

ACROMEGALIC ARTHROPATHY: CLINICAL PRESENTATION, TREATMENT AND QUALITY OF LIFE

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INTRODUCTION

- ❖ Arthropathy affects the majority of acromegalic patients and is the major cause of morbidity, absenteeism and impaired quality of life.
- ❖ GH excess and increased levels of circulating IGF-I result initially in a marked thickening of the soft tissues and cartilage. Along with disease progression, there's subperiosteal bone neoapposition, cartilage regressive phenomena and bone structural changes.

AIMS

To investigate PREVALENCE, CLINICAL PRESENTATION, TREATMENT and IMPACT ON QUALITY OF LIFE of arthropathy in acromegalic patients .

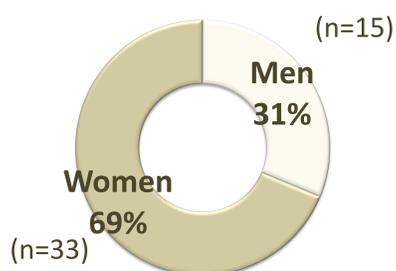
METHODS

- ❖ Demographic and clinical data collection and cross-sectional descriptive study (convenience sample, by telephone) regarding onset, duration and severity of articular symptoms (according to the visual analog scale - VAS) and AcroQol-physical dimension.

RESULTS

168 ACROMEGALIC PATIENTS

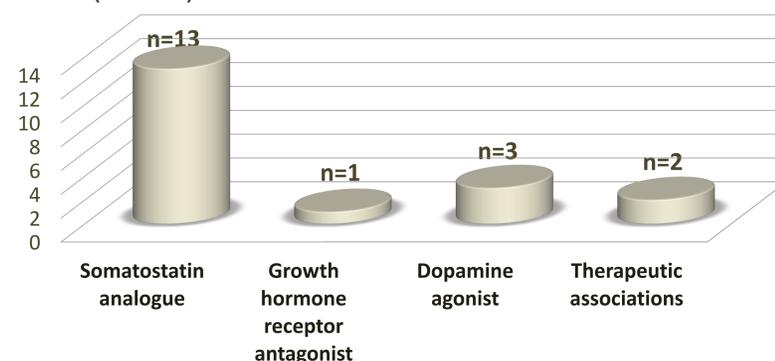
- ❖ 17 (10.1%) died
- ❖ 64 (38.1%) outdated contacts
- ❖ 39 (23.2%) didn't want to participate / answer
- ❖ 48 (28.6%) PARTICIPATED



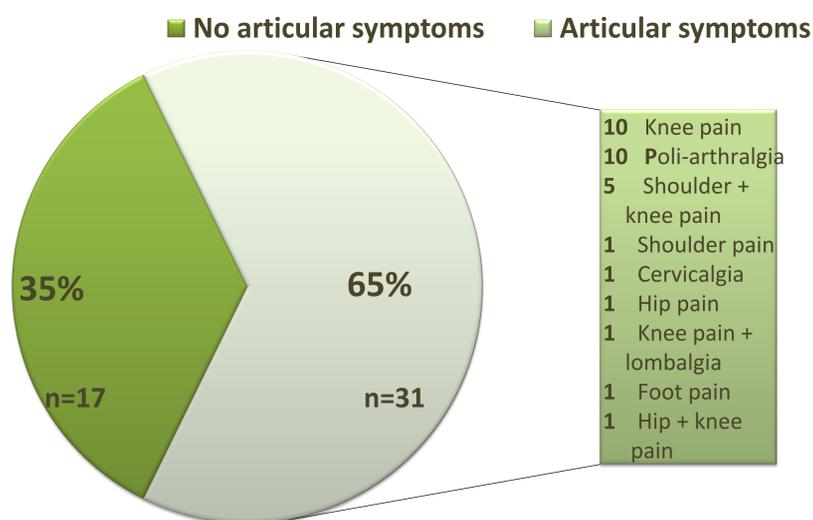
Clinical characteristics

Mean disease duration: **11.3±8.95 y** | Minimum: 0 y
 Mean weight: **82.1±14.61Kg** | Maximum: 38 y
 Mean BMI: **30.37±4.00Kg/m²**

2 waiting for results, **46 (89.6%)** submitted to surgery
22 (47.8%) cured
19 (41.3%) on medical treatment



