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VITAMIN D STATUS AND ITS ASSOCIATION WITH DISEASE ACTIVITY IN EARLY RHEUMATOID ARTHRITIS IN RURAL POPULATION OF SOUTHERN RAJASTHAN

Dr Karan Beniwal, Dr Abhijit Basu

Department of General Medicine, Geetanjali Medical College, Udaipur

karanbeniwal.rocks@gmail.com

Background: Rheumatoid arthritis (RA) is a chronic inflammatory disease characterized by joint pain swelling, joint tenderness and destruction of synovial joints, leading to severe disability and premature mortality. Early RA is defined as “RA with duration of disease/symptoms of disease < 6 months”.

Aim: Vitamin D status and its association with disease activity in early rheumatoid arthritis in rural population of Southern Rajasthan

Methodology: It is a case-control study, all patients fulfilling revised American College of Rheumatology criteria/EULAR criteria (2010) for Rheumatoid Arthritis being attended to in the rheumatology clinic, Tools like Oral questionnaire, History and Clinical examination, laboratory equipments will be used. Sample size is 45 cases and 45 controls, complying with inclusion and exclusion criteria.

Result and Conclusion: The study suggested that, mean value of Clinical Disease Activity Index (CDAI) of RA was 12.24 ± 8.05 in cases and 2.89 ± 0.83 in control, DAS28 Score was 4.24 ± 1.07 in cases and 3.00 ± 0.37 in control, it showed statistically significant association between serum vit D3 level with CDAI and DAS28 Score in rheumatoid arthritis patients. The study results suggest that the inverse relationship between serum D levels and RA disease activity.

Keywords: Rheumatoid arthritis, Vitamin D, Disease activity