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

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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/m(2) 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

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