVIEW ASSESSING THE ROLE OF DIETARY SALT AS AN ENVIRONMENTAL RISK FACTOR FOR THE ONSET AND SEVERITY OF RHEUMATOID ARTHRITIS

S. Ahmed1, E. Nikphorou2,3, J. Bayliss1, 1Colchester Hospital, Rheumatology, Colchester, United Kingdom; 2Kings College London, Centre for Rheumatic Diseases, London, United Kingdom; 3Kings College London, Rheumatology Department, London, United Kingdom; 4East Suffolk and North Essex NHS Foundation Trust, Library & Learning Resources, Ipswich, United Kingdom

Background: The role of dietary salt consumption in the etiopathogenesis of Rheumatoid Arthritis (RA), and autoimmune disease in general, has received renewed interest. This has been fueled by the increased prevalence of autoimmune disease worldwide correlating with western diets and heightened consumption of salt rich foods and also studies at the cellular level demonstrating induction of IL 17 producing T helper cells (Th17) by dietary salt.

Objectives: To conduct a narrative review of observational studies and clinical trials on the role of dietary salt as an environmental risk factor for the onset and development of RA.

Methods: A comprehensive search was done of the literature from 2010 to 2021, using the search terms dietary salt and RA; the native interfaces EBSCO and Ovid were used. Databases searched included PubMed, Embase, EMBcare, Medline and CINAHL using a Population, Exposure and Outcome framework; the Mesh terms RA, risk factors, nutrition and salt were used. Data was extracted by an independent reviewer.

Results: Out of the 72 studies initially identified, 50 were included in this review. Studies in murine models have demonstrated that high concentrations of sodium chloride promote the differentiation of T helper lymphocytes, via the serum- and glucocorticoid-inducible kinase 1 (SGK1) mediator towards the proinflammatory Th17 driven immune response. Six studies were carried out in human subjects. Study design ranged from cross sectional observational to nested case control studies. Sodium intake amongst participants characterized as having high intake, or being placed in the higher quartiles, ranged from 4.5-5grams per day. Out of 6 studies demonstrated that increased dietary salt consumption is associated with earlier onset RA. One study suggested an association between high salt intake and erosive disease at diagnosis and the development of anti-citrullinated protein antibodies (ACPA), although evidence was weak and from a single study only. Another study found that increased consumption of salt was only associated with risk of RA in smokers, highlighting the need to explore confounding variables further.

Conclusion: This narrative review of the literature provides some evidence that supports a role of excess dietary salt consumption as a risk factor for the onset and severity of RA.

Disclosure of Interests: None declared

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Psychosocial support

AB0926-PARE IMPACT OF COVID 19 PANDEMIC ON TUNISIAN SPA PATIENTS: PSYCHOLOGICAL STATE AND TREATMENT ADHERENCE


Background: The challenge posed by the COVID-19 pandemic may represent an overwhelmingly stressful event for ankylosing spondylitis (SpA) patients and impact their treatment adherence. In response to the COVID-19 pandemic, Tunisia has adopted community containment to manage the spread of the virus.

Objectives: This study aimed to evaluate the impact of COVID-19 pandemic on psychological health and treatment adherence on Tunisian SpA patients.

Methods: This is a cross sectional study including patients with SpA (ASAS criteria). A survey comprising questions about adherence to stay home warnings; the obligation to go outside for work; satisfaction with the medical support or information received for COVID-19; showing up to medical check-ups, proper use of the medications; medications that the patient stopped taking.

Anxious and depressive symptoms were assessed using the Arabic version of Hospital Anxiety and Depression Scale (HADS) questionnaire.

Results: We included thirty patients, the average age was: 39.7 years-old and the sex ratio was: 133.75 % of patients were married. The SpA was axial in 25%, peripheral in 20%, and both in 55 %. Most patients had a moderate activity and the mean activity scores were: BASDAI = 2.60, ASDAScrp:2.65

Disclosure of Interests: None declared

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Work and rehabilitation

AB0927-PARE WORK PRODUCTIVITY AND ACTIVITY IMPAIRMENT IN PATIENTS WITH SAPHO SYNDROME

L. Gong1, C. Li2, 1Peking Union Medical College Hospital, Institute of Clinical Medicine, Beijing, China; 2Peking Union Medical College Hospital, Department of Traditional Chinese Medicine, Beijing, China

Background: Spondylitis, acne, pustulosis, hyperostosis, and osteitis (SAPHO) syndrome is a rare disease, characterized by osteoarticular and cutaneous manifestations. Osteitis and hyperostosis are regarded as the core pathophysiological changes of SAPHO syndrome [1], which may lead to bone pain and loss of motor function. The Work Productivity and Activity Impairment (WPAI) questionnaire is an instrument to measure the impact of the disease on work productivity and activity, subsequently adapted for ankylosing spondylitis [2], rheumatoid arthritis [3], irritable bowel syndrome [4], and other chronic diseases [5]. However, no study has investigated the work productivity of patients with SAPHO syndrome.

Objectives: The purpose of this study is to give an overview of work productivity loss in SAPHO patients through the work productivity and activity impairment (WPAI) questionnaire and investigate the relationship between the WPAI and other disease-related indicators.