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STUDY OF THE CLINICAL COURSE OF ARTICULAR SYNDROME AND RETROSPECTIVE ASSESSMENT OF DISORDERS OF ARTICULAR STRUCTURES IN PATIENTS WITH OSTEOARTHRITIS

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Annotation

Retrospective assessment of clinical signs and course of the disease in patients with osteoarthritis in the sex ratio. Materials and Methods: In this scientific study, a retrospective analysis of 300 patients hospitalized in the City Clinical Hospital No. 3 from 2015 to 2019 was carried out based on medical records, with an emphasis on the analysis of the clinical course and consequences of the disease. Results: On the basis of the obtained data on x-ray images, the articular syndrome and joint structure disorders observed in patients with osteoarthritis (OA) were assessed. Conclusions: It was noted that in patients with OA, the articular syndrome was different and gender differences were found in the course of the disease.

Keywords: osteoarthritis, joint, x-ray.

Аннотация

Ретроспективная оценка клинических признаков и течения заболевания у больных остеоартритом в соотношении пола. Материалы и методы: В данном научном исследовании проведен ретроспективный анализ 300 пациентов, госпитализированных в Городскую клиническую больницу №3 с 2015 по 2019 год на основании медицинских карт, с акцентом на анализ клинического течения и последствий заболевания. Результаты: На основании полученных данных по рентгенологическим снимкам оценивали суставной синдром и нарушения структуры суставов, наблюдаемые у больных остеоартритом (ОА). Выводы: Отмечено, что у пациентов с ОА суставной синдром был разным и были выявлены гендерные различия по течению болезни.

Ключевые слова: остеоартрит, сустав, рентгенологические изображения.

Xulosa

Osteoartritli bemorlarda kasallikning klinik belgilari va kechishini jinsiy nisbatda retrospektiv baholash. Materiallar va metodlar: Ushbu ilmiy tadqiqotda 2015-2019 yillar davomida 3-sonli shahar klinik shifoxonasiga yotqizilgan 300 nafar bemorning retrospektiv tahlili tibbiy ma'lumotlar asosida o'tkazildi, bunda asosiy e'tibor kasallikning klinik kechishi va oqibatlari tahliliga qaratildi. Natijalar: rentgen tasvirlari bo'yicha olingan ma'lumotlar asosida osteoartrit (OA) bilan og'rigan bemorlarda kuzatilgan artikulyar sindrom va bo'g'imlar tuzilishining buzilishi baholandi. Xulosa: OA bilan og'rigan bemorlarda artikulyar sindrom turlicha bo'lganligi va kasallikning kechishida jins farqlari aniqlanganligi qayd etildi.

Kalit so'zlar: osteoartrit, bo'g'im, rentgen tasvirlari.

Today, many researchers describe the pathogenesis of osteoarthritis (OA) as a disease with a predominance of degenerative-destructive processes in the connective tissue of the joint, as well as other structures (subchondral bone, synovial membrane, muscle lengths) and polyetiologically. In modern rheumatology, there is a sufficient understanding of the prevention of possible consequences and complications in OA through the use of early and rational non-pharmacological and pharmacological measures [1,4]. In addition, the treatments achieved allow the patient to reduce chronic pain syndrome, synovitis, joint deformities and defigurations, reduce the need for endoprosthesis practice, psychiatric and sleep disorders, coordinate depression, and improve patient quality of life. However, at the same time, the increasing incidence and prevalence of OA in the population, its predisposition to chronic disease, the persistence of problems such as irreversible joint disorders and the formation of ankylosis, determine not only the medical but also the socio-economic significance of the disease. One of the non-modifiable risk factors for the development of osteoarthritis is the gender of the patient [2,5]. On this account, the opinions of scientists are ambiguous. Some researchers argue that women not only suffer from OA more often, but may also have more severe forms of it. Being female increases the risk of knee and hand OA [3].

