



Prevalence, physical and mental health patterns of rheumatic and musculoskeletal diseases in Portugal: results from EpiReumaPt, a national survey

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Background:

Rheumatic and musculoskeletal diseases (RMD) are a prevalent leading cause of disability and consume a large amount of healthcare and social resources. RMD have been associated with low levels of physical and mental health in other countries.

Objectives:

- . to estimate the national prevalence in the adult Portuguese population of: **hand, knee and hip osteoarthritis (OA), low back pain (LBP), rheumatoid arthritis (RA), fibromyalgia (FM), gout, spondyloarthritis (SpA), periarticular disease (PD) systemic lupus erythematosus (SLE), polymyalgia rheumatica (PMR) and osteoporosis (OP)**
- . to compare physical and mental health between participants with and without RMD

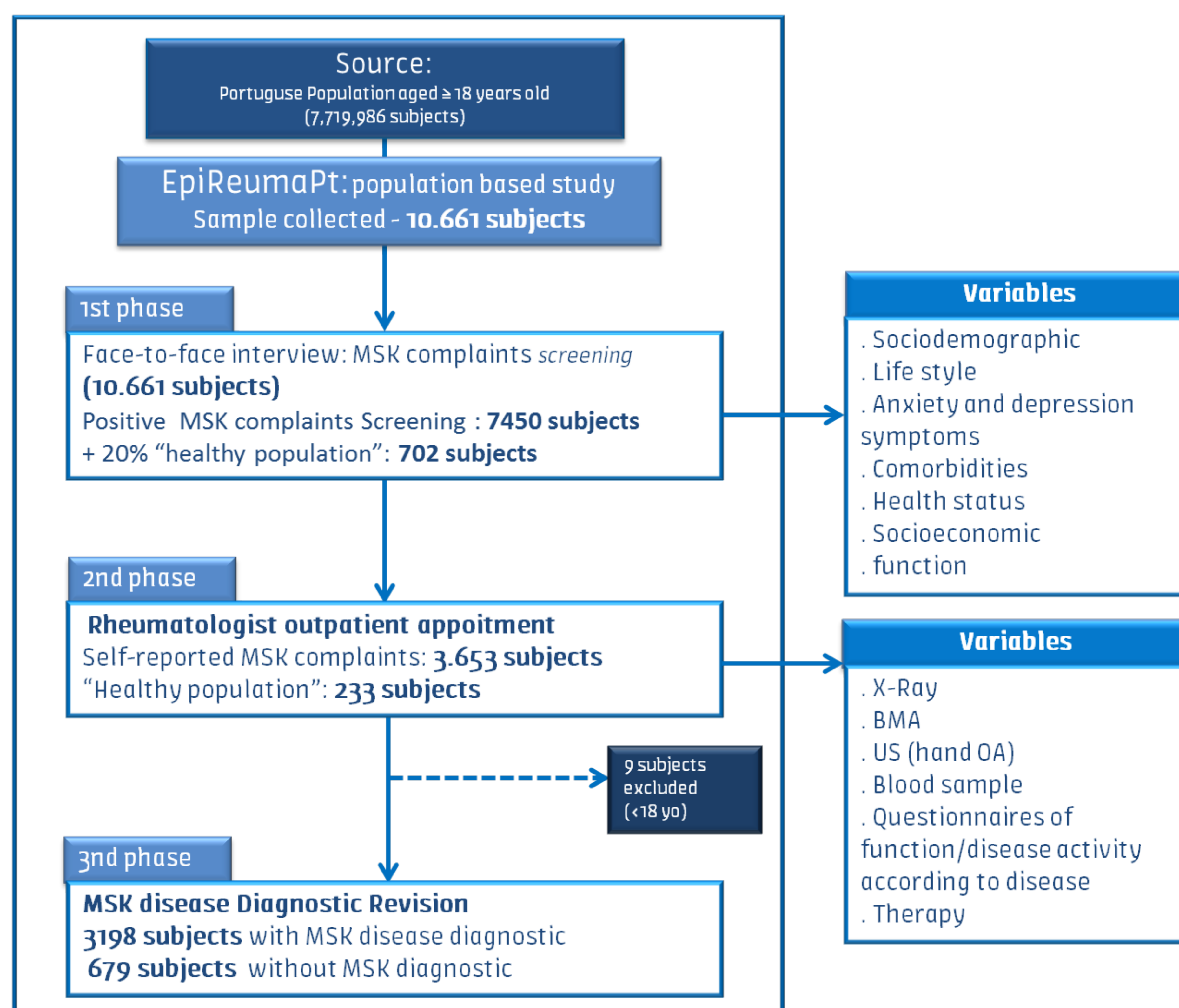
Methods:

