

TITLE

DIABETES MELLITUS IN PATIENTS WITH RHEUMATOID ARTHRITIS

I Kostoglou-Athanassiou, A Tzanavari, T Banti, C Katsavouni, N Kalaycheva, P Athanassiou

Department of Endocrinology, Red Cross Hospital, Athens, Greece

Department of Rheumatology, St. Paul's Hospital, Thessaloniki, Greece

OBJECTIVES

In rheumatoid arthritis (RA) glucose metabolism may be affected either by the autoimmune inflammatory disease itself, or by the treatment used to manage the disease. Metabolic syndrome seems to be prevalent in RA patients.

The aim was to study the prevalence of diabetes mellitus type 2 and metabolic factors related to the development of atherosclerosis within a cohort of RA patients cared for within a single rheumatology department.

METHODS

Within a cohort of 204 RA patients, aged 29-88 (mean±SEM) 62.87±08.86 years the incidence of diabetes mellitus and metabolic factors related to the development of atherosclerosis was studied. In the cohort of RA patients ESR was 37.12±1.57 mm/h, CRP 1.56±0.15 mg/dl and the disease activity index DAS28 was 3.80±0.13, 49% being positive for rheumatoid factor and 23% having positive anti-CCP antibodies.

RESULTS

Within a cohort of 204 RA patients, aged 29-88 (mean±SEM) 62.87±08.86 years the incidence of diabetes mellitus and metabolic factors related to the development of atherosclerosis was studied. In the cohort of RA patients ESR was 37.12±1.57 mm/h, CRP 1.56±0.15 mg/dl and the disease activity index DAS28 was 3.80±0.13, 49% being positive for rheumatoid factor and 23% having positive anti-CCP antibodies.

CONCLUSIONS

Diabetes mellitus type 2 seems to be prevalent amongst patients with RA, hyperlipidemia being also prevalent. The disease itself, which is related to an autoimmune inflammatory process and the medications required for its management may affect blood glucose metabolism adversely.

References

Jiang P, Li H, Li X. Diabetes mellitus risk factors in rheumatoid arthritis: a systematic review and meta-analysis. *Clin Exp Rheumatol* 2015; 33:115-21.