At the same time, men are more likely to suffer from OA of the hip joints. Other authors argue that OA of the hip joint progresses more intensively in women in the absence of a gender effect on the course and risk of developing OA of the knee and joints of the hands [6]. According to the General Practice Research Database, in 2005 in the UK, the risk of total hip and knee replacement at the age of 50 for women was higher than for men: 11.6 and 10.8%, respectively; 7.1 and 8.1%. Russian reviews present data showing the absence of significant gender differences in the development of OA of the hip joint [7].

MATERIALS AND METHODS.

In our research, we conducted a retrospective analysis of 300 patients with OA based on medical records, and studied the clinical course of the disease by gender. Also, we analyzed X-ray of 156 patients with OA, with a total mean age of 53.1 ± 11.2 years and an average duration of disease of 4.5 ± 1.9 years.

RESULTS AND THEIR DISCUSSION.

In this case, monoosteoarthritis, as shown in Table 1, occurred in the same condition in both sexes. However, oligoosteoarthritis differed almost 1.5 times from men with a predominance in women ($p < 0.05$). In contrast, polyosteoarthritis was 2.5 times more prevalent in men than in women ($p < 0.05$). Alternatively, reactive synovitis in women came with a significant difference ($p < 0.05$).

Table 1

Clinic signs	Articular syndrome in patients with OA				P
	women (n=211)		men(n=89)		
	Absolute	%	absolute	%	
Monoosteoarthritis	55	26,1	21	23,6	>0,05
Oligoosteoarthritis	123	58,3	29	32,6	<0,05
Polyosteoarthritis	33	15,6	39	43,8	<0,05
Sinovit	56	26,5	11	12,4	<0,05

Note: p – is the degree of reliability of the statistical results, calculated by the ratio of the sexes.

In turn, differences were also identified when attention was paid to the localization of joint damage in patients with OA. As shown in Figure 1, knee joint damage (gonarthrosis) was almost 2 times

more common in women ($p < 0.05$), while pelvic joint damage (coxarthrosis) was more prevalent in men ($p < 0.05$). Alternatively, the functional activity of the joints changed based on the joint injury.

