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Correlation between body mass index and osteoarthritis- an observational study

The aim of study is to find out the correlation between osteoarthritis and body mass index in the patient admitted in orthopaedic department. This is a prospective observational study conducted among osteoarthritis patients in orthopaedic department of tertiary care hospital from September 2016 to June 2017. A total of 100 patients were included in the study based on the inclusion criteria, that is patient diagnosed with osteoarthritis got admitted to orthopaedic department of age group above 18 years. BMI of the patient, risk factors, number of joints involved, prescribing pattern in the patients was determined. Correlation between BMI and osteoarthritis were determined by using statistical method. Forty five percent (45%) of the study population was belonging to the age group of 61-70 years. In case of gender 85% of patients were female. In this study, 45% of study subjects were comes under in overweight category. In other risk factors physical activity and previous history injury are more prevalent. Among monotherapy of NSAID, 49.15% prescription were prescribed with etoricoxib. Among combination therapy of NSAID, lornoxicam and piroxicam combination were commonly used. From statistical work study shows that there is positive correlation between age and gender, but it shows a negative correlation with BMI. The study concludes that, OA is positively correlated with age and gender and is negatively correlated with BMI. OA frequency increases with age mainly due to ageing affects the ability of joint to protect itself from biochemical stress, also due to changes in articular cartilage.

Biography

Panayappan L has completed his PhD from Jadavpur University, India. He is a professor, Dept. of Pharmacy Practice, St. James College of Pharmaceutical Sciences, Chalakudy, Kerala, India. He has published more than 30 papers in reputed journals and has been serving as a Reviewer and Advisory Board Member in several pharmacy Journals.

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