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PATIENTS WITH TAKAYASU'S ARTERITIS EXHIBIT AN IMPAIRED HEALTH STATUS AND PHYSICAL FUNCTION: A MULTICENTER CROSS-SECTIONAL STUDY

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BACKGROUND

Takayasu's arteritis (TAK) is a rare form of primary systemic vasculitis that can lead to general health status impairment. The present study is aimed at assessing TAK patients' health status using various tools focused on the ability to perform activities of daily living (APADL), quality of life (QoL), the ability of walk, and level of physical activity.

MATERIALS AND METHODS

This multicenter cross-sectional study was conducted from 2019 to 2020. Twenty consecutive female patients with TAK (American College of Rheumatology, 1990) and 16 individuals without TAK (control group, CTR) whose age, gender, and body mass index (BMI) were matched to those of the TAK patients were enrolled in the study. The APADL and QoL were assessed using the Health Assessment Questionnaire (HAQ)1, and Short-Form Health Survey (SF-36)2, respectively, whereas the ability to walk and level of physical activity were assessed using the Walking Impairment Questionnaire (WIQ)3, and International Physical Activity Questionnaire - Short Form (IPAQ-SF)4. Disease activity was measured using the Indian Takayasu Clinical Activity Score (ITAS2010) and The National Institutes of Health (NIH).

RESULTS

The TAK patients' median age was 41.5 (38.0-46.3) years, and the median BMI was 28.3 (26.0-29.7) kg/m². Three (15%) TAK patients had disease activity. Eleven used immunosuppressive drugs, and two used also glucocorticoids. The TAK patients exhibited a significant impairment in ADAPL and most subscale domains (Fig. 1). Moreover, they also had a significant reduction in WIQ and IPAQ-SF scores, in that 60% had a low level of physical activity, and none had a high level. The QoL, ADAPL, and IPAQ-SF results did not correlate with disease activity.

Figure 1. Ability to perform activities of daily living, quality of life and physical activity (METs) of patients Takayasu's arteritis patients and the control group.

CI: Confidence interval; CTR: control group; HAQ: Health Assessment Questionnaire; METs: metabolic equivalent; SF-36: Short Form Health Survey; TAK: Takayasu arteritis; WIQ: Walking Impairment Questionnaire

CONCLUSION

Patients with TAK exhibit global impairment of health status and physical function. Therefore, in addition to conventional drug treatments, it is important to assess TAK patients in all domains, including health status and physical function.

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