Articular Symptoms and Orthopedic Surgery



Average pain intensity (VAS): **5±2.5**
 Mean time to articular symptoms: **6.0±6.80 y** | Minimum: -5 y
 Maximum: 20 y

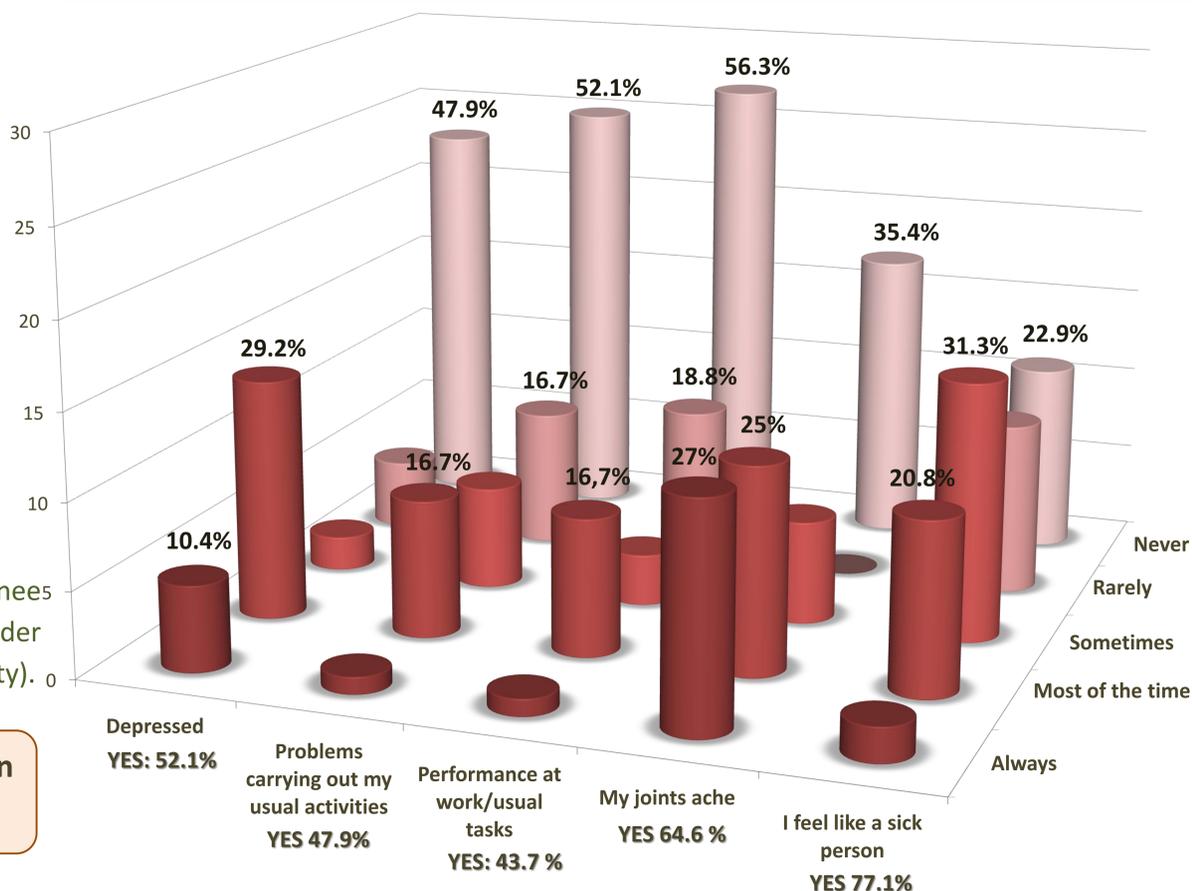
Orthopedic Surgery: **8 patients (16.7%)**

Mean time: **11.1±8.53y** | Minimum: -2 y
 Maximum: 22 y

1 hip replacement, 1 arthrodesis of foot, 1 cervical laminectomy, 1 knees cartilage excision, 5 knee arthroplasty, 1 shoulder arthroplasty (shoulder arthroplasty on the contralateral shoulder and waiting for knee arthroplasty).

No statistical differences, regarding articular symptoms, between cured patients / patients on medical treatment

AcroQol – Physical Dimension



CONCLUSION

Joint complaints may present as the earliest symptom of acromegaly. A prompt diagnosis is crucial, as acromegalic arthropathy can be reversible in early stages and results in a severely disabling pathology with impaired quality of life, despite successful long-term treatment.