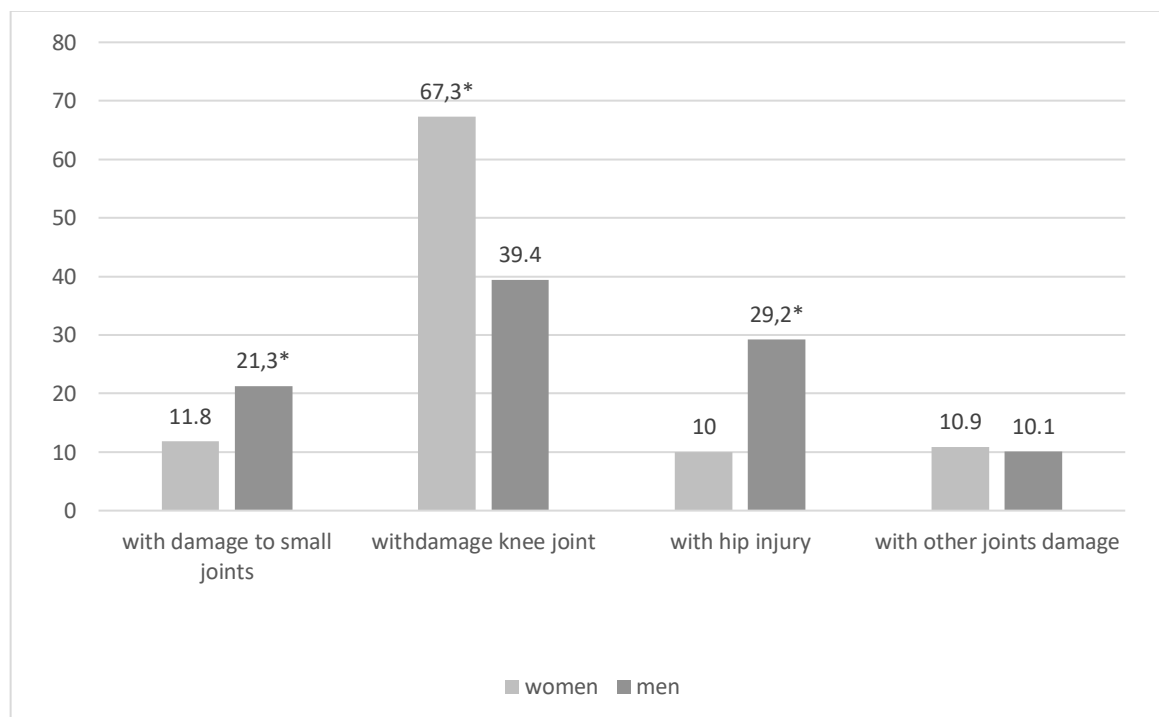


Figure 1. Distribution of joint damage by localization (%) in patients diagnosed with OA; * - the degree of reliability of statistical results, calculated in the ratio of gender.

At the same time, changes in joint function of different functional classes (FC) were observed, as shown in Figure 2, mainly I FC was the most common in both sex groups and no statistically significant difference ($p > 0.05$) was detected between them on the

surface of FC II. However, III FC was 2 times more common ($p < 0.05$) in women than in men.

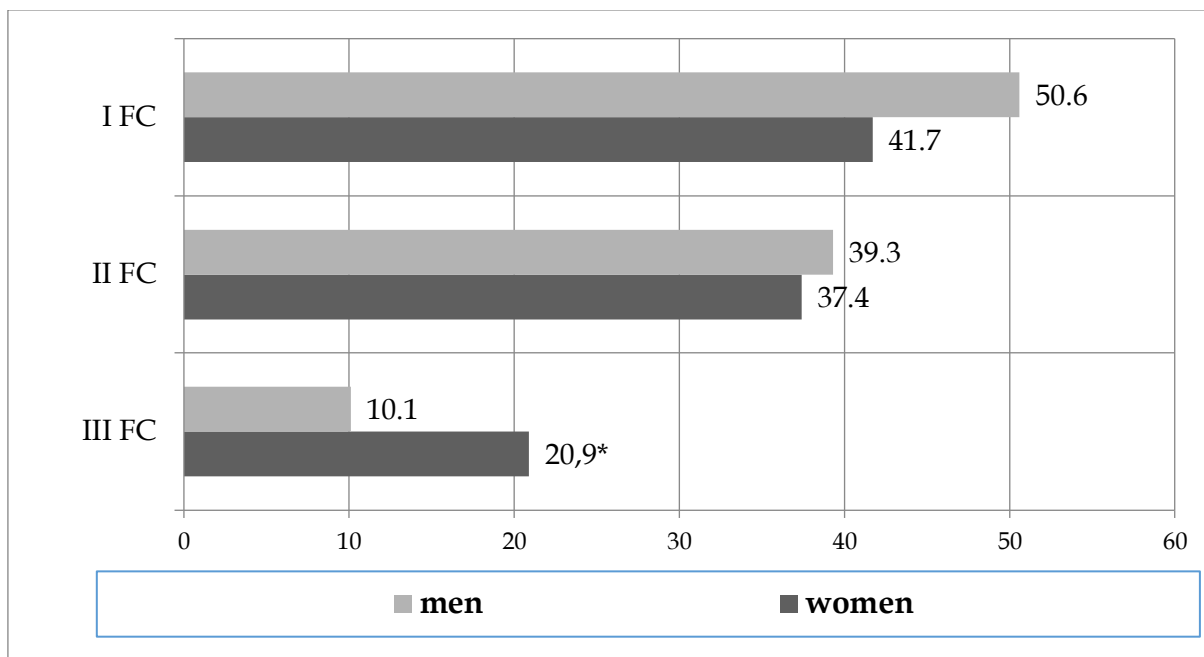


Figure 2. Possibilities of joint activity in patients diagnosed with OA. FC – functional class (%). * - level of reliability of statistical results, calculated in the ratio of gender.

