

## Prevalence Metabolic Syndrome in Rheumtoid Arthrotis a Hospital Based Study

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### Abstract:

Rheumatoid arthritis (RA) is a chronic autoimmune inflammatory disorder associated with increased cardiovascular morbidity. Metabolic syndrome, a cluster of metabolic abnormalities, further augments this risk. This hospital-based study aimed to determine the prevalence of Metabolic syndrome in RA patients and its association with disease activity.

A total of 53 diagnosed RA patients were included. Clinical, biochemical, and anthropometric parameters were assessed. Disease activity was evaluated using DAS28-ESR. Metabolic syndrome was diagnosed using standard criteria.

The prevalence of Metabolic syndrome was found to be 35.8%. A higher proportion of Metabolic syndrome was observed in patients with high disease activity (56%) compared to moderate (36%) and mild (25%) categories. Significant correlations were observed between DAS28 and inflammatory markers (ESR, CRP). However, metabolic parameters did not show significant association with disease activity.

The findings emphasize the importance of routine screening for metabolic syndrome in RA patients to reduce cardiovascular risk and improve overall outcomes.

### Keywords:

Dyslipidaemia, Inflammation, Metabolic syndrome, Rheumatoid arthritis.