EpiReumaPt is a **national** health survey conducted from **Sep'2011 to Dec'2013**, which involved a three-stage approach:

. **First**, 10661 adult subjects were randomly selected. Trained interviewers undertook structured face-to-face questionnaires in participant's households that included a screening for MSKD, and the EQ5D and HAQ.

. **Secondly**, all participants screened positive for at least one MSKD plus 20% of individuals with no rheumatic complaints were invited to be seen by a rheumatologist at the local Primary Care Center for a structured evaluation.

. **Finally**, a team of 3 experienced rheumatologists revised all the clinical data and confirmed the diagnoses according to previously validated criteria.





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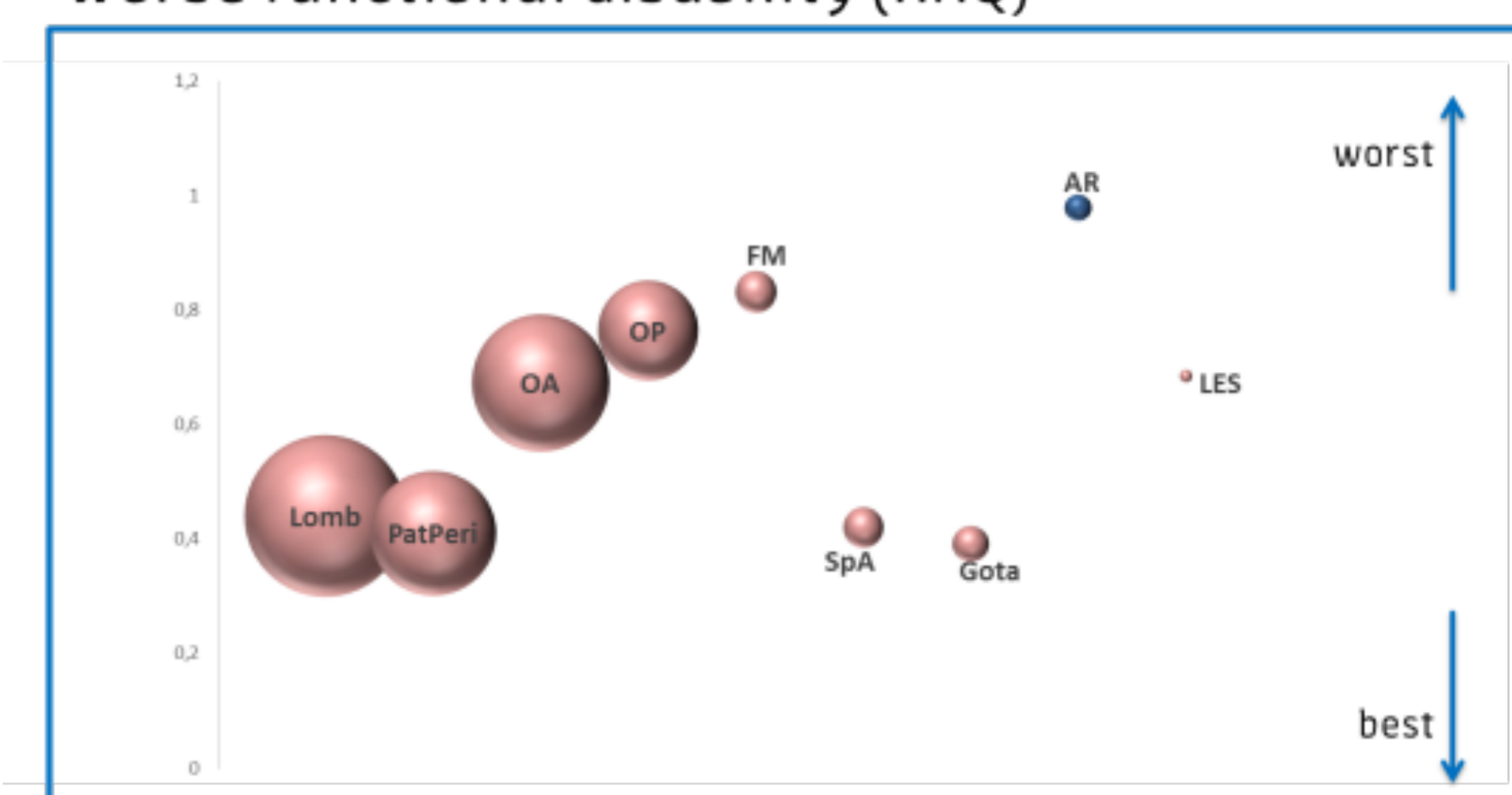
Results:

