HIGH PREVALENCE OF COMORBIDITIES, IMPAIRED DAYLY LIVING, AND METABOLIC EQUIVALENT IN PATIENTS WITH GRANULOMATOSIS WITH POLYANGIITIS

Sarah Luiza Gomes da Silva¹, Alexandre Moura dos Santos^{1,*}, Rosa Maria Rodrigues Pereira¹, Samuel Katsuyuki Shinjo¹

¹Universidade de São Paulo, São Paulo (SP), Brazil.

*Corresponding author: alexandrestos@usp.br

BACKGROUND

Granulomatosis with polyangiitis (GPA) is a primary systemic vasculitis that may cause several systemic impairments, possibly reducing the level of activities of daily living (ADLs); therefore, we aimed to assess the prevalence of comorbidities and their health outcomes.

METHODS

This cross-sectional study included 27 patients with GPA (EULAR, 2018) who were sex and age-matched to 54 healthy individuals. The ADLs was assessed using HAQ, disease activity using BVAS, metabolic equivalent using IPAQ-SF, and fatigue using the fatigue severity scale (FSS).

RESULTS

The demographic features, disease status, comorbidities, and current treatment of patients with GPA and controls are shown in Table 1. The current age, body mass index, ethnicity and gender distribution were comparable between groups. The duration of the disease was 10.0 (4.0–15.0) years, and 4 patients had disease activity. Patients had a higher prevalence of systemic arterial hypertension and dyslipidemia. In addition, diabetes mellitus, heart disease, and stroke occurred only in patients. Furthermore, patients presented impairment in ADLs ($p = 0.011$), and the metabolic equivalent/IPAQ-SF ($p = 0.003$), whereas the distribution of fatigue frequency was similar in both groups ($p > 0.05$).

CONCLUSION

Patients with GPA have increased comorbidities with impaired ADLs and reduced metabolic equivalent. Therefore, studies that develop strategies to contain comorbidities and improve the quality of life of these patients are needed.

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KEYWORDS

Granulomatosis with polyangiitis, Systemic vasculitis, Patient outcomes, Comorbidities, Physical activity.

Table 1. Demographic features, disease status, comorbidities, drug treatment, and their health outcomes between GPA and healthy individuals (Control)

	GPA (n = 27)	Control (n = 54)	p-value
Age (years)	54.0 (40.0–64.0)	52.0 (47.0–57.3)	0.551
Body mass index (kg/m ²)	28.3 (23.8–31.2)	26.5 (23.0–29.7)	0.228
White ethnicity	15 (55.6)	41 (75.9)	0.106
Female gender	19 (70.4)	47 (87.0)	0.127
Duration of disease (years)	10.0 (4.0–15.0)		
Disease activity	4 (16.0)		
Prednisone			
Current use	13 (48.2)		
Current dose (mg/day)	5.0 (2.5–16.5)		
Immunosuppressive or immunobiological drugs	21 (77.8)		
Comorbidities/habits			
Systemic arterial hypertension	19 (70.4)	10 (18.5)	< 0.001
Dyslipidemia	11 (40.7)	9 (16.7)	0.036
Diabetes mellitus	6 (22.2)	0	–
Heart disease	4 (14.8)	0	–
Stroke	2 (7.4)	0	
Current smoker	3 (11.1)	1 (1.9)	0.105
HAQ (0.00–3.00)	0.25 (0.00–0.75)	0.00 (0.00–0.25)	0.011
FSS (> 28 points)	19 (70.4)	32 (59.3)	0.464
IPAQ – SF			
Low	16 (59.3)	17 (31.5)	0.031
Moderate	9 (3.3)	16 (29.6)	0.932
High	2 (7.4)	21 (38.4)	0.007
Metabolic equivalent	792 (240–1200)	1683 (567–3811)	0.003

Note. Data expressed as median (25th–75th) or frequency (%).