**ACROMEGALIC ARTHROPATHY: CLINICAL PRESENTATION, TREATMENT AND QUALITY OF LIFE**

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**INTRODUCTION**

- Artropathy 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 subperiostal 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- 64 (38.1%) outdated contacts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

**Articular Symptoms and Orthopedic Surgery**

- No articular symptoms
- Articular symptoms

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Men</th>
<th>Women</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knee pain</td>
<td>10</td>
<td>5</td>
<td>15</td>
</tr>
<tr>
<td>Poli-artralgia</td>
<td>10</td>
<td></td>
<td>10</td>
</tr>
<tr>
<td>Shoulder + knee pain</td>
<td>5</td>
<td>1</td>
<td>6</td>
</tr>
<tr>
<td>Shoulder pain</td>
<td>1</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Cervicalgia</td>
<td>1</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Hip pain</td>
<td>1</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Knee pain + lombalgia</td>
<td>1</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Foot pain</td>
<td>1</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Hip + knee pain</td>
<td>1</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>

- Total n=33

**Clinical characteristics**

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

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

**AcroQol – Physical Dimension**

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

**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.

**REFERENCES**