



MUSCULOSKELETAL MANIFESTATIONS IN PATIENTS WITH ENDOCRINE DISEASES IN TERTIARY SERVICE

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BACKGROUND

Chronic non communicable diseases present alarming numbers at national and global levels. Among the main causes in this group are musculoskeletal diseases with a frequency ranging from 50% to 70%. Chronic pain is frequently associated with these diseases and is an important cause of care in the health service. Thus, medical professionals are required to have adequate clinical management of patients. Despite the ignorance of some, endocrine diseases are basic diseases linked to musculoskeletal manifestations.

MATERIALS AND METHODS

To study the prevalence of musculoskeletal manifestations in patients with endocrine diseases: type 1 and type 2 diabetes mellitus; hypothyroidism; hyperthyroidism; pituitary diseases (acromegaly). This is a cross-sectional study approved by the CEP whose CAAE is: 91485618.9.0000.5020. From the consent of patients on an outpatient basis, in endocrinology, an initial questionnaire is applied with questions informing: sex; age; presence or absence of pain in any region; control of endocrine disease; risk factors for rheumatic diseases (smoking, obesity, occupation). Those who did not have any diagnosis regarding the complaint were referred to the rheumatology service for investigation. Finally, the numbers referring to the main rheumatic diseases and the other mentioned variables were counted.

RESULTS

The study included 116 patients interviewed, the majority of whom were female (88%), the age group was between 62 and 72 years old. The most frequent endocrine diseases were type 2 diabetes with 41 (46%) patients, mean duration of illness was 10.6 years, only 2.5% had intercurrents in the last year (2017). Concerning musculoskeletal manifestations patients interviewed (80%) reported some symptoms of joint or muscular pain, from 95% showed impairment in usual activities. Smoking was reported by 20 (12%), 13% of the participants performed some manual work and the mean body mass index (BMI) of 29.73, characterizing an overweight population. In Rheumatology, there were a greater number of cases of osteoarthritis with 29 cases (25%), followed by: 27 cases (24%) of osteoporosis, 9 cases of shoulder tendinitis (8%).

CONCLUSION

Thus, it is important to address the musculoskeletal complaints of this population, due to its association with rheumatologic diseases, observed in our study. It is the most frequent in patients with type 2 DM. The pathophysiological mechanisms of this association are not well elucidated. Despite these limitations, it is necessary to diagnose and treat early, improving the quality of life of patients.