Table 1: Estimated number of adult Portuguese subjects with RMD

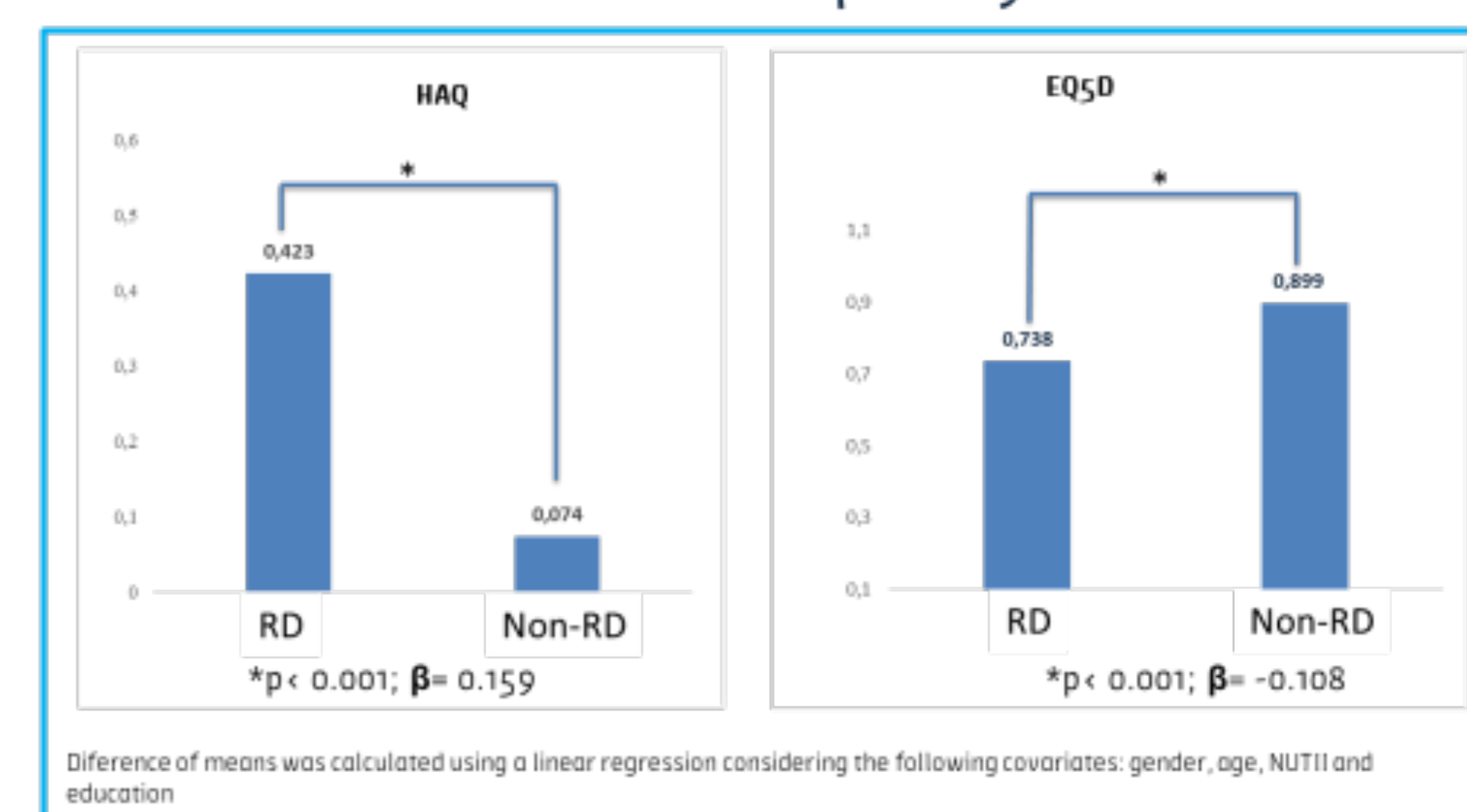
	Total prevalence (95% CI) n=3,877	Estimated number (Portuguese population 8,657,240)	Women (95% CI) n=2,630	Estimated number (Portuguese female population 4,585,118)	Men (95% CI) n=1,247	Estimated number (Portuguese male population 4,072,122)
Low Back Pain (n=1,393)	26.4% (23.3%;29.5%)	2,286,377 (2,018,868;2,554,752)	29.6% (25.8%;33.5%)	1,359,029 (1,182,043;1,535,556)	22.8% (17.9%;27.8%)	930,480 (728,503;1,132,864)
Periarticular Disease (n=929)	15.8% (13.5%;18.0%)	1,364,381 (1,166,130;1,561,766)	19.1% (16.2%;22.0%)	876,675 (742,331;1,011,019)	12.0% (8.4%;15.6%)	490,284 (343,688;636,473)
Knee Osteoarthritis (n=981)	12.4% (11.0%;13.8%)	1,073,498 (952,297;1,195,565)	15.8% (13.7%;18.0%)	725,825 (627,703;819,361)	8.6% (6.9%;10.3%)	350,610 (279,755;421,465)
Osteoporosis (n=858)	10.2% (9.00%;11.3%)	879,576 (777,421;980,866)	17.0% (14.7%;19.2%)	778,095 (675,847;880,343)	2.6% (1.9%;3.4%)	106,690 (76,556;136,824)
Hand Osteoarthritis (n=625)	8.7% (7.5%;9.9%)	755,778 (651,891;859,664)	13.8% (11.6%;15.9%)	630,913 (532,791;728,576)	3.2% (2.2%;4.1%)	129,087 (90,402;167,772)
