inadequate or limited by side effect. Cannabidiol-CBD, is the major non-psychoactive component of the Cannabis sativa, recent studies on its effectiveness as an anxiolytic, anti-inflammatory, and antipsychotic drug showed promising results, in the setting of chronic pain too.

Objectives: We evaluated the efficacy of CBD drop in pain management in a cohort of SSc patients using standard rating scale VAS, PSQI and HAQ. We further assessed the safety profile and the potential use as opioid sparing.

Methods: From January to November 2019 we consecutively enrolled 31 SSc patients (FM 26/5, mean age 53.0±14.8SD-years) referred to our Sclerodema Unit. All patients satisfied the EU/AR/A EULAR SSc classification criteria. All cases were complicated by painful DUs resistant to analgesics and pain was classified as severe, according to WHO guidelines. CBD drops consist of cannabis sativa seed in olive oil, 10% CBD, laboratory tested to confirm a tetrahydrocannabinol-THC level<0.3%. The CBD oil was administered sublingually twice-a-day. All patients started with CBD 3 drops twice-a-day, and progressively increased to the maximum dosage of 6 drops twice-a-day (from 27.6 to 55.2 g dose/day). All patients provided local/systemic treatments for SSc: 24/31 subjects performed calcium channel-blockers, 3/11 protonaxis inhibition, 24/31 anti-estrogen drugs. All subjects were provided with a daily diary to record self-evaluation of pain using VAS, PSQI, hours of sleep per night, use of other analgesics, eventual side effects. HAQ-DI was also administered. These indicators were assessed baseline and during follow-up. Safety of CBD was evaluated by patient’s records of side effects. All data were analyzed by paired t-test. This evaluation was a monocentric, prospective study. Ethical approval was obtained from the Competent Ethics Committee (protocol n. 282/15) and all participants gave written consent.

Results: CBD was administered for a mean period of 5.9±3.2SD-months. After the first month, VAS decreased from 94.8±8.1SD to 54.7±9.4SD (p<0.0001). PSQI decreased from 9.27±2.5SD to 4.74±1.06SD (p<0.001), total hours of sleep increased from 2.56±1.28 SD to 5.67±0.85SD (p<0.0001). The additional anesthetic therapy was necessary in 22/31 patients: 6/22 only paracetamol, 12/22 paracetamol+oxycodone reducing the dosage of oxycodone at the minimum, 2/22 oxycodone 20 mg twice-a-day, 2/22 need fentanyl transfer-patch. After 3 months, VAS further reduced to 40.90±12.90, PSQI decreased to 3.1±1.4SD. The mean total hours of sleep per night was 6.10±0.79SD and the HAQ-DI decreased from 2.19±0.46SD (baseline) to 0.79±0.46SD at the last patients’ evaluation. At the end of the observation, 18/31 patients (58%) showed DUs healing. We also interestingly reported improvement of dysphagia and appetite in 70%, and an improvement in constipation related to opioids in 48%. No patients experienced severe side effects in particular no psychoactive aspects. Mild side effects, namely dry mouth was referred by 9/31 (29%), mild nausea by 5/31 (16%), and fatigue by 4/31 (13%). No interaction with other drugs was observed.

Conclusion: Our study suggests that oral CBD is effective and safe in maintaining analgesia in SSc patients with DUs. Furthermore, CBD could be helpful in opioids tapering and to treat dysphagia, even if these observations need focused additional studies.

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EPIDEMOIOLOGY AND TRENDS IN SURVIVAL OF SYSTEMIC SCLEROSIS IN OLMSTED COUNTY: A POPULATION-BASED STUDY (1980-2018)

C. Coffey1, Y. Radwan1, A. Sandhu1, C. S. Crowse1,4, P. Bauer1, E. Matteson1,4, A. Mackay1. Mayo Clinic, Division of Rheumatology, Rochester, MN, United States of America; 2Michigan State University, Internal Medicine, Lansing, MI, United States of America; 3Kettering Health, Internal Medicine, Kettering, OH, United States of America; 4Mayo Clinic, Health Sciences Research, Rochester, MN, United States of America; 5Mayo Clinic, Division of Pulmonary and Critical Care, Rochester, MN, United States of America

Background: Systemic sclerosis (SSc) is a complex immune-mediated disease with heterogeneous manifestations, which is characterized by vasculopathy and fibrosis of the skin and visceral organs. Mortality associated with SSc exceeds that of other rheumatic diseases, though population-based studies assessing recent trends in survival are lacking.

