

4th World Congress on **PATHOLOGY AND CLINICAL PRACTICE**September 20th, 2022 | Webinar**Rheumatoid arthritis and cardiac risk factors**

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Background: It has already been known for two decades now that the life expectancy at birth of patients with rheumatoid arthritis (RA) is lower than that of other individuals in the population. The risk of death is directly related to the severity of the disease and inversely related to the age of disease onset. Also, in these patients, the frequency of cardiovascular diseases (CVD) and acute myocardial infarction (AMI) is several times higher and is certainly one of the important causes of death. The prevalence of metabolic syndrome (MetS) is very high among these patients. The purpose of this study was to evaluate the frequency occurrence of (MetS) in patient with RA and their association.

Methods: The study was conducted on 105 RA patients and 105 age and sex matched apparently healthy controls in Regional Hospital of Vlora, Albania during 2017-2019. Six definitions were used to define the metabolic syndrome, according to WHO. Independent predictors of MetS were identified using multivariable logistic regression.

Findings: For all definitions the prevalence of MetS was significantly higher among cases as compared to controls ($p < 0.05$) and ranged from 18 to 48.6%. ESR (OR = 1.36; CI: 1.18–2.12; $p = 0.03$), the use of glucocorticoid (OR=1.45; CI: 1.12–2.14; $p = 0.04$) and cumulative disease activity score (DAS) 28 (OR=1.92, CI: 1.32 - 2.51, $p < 0.001$) were significant and independent predictors of MetS in patients with RA.

Conclusions: It is obvious that the findings of the study suggest that in order to reduce the risk of CVD in the clinical context it is important to treat and control not only MetS but also the inflammatory activity of the disease which act as a vicious cycle in the pathogenesis of RA.

Biography

Artan Shkurti is a medical doctor, rheumatologist from Vlora, Albania. He graduated on 1992 from the Faculty of Medicine, University of Tirana, Albania. In 2005 he commenced the three year residency in rheumatology and work at the regional hospital of Vlora, Albania. Currently he is doing PhD in rheumatology from Tirana University, in Tirana - Albania. His research focuses on metabolic syndrome in rheumatic disease.

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