

POSTER SYMPOSIUM – P15

An Audit on Gout Disease and Its Associated Lifestyle Diseases

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BACKGROUND

Gout is a common form of inflammatory arthritis. It is considered a lifestyle disease. It was reported that there is an increase in its prevalence, and there is a strong relationship between diet and lifestyle with the development of gout. Gout is associated with age, males, obesity, hypertension and high purine diet. As a metabolic disorder, gout is often responsive to changes in diet, lifestyle, and medication usage.

OBJECTIVES

The objective of this audit is to determine the demographics of patient with gout disease at Rheumatology Clinic, RIPAS Hospital, and to determine the correlation of gout patient with other lifestyle diseases.

METHODS

This is a retrospective study using the data collected from BruHIMs. Any patients seen in Rheumatology's Clinic, RIPAS hospital from 1st January until 30th June 2017 were included in this audit. A total of 104 patients were used for this audit. Demographics data collected include age, sex, obesity, comorbidities (i.e. hypertension, type 2 diabetes mellitus, and dyslipidaemia), uric acid level and consumption of high purine diet.

RESULTS

From this audit, gout patients in this clinic are predominantly of male sex (91.3%). Most of the patients are in the age group from 31 to 60 years old, which account for 79.8%. Patients with gout also associated with obesity (50%), hypertension (65.3%), type 2 diabetes mellitus (20.2%), dyslipidaemia (30.8%) and high purine diet (43.3%)

CONCLUSIONS

In Rheumatology Clinic, it was noted that obesity, hypertension and high purine are associated with gout. This was also reported in other literatures which support this finding. This suggests that by lifestyles changes and the use of medication, it will help to treat the gout. In addition, by treating this metabolic syndrome, it will prevent other lifestyle diseases.

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