It should be noted that inflammatory markers, as shown in Figure 3, increased the Sedimentation rate of erythrocytes (SRE) and S-reactive protein in 1/2 of women and approximately their titer in 1/3 of men.

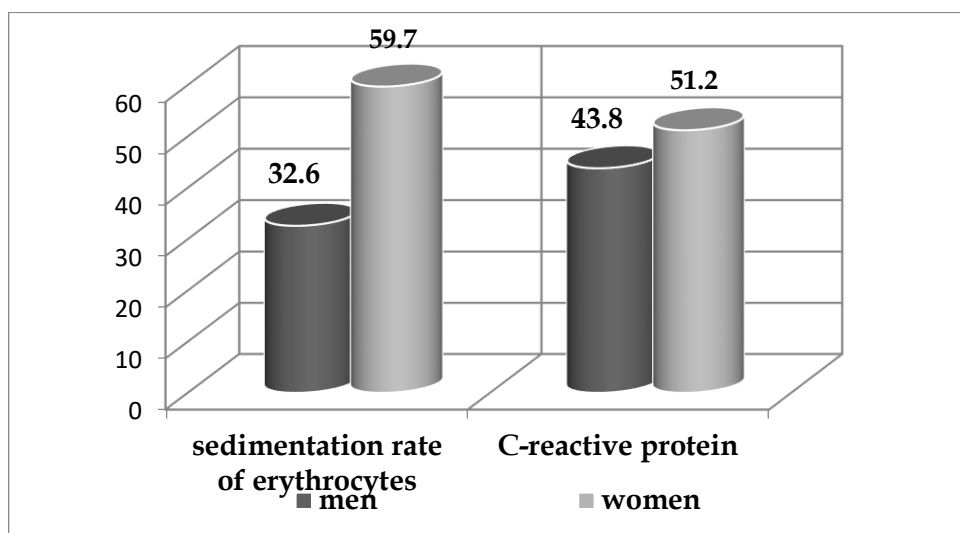
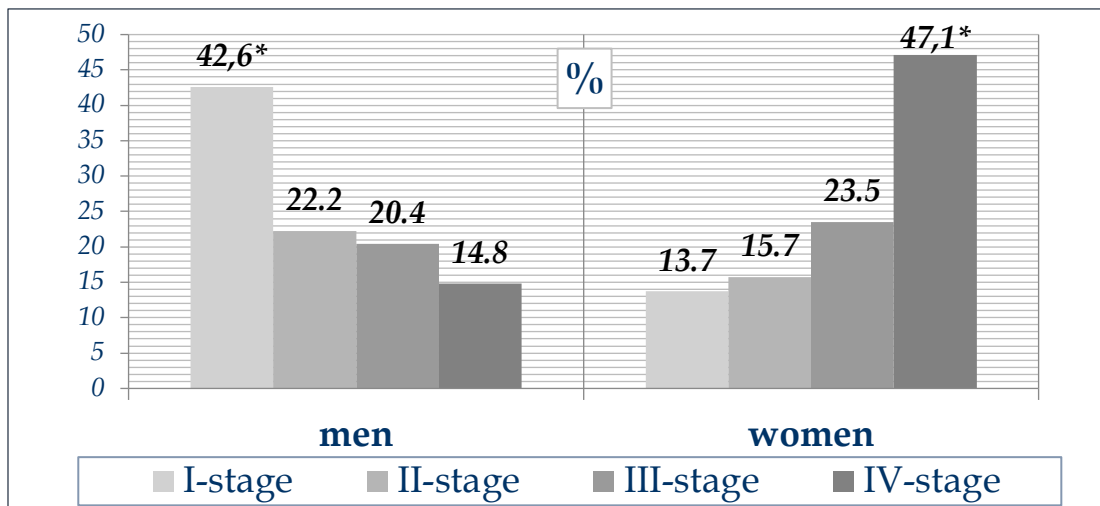


Figure 3. Percentage of patients with increased titers of inflammatory markers in patients diagnosed with OA (%). * - the degree of reliability of statistical results, calculated in the ratio of gender.

