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FEMALE GOUT: A COMPARATIVE ANALYSIS FROM A REFERENCE MICROCRYSTALINE ARTHRITIS OUTPATIENT CLINIC AT A UNIVERSITY OF RIO DE JANEIRO

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BACKGROUND

To evaluate women with gout in a referral clinic at a public university of Rio de Janeiro.

MATERIALS AND METHODS

We analyzed medical records, collecting data on age, disease duration, time between symptom onset and diagnosis, serum urate level, comorbidities, alcoholism, smoking, presence of tophi, use and dose of corticosteroids, use and dose of colchicine, use of anti-inflammatory drugs, use and dose of urate-lowering drugs, use of losartan, use of fenofibrate, use of aspirin and use of diuretics.

RESULTS

Our study included 93 patients, of whom 17 were women and 76 were men. Women had an average age greater than that of men, and all were in menopause. Demographic and clinical features are described on the table below.

CONCLUSION

Men and women with gout have differences in the disease profile. Few studies include women, due to the lower prevalence of this disease in this population. In our study, hypertension, diabetes, obesity, metabolic syndrome, osteoporosis, psoriasis and congestive heart failure were more prevalent in women. Men had more overweight, dyslipidemia, coronary disease, osteoarthritis and nephrolithiasis. Smoking and alcohol consumption were also more frequent among men. The analysis of the female cohort with gout allows us to recognize the profile of the disease in this population, in order to justify a more personalized approach in the future.

Table 1. Demographic and clinical features

(In %, unless otherwise specified)	Women (n=17)	Men (n=76)	(In %, unless otherwise specified)	Women (n=17)	Men (n=76)
Age, mean, years	64.4	66.9	Osteoporosis	11.8	1.3
Gout duration, mean, months	94	193	Osteoarthritis	5.9	14.5
Time between symptom onset and gout diagnosis, mean, months	12	14	Nephrolithiasis	11.8	35.7
Tophus	47.1	57.9	Psoriasis	5.9	2.6
Serum urate	7.2	6.6	Thyroidopathy	11.8	10.5
Monosodium urate crystals identified	35.3	25	Allopurinol	70.6	86.8
Glomerular filtration rate, mean, mL/min*	58	80.5	Benzbromarone	5.9	3.9
Hypertension	100	78.9	Colchicine	47.1	60.5
Dyslipidemia	52.9	57.9	Nonsteroidal anti-inflammatory drugs	5.9	2.6
Diabetes mellitus	35.3	21.1	Glucocorticoids	5.9	6.6
Overweight	40	45.9	Losartan	58.8	48.7
Obesity	60	35.1	Aspirin	23.5	26.3
Metabolic syndrome	35.3	22.4	Fenofibrate	0	6.6
Coronary artery disease	0	13.2	Tobacco, current or previous	23.5	53.9
Congestive heart failure	5.9	3.9	Alcohol, current or previous	62.5	91.9
Cerebrovascular disease	5.9	5.3			