

Joint Involvement in Patients with Acromegaly and the Association Between Arthropathy and Disease Remission

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Abstract

Aim: To evaluate joint complaints, physical examinations and X-rays of acromegalic patients and investigate association between arthropathy and disease remission and effects of arthropathy on quality of life.

Method: Acromegalic patients followed at Endocrinology clinic of Cerrahpasa Medical Faculty between 2015-2017 were screened. Demographic and disease status, physical examinations and quality of life scales (Acro-QoL) were recorded. The symptoms and examination findings of patients consulted with Rheumatology or Physical Therapy-Rehabilitation departments and X-rays were evaluated, retrospectively.

Results: Ninety-seven patients were assessed, 38 patients (F/M:31/7; $p=0.006$) had joint complaints and 59 (60.8%; F/M: 40/19; $p>0.05$) had pathological joint findings. Pathological joint signs were found in 30 patients with no symptoms, whereas 9 out of 38 patients who declared joint symptoms had no signs at rheumatological examination.

Patients with symptoms and signs were older (47.6 ± 11.5 vs 53.3 ± 11.9 ; $p=0.02$ and 44.3 ± 9.1 vs 53.4 ± 12.3 ; $p<0.001$, respectively). When patients were evaluated according to remission status as remission with medical treatment ($n=43$), remission after surgery($n=27$) and active disease ($n=18$); duration of disease in active disease group was shorter ($p=0.01$). Other parameters were similar between groups. There was a significant correlation between AcroQoL and shoulder and AcroQoL and small hand joints involvements ($p=0.007$, $r=-0.2$ vs $p=0.004$, $r=-0.3$), whereas no correlation was found between AcroQoL and knee or elbow involvements. No association found between disease duration and symptoms, examination findings, radiological findings or AcroQoL.

Conclusion: Joint degenerative changes detected in 60% of acromegalic patients, and affect quality of life, Regular evaluation of joint symptoms is recommended in the management of acromegalic patients.