It is known that joint diseases, including disorders of the joint structure in OA, are reflected in radiological changes of typical appearance. In addition, the exacerbation of joint syndrome may be associated with dynamic changes in it. In a retrospective analysis, radiographs of 156 patients with OA were studied, with a total

average duration of disease of 4.5 ± 1.9 years. According to the results of the X-ray image analysis, as shown in Figure 4, radiological stage I of OA occurred in 42.6% of men and was reliably differentiated from women ($p < 0.05$). In turn, stage IV was predominant in women ($p < 0.05$) and was detected in 47.1% of



mean age of 53.1 ± 11.2 years and an patients.

Figure 4. Distribution by radiological stages in patients diagnosed with OA.
 * - the degree of reliability of statistical results, calculated in the ratio of gender.
 It should be noted that the change in the structure of the joints observed in women with OA is more pronounced.

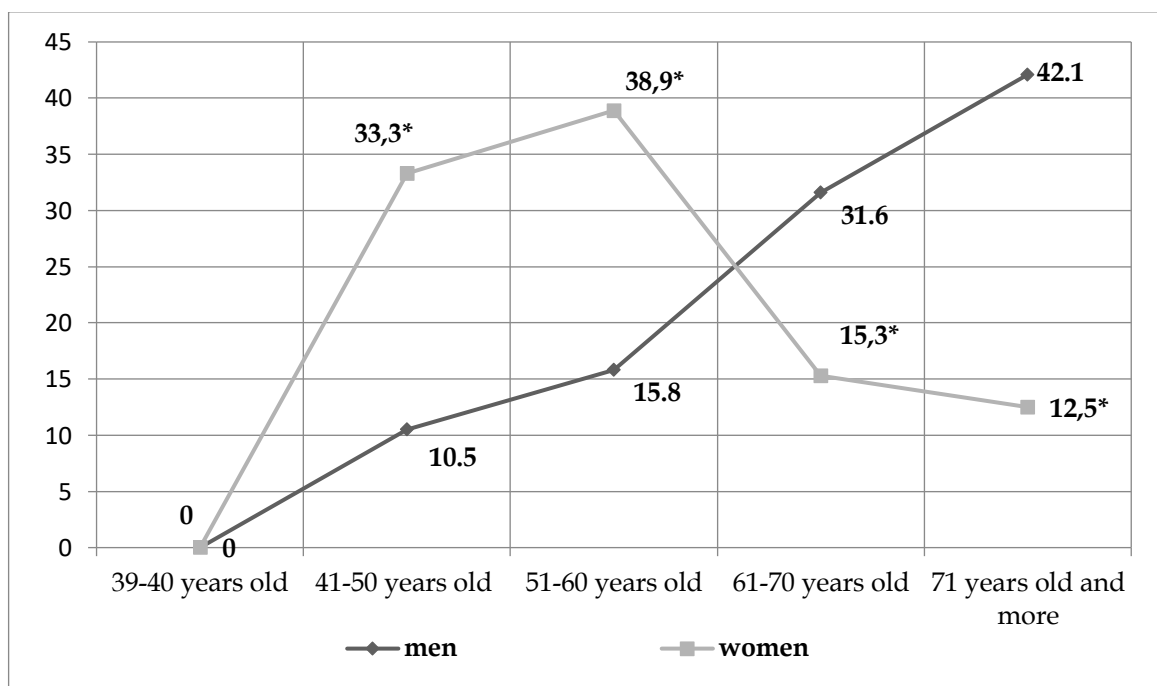


Figure 5. Distribution of radiological stages III-IV in patients diagnosed with OA according to the age of the patient. * - the degree of reliability of statistical results, calculated in the ratio of gender.

