



## Scientists recently evaluated the impact of Obesity on Swelling of Ankle and Foot Joints in Early RA Patients

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As the evaluation of disease activity in obese rheumatoid arthritis (RA) patients is challenging, a study was recently carried out to examine the measures set by the American College of Rheumatology (ACR) used in assessing RA disease activity with the specific focus on the swollen joint count (SJC).

Ranganath VK, et al. evaluated the cross-sectional cohort of 323 early seropositive RA patients (symptom duration  $\leq 15$  months). The patients, biologic-naive with equal to or more than 6/44 SJC and equal to or more than 9/44 tender joint count. All the ACR core measures viz. the Disease Activity Score (DAS) 44/erythrocyte sedimentation rate (ESR), DAS28/ESR4 item, Clinical Disease Activity Index (CDAI), and body mass index (BMI) were collected and compared between BMI categories. The relationship between high BMI ( $\geq 30$  kg/m) and lower-extremity (LE) SJC and SJC44 while accounting for other ACR measures were assessed by Multivariable linear regression models.

It was found that the Disease Activity Score 44/ESR4 item, Health Assessment Questionnaire Disability Index, physician global, and SJC44 differed across BMI categories ( $P < 0.05$ ). It was also observed that the metacarpophalangeal joints and LE joints (knees, ankles, metatarsophalangeal joints) of patients with SJC44 were associated with increased swelling in all BMI groups ( $P < 0.05$ ).

The scientists concluded that there is the direct association between increased BMI and increased swelling of LE joints in RA patients. Due to increased LE swollen joints the DAS44-measured disease activity are higher in obese RA patients. But the Disease Activity Score 28 and Clinical Disease Activity Index were not significantly influenced by obesity.

<b>Source:</b>	<i>J Clin Rheumatol.</i>
<b>Link to the source:</b>	<a href="https://www.ncbi.nlm.nih.gov/m/pubmed/29683839/">https://www.ncbi.nlm.nih.gov/m/pubmed/29683839/</a>
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