

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

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Jaime Branco^{1, 2, 3, 4, 5}; Ana Rodrigues^{1, 3, 6, 7}; Nélia Gouveia^{1, 2, 3}; Leonor Pereira da Costa⁸; Mónica Eusébio⁹; Sofia Ramiro^{1, 10, 11}; Pedro Machado^{1, 12, 13}; Ana Filipa Mourão^{1, 2, 4, 6}; Inês Silva^{1, 4}; Pedro Laires¹; Alexandre Sepriano⁴; Filipe Araújo⁴; Sónia Gonçalves¹⁴; Pedro Simões Coelho¹⁵; Viviana Tavares^{9, 16}; Jorge Cerol⁸; Jorge M Mendes¹⁵; Loreto Carmona¹⁷; Helena Canhão^{1, 3, 6, 7, 18}

¹ EpiReumaPt Study Group - Sociedade Portuguesa de Reumatologia, Lisboa, Portugal; ² Center de Estudos de Doenças Crónicas (CEDOC) da NOVA Medical School, Universidade Nova de Lisboa (NMS/UNL), Lisboa, Portugal; ³ EpiDoc Unit – Unidade de Epidemiologia em Doenças Crónicas (CEDOC, NMS/UNL), Lisboa, Portugal; ⁴ Serviço de Reumatologia do Hospital Egas Moniz - Centro Hospitalar Lisboa Ocidental (CHLO- E.P.E.), Lisboa, Portugal; ⁵ Programa Nacional Contra as Doenças Reumáticas (2004-2014), Direção Geral da Saúde, Lisboa, Portugal; ⁶ Unidade de Investigação em Reumatologia, Instituto de Medicina Molecular, Lisboa, Portugal; ⁷ Faculdade de Medicina da Universidade de Lisboa, Lisboa, Portugal; ⁸ Centro de Estudos e Sondagens de Opinião da Universidade Católica Portuguesa; ⁹ Sociedade Portuguesa de Reumatologia, Lisboa, Portugal; ¹⁰ Amsterdam Clinical Immunology & Rheumatology Center, University of Amsterdam, Amsterdam, The Netherlands; ¹¹ Hospital Garcia de Orta, Almada, Portugal; ¹² Clínica Universitária de Reumatologia, Faculdade de Medicina da Universidade de Coimbra, Coimbra, Portugal; ¹³ MRC Centre for Neuromuscular Diseases, University College London, London, United Kingdom; ¹⁴ Instituto Piaget, Lisboa; Unidade de Epidemiologia do Instituto de Medicina Preventiva e Saúde Pública da Faculdade de Medicina da Universidade de Lisboa; ¹⁵ NOVA IMS, Universidade Nova de Lisboa; ¹⁶ APOROS – Associação Nacional Contra a Osteoporose; ¹⁷ Instituto de Salud Musculosquelética, Madrid, Spain; ¹⁸ Serviço de Reumatologia do Hospital de Santa Maria – Centro Hospitalar Lisboa Norte (CHLN-E.P.E), Lisboa, Portugal

Background:

Rheumatic and musculoskeletal diseases (MSKD) are a prevalent leading cause of disability and consume a large amount of healthcare and social resources. MSKD 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 MSKD

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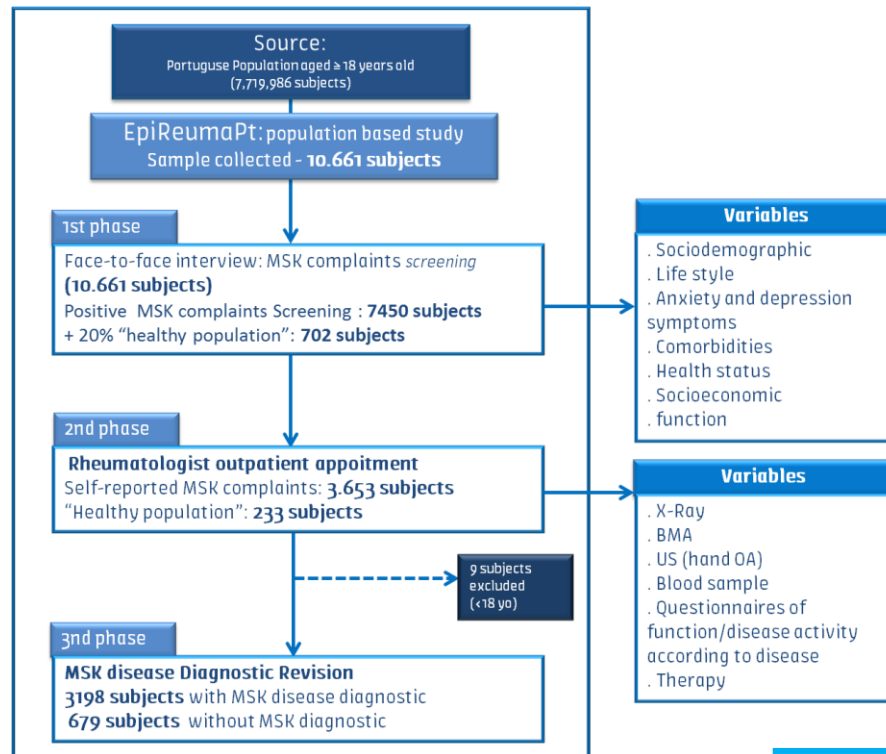
Methods:

