ASSOCIATION BETWEEN BODY MASS INDEX AND PAIN IN ANKLES AND FEET IN PATIENTS WITH RHEUMATOID ARTHRITIS

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BACKGROUND

To verify the association between pain in ankles and feet and Body Mass Index (BMI) in patients with Rheumatoid Arthritis (RA).

METHODS

Eighty-nine patients under outpatient follow-up diagnosed with RA according to the criteria of the American College of Rheumatology (ACR) were evaluated. Clinical-demographic data such as sex, age and disease duration were obtained. Visual Analogue Scale (VAS) in relation to the presence or not of pain in ankles and feet was evaluated, considering positive VAS > 1. The weight and height to figure out BMI were measured. Statistical analysis used the Chi-Squared test with a significance level of 0.05.

RESULTS

Of the 89 patients studied, 78 (87.6%) were women and 11 (12.3%) men. From this sample, 48 (53.9%) had pain in the ankles and feet and 41 (46%) hadn't. Mean age of patients was 55.1 years. Disease duration was 13.7 years on average, with a range of 0.5 to 41 years. The patients were divided into two groups: 1) 24 patients with a BMI ≥ 30 (obesity); and 2) 65 patients with a BMI < 30, nonobese. Those with BMI < 30, 35 (53.8%) had pain in the ankles and feet and 30 (46.1%) hadn't. Of the 24 patients with BMI ≥ 30 , 13 (54.1%) had pain and 11 (45.8%) hadn't. The analysis of the results (Figure 1) showed that there is an association between BMI ≥ 30 (obesity) and pain in the ankles and feet in patients with RA ($p < 0.05$).

Figure 1. Association between obesity and pain in ankles and feet in patients with rheumatoid arthritis.

CONCLUSION

Nonobese patients with RA were prevalent in this population studied (53.9%), and BMI ≥ 30 was accompanied by pain in the ankles and feet in 54.1% of these patients. Our results demonstrated that there is an association between obesity and pain in ankles and feet in patients with RA.

KEYWORDS

Rheumatoid arthritis, Obesity, Body mass index, Pain.