Comorbidity clusters in people with gout

SCIENCE

Abstracts

Key Take-Away:

Gout, a disease cause severe arthritic pain and is linked with the high rate of comorbidities which complicates its management. Various conditions like cardiovascular and renal occurred most frequently among gout patients, but there are more as well. The study involves the identification of comorbid conditions cluster that affects the gout treatment and process of recovery.

Introduction

The cross-sectional study aimed to examine how comorbid conditions accumulate among patients with gout in a UK primary care population.

Methods

The patients of age ⩾18 years with gout from a primary-care-based prospective observational cohort were selected for the analysis. Different clusters of comorbidity variables; chronic kidney disease (CKD), heart failure, cancer or heart disease was calculated by using factor analysis. The homogenous subgroups of patients based on combinations of their comorbidities identified by performing hierarchical cluster analysis of patient observations.

Results

A total of 1079 participants exhibited overall four distinct comorbidity clusters (C1–C4). Out of these four clusters, cluster 1 was the earliest and had most repeated attacks of gout with CDK among 97% of the population. Cluster 2 patients presented with isolated gout with little comorbidities but had more cases of drinking alcohol. Cluster 3 patients presented with higher rates of CKD, diabetes mellitus, hypertension and hyperlipidaemia as compared to any other cluster. Cluster 3 patients were more likely to be obese than any cluster and presented with hypertension.

Conclusion

Four different comorbidity clusters were recognised. People prone to multiple comorbidities obtained allopurinol. At the time of treatment modifications, cluster and comorbidities should be considered.

Source:	Rheumatology
Link to the source:	https://academic.oup.com/rheumatology/article-abstract/57/8/1358/4974342?redirectedFrom=fulltext
Original title of article:	Comorbidity clusters in people with gout: an observational cohort study with linked medical record review.
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Exploratory, Gout, Joints, Cross-sectional Study