

Prevalence of Obesity in Elderly in a Rheumatologic Environment

*Zrour S
El Achek MA
Farhat A
Ben Chekaya N
Ben Majdoub M
Jguirim M
Bejia I
Touzi M
Bergaoui N*

Department of Rheumatology, Fattouma Bourguiba Hospital, Monastir. Tunisia

Please cite this article as: Zrour S. et al. **Prevalence of Obesity in Elderly in a Rheumatologic Environment**. Middle East Journal of Age and Ageing. 15(3):19. DOI: 10.5742MEJAA.2018.93521

ABSTRACT

Introduction: Obesity, an ever-increasing disease, is associated with multiple cardiovascular, pulmonary, hepatic and rheumatological complications, including knee osteoarthritis. Our aim is to study the prevalence of obesity in patients over 65 years old in rheumatologic consultation and compare it to the younger population.

Patients and methods: The body mass index (BMI) was measured in patients consulting in rheumatology over a period of three months [April-June 2017]. Threshold definitions were: Thinness BMI <18.5 kg / m², overweight BMI ≥25 kg / m² and obesity BMI ≥30 kg / m² (WHO, 1997).

Results: 323 patients were collected. The average age of our patients was 53.46 years old. The SR was 0.22. 17.95% had a chronic inflammatory rheumatism, 82.04% had osteoarthritis (32.07% had knee osteoarthritis) and 0.1% had a metabolic disease.

Comparing data from the population over 65 years old (61 patients) to the younger population (262 patients) we found; an average BMI of 30.06 kg / m² versus 33.18 kg / m². 31.14% were overweight versus 26.71% and 49.18% were obese versus 64.50%.

Osteoarthritis was found in 34.42% in the elderly population (of which 100% is associated with overweight and / or obesity) and found in 24.42% of the cases in the young population (71.87% of which were associated with overweight and or obesity).

Conclusion: Overweight and obesity are very common co-morbidities in rheumatic diseases. Screening and specific care must be systematically offered to these patients as part of an overall management.