

## Prevalence of gout and arthritis in Australasian region: Recent perspective

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### PERSPECTIVE

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There is unequal geographical distribution of rheumatoid arthritis. Some of the latest studies have revealed that arthritis is less prevalence among the tropical countries and arctic countries. However, arthritis is more prevalent in ethnic groups of North America and among Caucasian populations of Europe and Australasia.

The occurrence of rheumatoid arthritis is more correlated with the dietary habits rather than any other etiological factors. The severity of arthritis was more related to the intake of gluten containing cereals and therefore the epidemiological studies pertaining to arthritis have been suggested to include the dietary surveys<sup>1</sup>.

The global prevalence of Gout was 41.2 million with addition of 7.4 million cases per year. The global prevalence of gout was higher among males than among females. The prevalence of gout is highest among developed countries. In fact, the highest age-standardized point prevalence estimates of gout were New Zealand, Australia, and United States. High body mass index and impaired kidney function were related to gout and these risk factors were high among males.

The global disease burden of gout can be decreased by improvement of clinical management, health promotion and effective treatment options among high risk groups<sup>2</sup>. In an Australian Longitudinal Study on Women Health Data the impact of Arthritis was studied on older community dwelling women aged more than seventy years. It was observed that majority of women reported doctor diagnosis of arthritis.

It was found that women with arthritis are more likely to have comorbid conditions including poor health condition, depression and anxiety. Arthritis is associated with low score of physical function, pain and social function. Arthritis has a negative impact on health and quality of life<sup>3</sup>. Most of the autoimmune diseases find a genetic background and may coexist in the same patient. A study was conducted to

analyse the association between the autoimmune thyroiditis, psoriasis and psoriatic arthritis. The study results indicated that higher prevalence of autoimmune thyroiditis could be due to immune dysfunction in patients with psoriatic arthritis and such patients have high risk for developing other autoimmune diseases.

The study confirmed that psoriatic arthritis is an autoimmune disease involving over reactive immune functioning. Therefore it was recommended that thyroid function evaluation should be conducted along with clinical and laboratory examination of psoriatic arthritis patients<sup>4</sup>. A recent study characterized the community engagement in reporting arthritis studies in countries including Australia and New Zealand.

The results revealed that the community engagement was very less with very less percentage of studies reported community engagement through all stages of research. The indigenous community engagement in published arthritis is limited in frequency and the community engagement is suggested to be promoted<sup>5</sup>.

### References

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