Hip Osteoarthritis (n=199)	2.9% (2.3%;3.6%)	255,389 (196,520;313,393)	3.0% (2.3%;3.7%)	137,554 (104,083;171,025)	2.9% (1.7%;4.1%)	117,685 (70,041;164,921)
Fibromyalgia (n=149)	1.7% (1.3%;2.1%)	147,174 (114,276;180,071)	3.1% (2.4%;3.9%)	143,973 (110,502;177,903)	0.0% (-0.0%;0.2%)	4,073† (0;10,181)
Spondyloarthritis (n=92)	1.6% (1.2%;2.1%)	141,113 (103,022;180,071)	2.0% (1.3%;2.7%)	91,244 (59,607;122,423)	1.2% (0.7%;1.8%)	50,495 (28,505;72,484)
Gout (n=92)	1.3% (1.0%;1.6%)	110,813 (83,110;138,516)	0.1% (-0.0%;0.2%)	3,669† (0;7,795)	2.6% (1.9%;3.3%)	106,283 (77,778;135,195)
Rheumatoid Arthritis (n=61)	0.7% (0.5%;0.9%)	63,198 (45,018;82,244)	1.2% (0.8%;1.5%)	53,188 (36,223;70,611)	0.3% (0.1%;0.4%)	10,588† (2,851;17,918)
SLE (n=13)	0.1% (0.1%;0.2%)	12,986† (5,195;21,644)	0.2% (0.1%;0.4%)	11,463† (4,127;19,258)	0.0% (-0.0%;0.1%)	1,629† (0;4,480)
Polymyalgia Rheumatica (n=8)	0.1% (0.0%;0.2%)	8,658† (1,732;15,584)	0.13% (0.0%;0.2%)	5,961† (0;9,171)	0.1% (-0.0%;0.2%)	2,444† (0;8,145)

† The number of subjects with rheumatic diseases was estimated using data from Census 2011.
† The sample was calculated considering a minimum prevalence of 0.5%. For rare diseases the estimated number of Portuguese with the disease could be overestimated.

