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## To measure the extent of subclinical atherosclerosis in patients with systemic sclerosis, and to evaluate any potential vascular risk factors in these patients

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**Aim of the work:** To measure the extent of subclinical atherosclerosis in patients with systemic sclerosis, and to evaluate any potential vascular risk factors in these patients.

**Patients & Methods:** This study included 30 patients with systemic sclerosis diagnosed according to the American college of rheumatology criteria and 20 healthy individuals were also included as a control group. Non-invasive vascular tests including; carotid duplex scanning measuring common carotid arteries (CCA) intima-media thickness (IMT), and ankle brachial pressure index (ABPI) were performed. Traditional vascular risk factors such as blood pressure, blood sugar, lipid profiles, steroid usage and other immunosuppressive medications were assessed.

**Results:** The mean IMT of CCA was higher in systemic sclerosis patients (right  $0.67 \pm 0.11$  mm, left  $0.67 \pm 0.12$  mm) when compared with the control group (right  $0.48 \pm 0.2$  mm, left  $0.54 \pm 0.13$  mm) ( $p < 0.001$ ). Carotid plaques were found in 4 SSc patients. Mean IMT was correlated with patients' age ( $p < 0.001$ ), disease duration ( $p < 0.001$ ), systolic blood pressure ( $p < 0.05$ ), and dyslipidemia ( $p < 0.01$ ). Ankle brachial pressure index (ABPI) was significantly lower in SSc patients ( $0.94 \pm 0.13$ ) when compared with controls ( $1.16 \pm 0.12$ ) ( $p < 0.001$ ). No difference was found between limited ( $n=25$ ) and diffuse ( $n=5$ ) disease subtypes in mean IMT, nor in mean ABPI. There was no significant correlation between mean IMT and steroid dose or other immunosuppressive intake.

**Conclusion:** There is an increased risk of subclinical atherosclerosis and peripheral arterial disease in SSc patients. Increased systolic blood pressure, dyslipidemia, long disease duration and older age were possible risk factors.

### Biography

Neveen Ayoub Farag has completed her PhD in Rheumatology from Faculty of Medicine/Carol Davila University in Romania in September 2015. She finished her Master's degree in Rheumatology and Rehabilitation from Faculty of Medicine Cairo University in 2001. Now she is the Head of Department of Rheumatology and Rehabilitation in Berket Elsabaa General Hospital (Ministry of Health) in Elmenoufia-Egypt. She has worked as a resident of Rheumatology and Rehabilitation from 1996 till 2000 in teaching hospitals in Egypt. After finishing her Master's degree in Rheumatology and Rehabilitation in 2001, she has worked as Assistant Specialist in teaching hospitals from 2001 until 2004. From 2005, she is working as a Specialist in Rheumatology and Rehabilitation in Ministry of Health General Hospital until 2014. She has published 3 papers in Rheumatology, 2 of them were published in the *Egyptian Rheumatologist* journal and the other one was published in the *Romanian Journal of Rheumatology*.

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