It should be noted that in 70.6% of women with OA, stages III-IV of radiological changes were recorded early. At the same time, as shown in Figure 5, 33.3% of cases were in women aged 41-50 years, and 38.9% were in stages III and IV of OA aged 41-50 years. In men, in turn, stage III-IV patients increased inversely with increasing age. It should be noted that due to the lack of timely treatment, the late stages of OA in women are formed early.

Hence, the indication for joint arthroplasty in women differs with their early age.

In turn, X-ray imaging of the knee joint (Fig. 6) showed that epiphyseal osteoporosis was formed in 96.8% of cases and cystic symptoms in 21.4% of cases. Narrowing of the joint was detected in 64.7% of patients, and osteosclerosis was found in 56.4% of cases. Osteophytosis was observed in 1/3 of patients. In addition, periostitis occurred in 21.1% of patients.

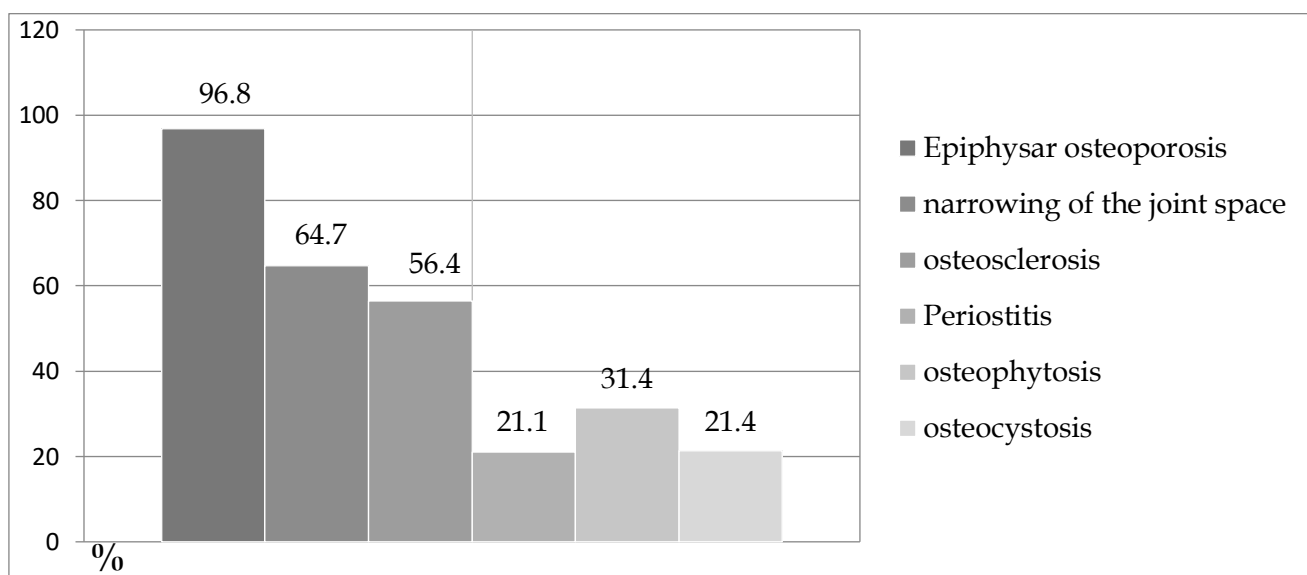


Figure 6. X-ray signs of the knee joint in patients with OA

CONCLUSION.

According to the study, arthritis syndrome in patients with OA varies depending on the localization of the process and the number of affected joints,

and changes in joint structure and functional limitations are more pronounced in women than in men, with radiological stages III-IV occurring early in 70.6%.

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