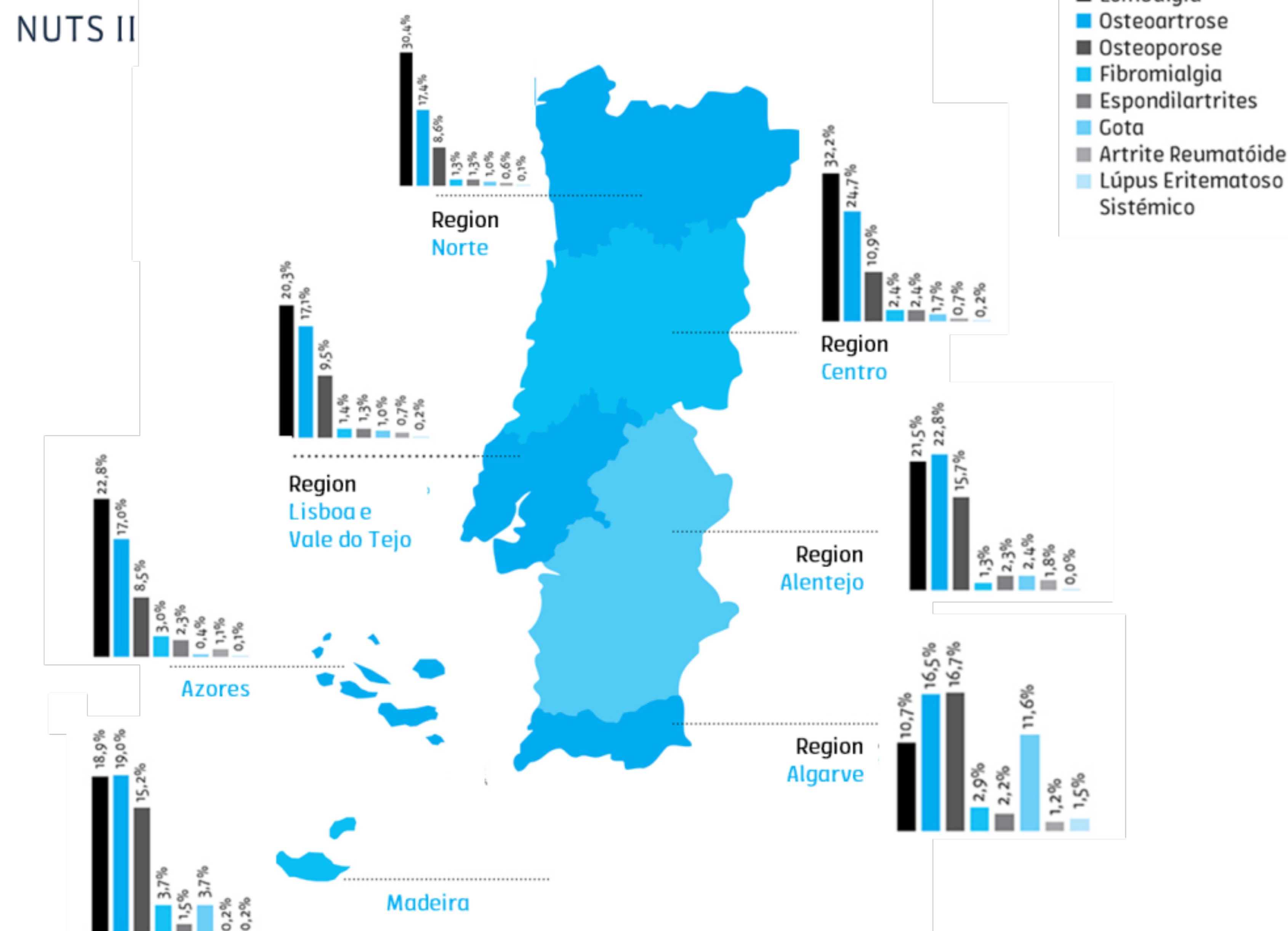
Patients with Rheumatoid Arthritis had Worse functional disability (HAQ)



