

STUDY OF CLINICAL MANIFESTATIONS OF RHEUMATOID ARTHRITIS IN PATIENTS WITH METABOLIC SYNDROME

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Introduction: Rheumatoid arthritis (RA) is a chronic autoimmune disease characterized by systemic inflammation and progressive joint destruction. The frequent coexistence of RA and metabolic syndrome (MS) aggravates the disease course, increases cardiovascular risk, and reduces the effectiveness of anti-inflammatory therapy.

Target: to evaluate the clinical and laboratory features of rheumatoid arthritis in patients with metabolic syndrome and to determine the relationship between inflammatory activity, lipid metabolism, and liver function parameters.

Materials and methods: The study was conducted on the basis of the 2nd clinic of the TSMU Department of Rheumatology and the National Medical Center. The study material consisted of a total of 55 male and female patients with signs of rheumatoid arthritis aged from 40 to 70 years. A total of 55 patients with confirmed RA (according to ACR/EULAR 2010 criteria) were examined; 26 of them met the IDF (2005) criteria for metabolic syndrome. Disease activity (DAS28), levels of C-reactive protein (CRP), interleukin-6 (IL-6), lipid profile (total cholesterol, triglycerides, HDL-C, LDL-C), and liver enzymes (ALT, AST, GGT) were assessed. The study was based on the collection of complaints, anamnesis (anamnesis morbi, anamnesis vitae), study of the patient's medical history. The RA degree activity index was assessed using DAS-28.

The results were processed using Microsoft Office Excel 2019.

Results obtained: patients with both RA and MS had significantly higher DAS28, CRP, and IL-6 levels ($p < 0.05$), more pronounced lipid abnormalities (increased TG and LDL-C, decreased HDL-C), and moderate elevations of ALT and AST. A positive correlation was found between IL-6 and triglycerides ($r = 0.46$; $p < 0.05$), indicating the role of systemic inflammation in metabolic and hepatic dysfunction.

Conclusions: rheumatoid arthritis associated with metabolic syndrome is characterized by higher inflammatory activity, dyslipidemia, and signs of hepatic dysfunction. These findings highlight the need for an integrated treatment approach that considers metabolic factors and liver status in RA management.

List of used literature

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