Objectives: We aimed to determine the incidence and prevalence of physician-diagnosed SSc in a population-based cohort over a 39-year time period, and assess for trends in survival over time.

Methods: Medical records of patients with a diagnosis or suspicion of SSc in a geographically well-defined area from Jan 1, 1980 to Dec 31, 2018 were reviewed to identify incident cases of SSc. Cases were defined by physician diagnosis of SSc, and fulfillment of the 2013 ACR/EULAR classification criteria was ascertain-ted. Prevalent cases of SSc on Jan 1, 2015 were also identified. Incidence and prevalence rates were age- and sex-adjusted to the 2010 U.S. white population.

Results: 85 incident cases of SSc (91% female, mean age 55.4± 16 y) and 49 prevalent cases on Jan 1, 2015 were identified. Patients had a mean 11.7 (SD 9.4) years of follow-up available. The overall age and sex adjusted annual incidence for 1980-2018 was 2.5 (95% CI: 2.0-3.1) per 100,000 population, with no change in incidence over time (p=0.32). The age-adjusted incidence was 4.4 (95% CI: 3.4-5.4) for females, and 0.86 (95% CI: 0.16-0.96) for males per 100,000 population. The age- and sex-adjusted prevalence on Jan 1, 2015 was 35.6 (95% CI: 31.3-55.8) per 100,000 population. 77 (91%) patients fulfilled the 2013 classification criteria; 38 (45%) fulfilled 1980 cri-
teria. 70 (82%) had limited cutaneous involvement, 12 (14%) had diffuse cutaneous involvement, and 3 (4%) had sine scleroderma. At SSc diagnosis, 80 (94%) patients had Reynaud’s, 43 (51%) had sclerodactyly, 39 (46%) had telangiectasias, 14/48 (29%) had abnormal nailfold capillaries, 16/45 (36%) had digital ulcers or fingertip scarring, 8 (9%) had interstitial lung disease (ILD), and 7 (8%) had pulmonary arterial hypertension (PAH). 77/82 patients (91%) had a positive antinuclear antibody, 44 (52%) had a known SSc-related autoantibody; 32 (73%) with anti-centromere, 9 (20%) with anti-Scl-70, and 4 (9%) with anti-RNA-polymerase III.

Survival was 77% (95% CI: 69-87) at 5 years, 66% (95% CI: 56-78) at 10 years, and 42% (95% CI: 30-57) at 20 years, with no evidence of improved survival over time (p=0.46). Age (Hazard ratio [HR]: 1.49 per 10 year increase; 95% CI 1.19-1.86), smoking at time of diagnosis (HR: 2.37; 95% CI: 1.05-5.34), digital ischemia (HR: 2.54; 95% CI: 1.33-4.87), ILD (HR: 4.00; 95% CI: 2.11-7.59), and PAH (HR: 4.30; 95% CI: 2.24-8.25) had significant associations with mortality. Survival of patients with SSc was poorer than the general population (standard-ized mortality ratio: 2.48; 95% CI: 1.76-3.39).

Conclusion: The average incidence of SSc in this population-based cohort spanning 39 years was 2.5 per 100,000 population, with no change in incidence over time. Age, smoking, digital ischemia, ILD and PAH were risk factors for poorer survival. Overall survival for patients with SSc is worse than that of the general population and shows no improvement over time, suggesting continued need for improved diagnostic and treatment measures.

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PO0839

BODY COMPOSITION AND FREQUENCY OF SARCOPENIA IN PATIENTS WITH SYSTEMIC SCLEROSIS

A. Efremova1, O. Nikitinskaya1, N. Toropovskaya1, O. Dobrovolskaya1, N. Demin1. 1V.A. Nasonova Research Institute of Rheumatology, Department of Osteoporosis, Moscow, Russian Federation

Background: Sarcopenia can be age associated (primary form) or secondary to chronic disorders, including rheumatic inflammatory disorders. Systemic scle-
rosis (SSc) is a chronic autoimmune rheumatic disease characterized by widespread vasculopathy, progressive fibrosis of the skin and other internal organs, such as lungs, kidneys, gastrointestinal tract, cardiovascular system. Different from the other chronic rheumatic inflammatory body disorders, sarcopenia has not been well evaluated in SSc patients.