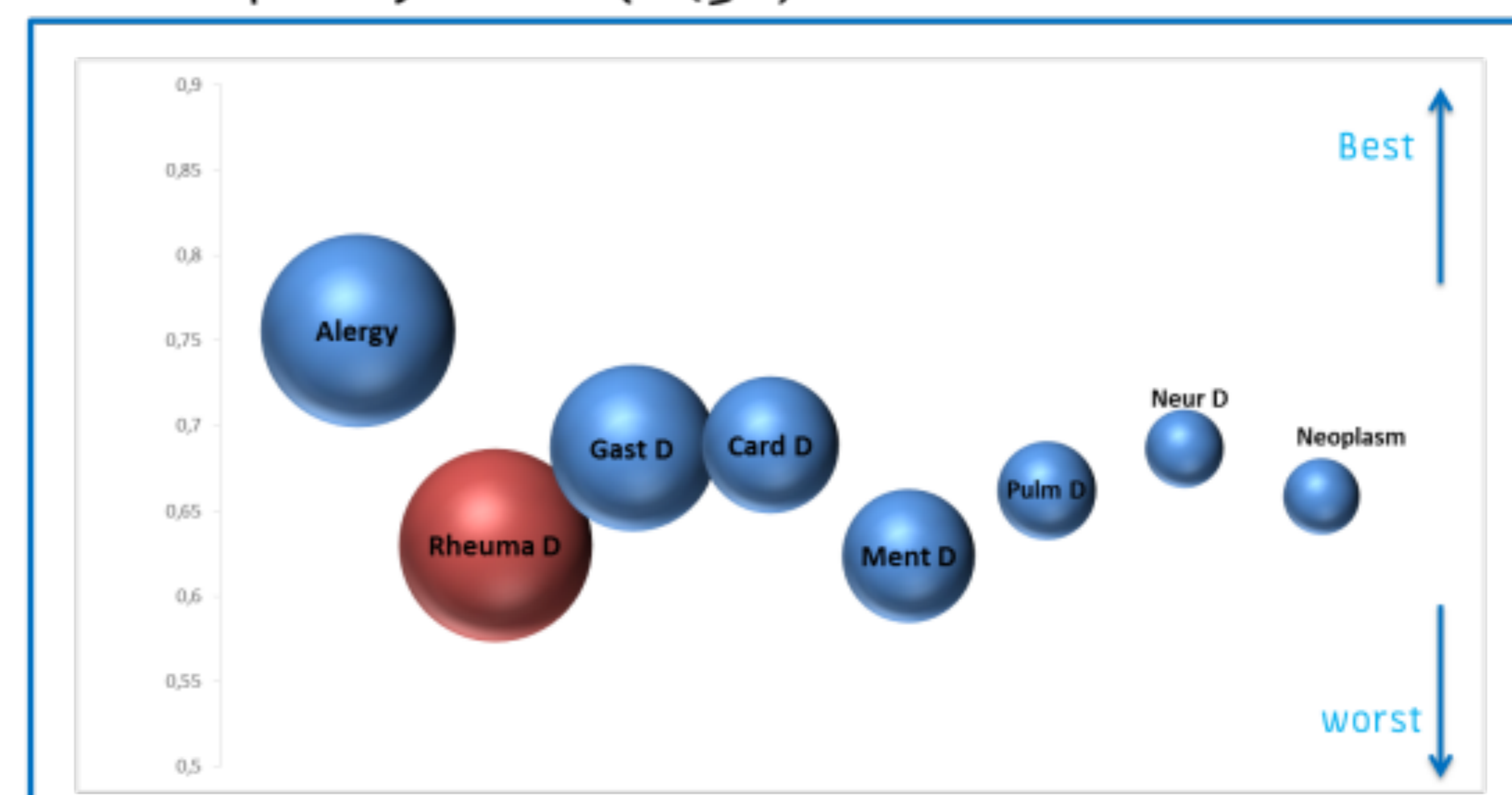
Rheumatic disease patients Have worse function and quality of life



Rheumatic Diseases Prevalences



Patients with Rheumatic Diseases reported worse quality of life (EQ5D)



Conclusion:

Rheumatic and musculoskeletal diseases are highly prevalent in Portugal and are associated with significant impairment of physical and mental health.