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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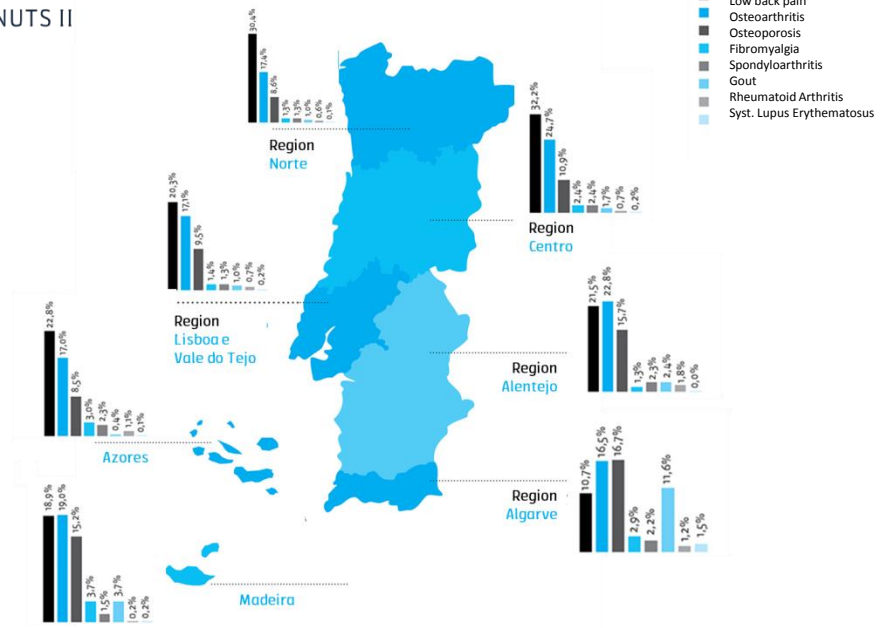
Results

Table 1. Estimated number of adult portuguese subjects with rheumatic diseases ¹

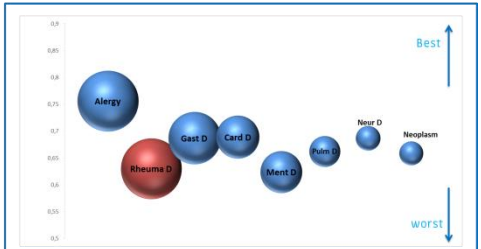
	Total prevalence (95% CI) n=3877	Estimated number (Portuguese population 8 657 240)	Women (95% CI) n=2630	Estimated number (Portuguese female population 4 585 118)	Men (95% CI) n=1247	Estimated number (Portuguese male population 4 072 122)
Low Back Pain (n=1393)	26.41%	2286377	29.64%	1359029	22.85%	930480
Periarthritic Disease (n=929)	15.76%	1364381	19.12%	876675	12.04%	490284
Knee Osteoarthritis (n=981)	12.40%	1073498	15.83%	725825	8.61%	350610
Osteoporosis (n=858)	10.16%	879576	16.97%	778095	2.62%	106690
Hand Osteoarthritis (n=625)	8.73%	755778	13.76%	630913	3.17%	129087
Hip Osteoarthritis (n=199)	2.95%	255389	3.00%	137554	2.89%	117685
Fibromyalgia (n=149)	1.70%	147174	3.14%	143973	0.10%	4073†
Spondyloarthritis (n=92)	1.63%	141113	1.99%	91244	1.24%	50495
Gout (n=92)	1.28%	110813	0.08%	3669†	2.61%	106283
Rheumatoid Arthritis (n=61)	0.73%	63198	1.16%	53188	0.26%	10588†
SLE (n=13)	0.15%	12986†	0.25%	11463†	0.04%	1629†
Polymyalgia Rheumatica (n=8)	0.10%	8658†	0.13%	5961†	0.06%	2444†

¹ The number of subjects with rheumatic diseases was estimated using data from Censos 2011. The sample was calculated considering a minimum prevalence of 2%. For rare diseases the estimated number of portuguese with the disease could be overestimated.

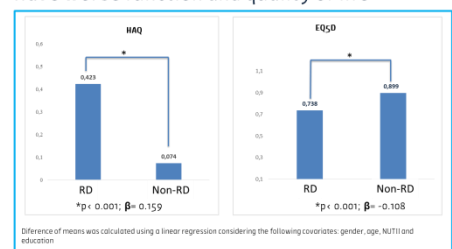
Rheumatic Diseases Prevalences NUTS II



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

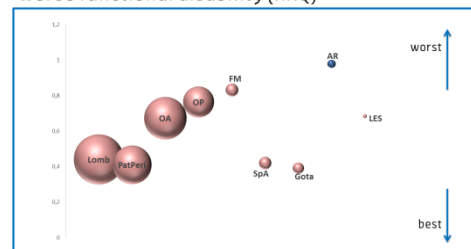


Rheumatic disease patients Have worse function and quality of life



Difference of means was calculated using a linear regression considering the following covariates: gender, age, NUTSII and education.

Patients with Rheumatoid Arthritis had Worse functional disability (HAQ)



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