Disclosue of Interests: None declared DOI: 10.1136/annrheumdis-2021-eular.919

Figure 1. Survival of 85 Olmsted County residents with SSc compared with expected survival rates from Minnesota lifetables (observed: solid line, expected: dashed line).

Objectives: To assess the body composition (BC) and to identify the frequency of sarcopenia (SP) in SSC patients.

Methods: A total of 44 women who met the ACR/EULAR 2013 classification criteria were included. Mean age was 53.2 ± 8.8 years. The median disease duration was 7.0 (4.0;12.0) years. 26 (59,1%) patients had limited and 18 (40,9%) - diffuse cutaneous subtype. Body composition was measured using Dual-energy X-ray absorptiometry (DXA) of whole body. The appendicular lean mass index (ALMI) was calculated as the ratio of appendicular lean mass (ALM) to height (kg/m²). Handgrip measurement and chair stand test were performed. Physical function was measured with the Short Physical Performance Battery (SPPB). SP was diagnosed in agreement with the 2019 revised consensus on definition and diagnosis of SP of the European Working Group on Sarcopenia in Older People 2 (EWGSOP2): handgrip <16kg, chair stand test > 15 seconds for 5 rises, ALM <15kg or ALMI <5.5kg/m². Severe SP was detected if the patient additionally had gait speed ≤0.8 m/s or SPPB ≤ 8-point score. Overfat was defined as body fat percentage >35%.

Results: The median mineral content was 2.0 [1.8; 2.2] kg, total lean mass - 39.5 [35.7; 45.5] kg. ALM - 16.3 [14.9;19.4] kg, ALMI – 6.5 [5.7; 7.2] kg/m², trunk fat mass – 13.5 [9.1; 16.7] kg and total fat mass - 26.6 [20.1; 34.5] kg. Body fat percentage was 38.8% [34.2; 42.7].

9 (20,5%) women had low ALM and low ALMI, 6 (13,6%) – only low ALM. Healthy BC was found in 5 (11,3%), low ALM or low ALMI – in 7 (15,9%), overweight – in 24 (54,5%), low ALM + overweight – in 8 (18,2%) patients. We found no differences in BC between SSC patients with limited and diffuse cutaneous subtype.

Low muscle strength (SP probable) was found in 21 (47,7%) women, meanwhile confirmed SP (low muscle strength and muscle mass) was diagnosed in 10 (22,7%) patients, among them 5 (11,4%) persons had severe SP. No significant difference in SP frequency among patients with limited and diffuse cutaneous SSC 4 (15,4%) and 6 (33,3%), respectively, (p=0,27). Osteoporosis was found in 6 (60%) patients with SP without differences in SSc subtypes.

Conclusion: Healthy BC was found only in 11,3% cases, while overweight - in 72,7% and low ALM – in 34,1% SSc patients. SP was detected in 22,7% of women, among them in half of cases - severe SP, without any differences between the limited and diffuse subtypes of the disease.

Disclosure of Interests: None declared.

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Table 1. Risk of malnutrition at baseline and at last assessment over 52 weeks in the SENSCIS trial.

<table>
<thead>
<tr>
<th>Last assessment of risk</th>
<th>Nintedanib (n=288)</th>
<th>Placebo (n=288)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>213 (74.0)</td>
<td>204 (70.8)</td>
</tr>
<tr>
<td>Medium</td>
<td>99 (34.5)</td>
<td>104 (36.2)</td>
</tr>
<tr>
<td>High</td>
<td>22 (7.7)</td>
<td>21 (7.3)</td>
</tr>
</tbody>
</table>

MUST score ranges from 0 to 6. Score of 0 = low risk; score of ≥2 = high risk. Baseline MUST score was based solely on BMI.

Conclusion: In the SENSCIS trial, scores based on a modified MUST indicated that most patients treated with nintedanib were at low risk of malnutrition at baseline and remained at low risk over 52 weeks. The proportions of patients at high risk of malnutrition were low but were numerically greater in patients who received nintedanib than placebo. Management of disease manifestations and gastrointestinal adverse events that may be associated with weight loss is important to reduce the risk of malnutrition in patients with SSC-ILD treated with nintedanib.

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The SENSCIS trial enrolled patients with SSc-ILD with first non-Ray -