

Osteoarthritis in Latin America Study of Demographic and Clinical Characteristics in 3040 Patients

Por: [Reginato, AM](#) (Reginato, Anthony M.)^[1]; [Riera, H](#) (Riera, Humberto)^[2]; [Vera, M](#) (Vera, Mariflor)^[3]; [Torres, AR](#) (Torres, Adrian R.)^[3]; [Espinosa, R](#) (Espinosa, Rolando)^[4]; [Esquivel, JA](#) (Esquivel, Jorge A.)^[5]; [Felipe, OJ](#) (Jair Felipe, Oscar)^[6,7]; [Blas, JR](#) (Roman Blas, Jorge)^[8]; [Rillo, O](#) (Rillo, Oscar)^[9]; [Papasidero, S](#) (Papasidero, Silvia)^[9] ...[Más](#)

Autoría conjunta: [Pan-Amer League Assoc Rheumatology](#)

JCR-JOURNAL OF CLINICAL RHEUMATOLOGY

Volumen: 21

Número: 8

Páginas: 391-397

DOI: 10.1097/RHU.0000000000000281

Fecha de publicación: DEC 2015

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Resumen

Background Latin America is a heterogeneous region made up of different populations, cultures, latitudes, altitudes, and immigrants from different areas and ethnic groups.

Objective The purpose of this study is to describe the clinical and demographic profile of patients with osteoarthritis (OA) evaluated by a selected group of rheumatologists in 13 Latin American countries.

Methods A descriptive, observational, cross-sectional study was conducted in 13 Latin American countries of patients with symptomatic OA. Data were collected over a 3-month period using an ad hoc questionnaire to evaluate the clinical and demographic features of OA seen by rheumatologists.

Results Among the 3040 patients, their average age was 62.5 years, and female-to-male ratio was 4.8:1. Patients with body mass index of greater than 30 kg/m² or obesity was found in 38.2%. Approximately 88% had primary OA. Joints with OA were as follows: knee 31.2%, hand 9.5%, hand and knee 22.9%, proximal and distal interphalangeal joints (erosive OA) 6.5%, axial 6.6%, and hip 1.3%. Approximately 88.5% had radiographic severity of grade 2 or 3 on Kellgren-Lawrence scale (0-4). Nonsteroidal anti-inflammatory drugs were the predominant OA treatment included in combinations with glucosamine sulfate/chondroitin and viscosupplementation. Associated comorbidities included hypertension (39%), obesity (36.3%), diabetes mellitus (12%), and without comorbidity (12.7%).

Conclusions This is 1 of the largest population studies that evaluated the characteristics of OA in

3040 patients evaluated by rheumatologists in 13 Latin American countries. This study provides important data for each Latin American country to develop new health care planning in management of OA.

Palabras clave

Palabras clave de autor: [osteoarthritis](#); [observational](#); [cross-sectional study](#); [demographic aspects](#); [health care](#)

KeyWords Plus: [SYMPTOMATIC KNEE OSTEOARTHRITIS](#); [RHEUMATIC-DISEASES](#); [HIP OSTEOARTHRITIS](#); [OARSI RECOMMENDATIONS](#); [HAND OSTEOARTHRITIS](#); [ESTIMATE PREVALENCE](#); [AFRICAN-AMERICANS](#); [SEX-DIFFERENCES](#); [UNITED-STATES](#); [RISK-FACTORS](#)

Información del autor

Dirección para petición de copias: Quintero, M (autor para petición de copias)



Univ Los Andes, Fac Med, Inst Autonomo Hosp Univ Los Andes, Unidad Reumatol, Av 16 Septiembre, Merida 5101, Venezuela.

Direcciones:



[1] Warren Alpert Sch Med, Div Rheumatol, Providence, RI USA



[2] Univ Los Andes, Inst Autonomo Hosp Univ Los Andes, Unidad Reumatol, Merida 5101, Venezuela



[3] Univ Los Andes, LabMice, Merida 5101, Venezuela

[4] Inst Nacl Rehabil, Dept Reumatol, Mexico City, DF, Mexico



[5] Univ Autonoma Nuevo Leon, Serv Reumatol, Dept Med Interna, Nuevo Leon, Mexico

[6] Mediacarte, Rheumatol, Medellin, Colombia

[7] Mediacarte, Arthritis Clin Res Unit, Medellin, Colombia

[8] Fdn Jimenez Diaz, Bone & Joint Res Unit, E-28040 Madrid, Spain

[9] Hosp Dr E Tornu, Serv Reumatol, Buenos Aires, DF, Argentina



[10] Univ Republica, Fac Med, Catedra Reumatol, Montevideo, Uruguay

[11] Univ CES, Dept Reumatol, Medellin, Colombia



[12] Univ Chile, Dept Reumatol, Santiago, Chile



[13] Catholic Univ Chile, Dept Reumatol, Santiago, Chile

[14] Hosp Quirurg 10 Octubre, Serv Reumatol, Havana, Cuba

[15] Hosp Frank Pais, Serv Reumatol, Havana, Cuba

[16] Univ Catolica San Pablo, Caja Petr Salud Techo Acad, Hosp Santa Cruz, Serv Reumatol, Santa Cruz, Bolivia

[17] Univ Santo Tomas De Aquino, Hosp Obrero Caja Nacl Salud 3, Med Interna Serv, Santa Cruz, Bolivia

[18] Univ Catolica San Pablo, Serv Reumatol Kolping, San Pablo, Bolivia

- [19] Univ Catolica San Pablo, Hosp Alfonso Gumucio Techo Acad, San Pablo, Bolivia
- [20] Univ Francisco Marroquin, Fac Med, Postgrad Reumatol, AGAR,FM,UFM, Guatemala City, Guatemala
- [21] Inst Salvadoreno Seguro Social, Serv Reumatol, San Miguel, El Salvador
- + [22] Univ Nacl Asuncion, Hosp Clin Asuncion, Serv Reumatol, Asuncion, Paraguay
- [23] Univ Peruana Ciencias Aplicadas UPC, Med, Lima, Peru
- [24] British Amer Hosp, Serv Reumatol, Lima, Peru
- + [25] Univ Estadual Campinas, UNICAMP, Fac Ciencias Med, Dept Clin Med, Campinas, SP, Brazil
- [26] Hosp Docente Padre Billini, Clin Abreu, Serv Reumatol, Santo Domingo, Dominican Rep
- + [27] Univ Texas Hlth Sci Ctr Houston, Houston, TX 77030 USA

Direcciones de correo electrónico: maritzaquintero@gmail.com

Financiación

Entidad financiadora	Número de concesión
PANLAR	
National Institutes of Health	P20GM104937-05

[Ver texto de financiación](#)

Editorial

LIPPINCOTT WILLIAMS & WILKINS, TWO COMMERCE SQ, 2001 MARKET ST, PHILADELPHIA, PA 19103 USA

Categorías / Clasificación

Áreas de investigación: Rheumatology

Categorías de Web of Science: Rheumatology

Información del documento

Tipo de documento: Article

Idioma: English

Número de acceso: **WOS:000365715400001**

ID de PubMed: 26457483

ISSN: 1076-1608

eISSN: 1536-7355

Información de la revista

- **Impact Factor:** [Journal Citation Reports®](#)

Otra información

Número IDS: CX5BK