

Rheumatoid arthritis patients' BMI linked to ability to stay in remission

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A hand affected by rheumatoid arthritis. Credit: James Heilman, MD/Wikipedia

A study by Hospital for Special Surgery (HSS) researchers finds that body mass index (BMI) plays a role in rheumatoid arthritis (RA) patients' ability to achieve a sustained remission. Looking at patients who had received an RA diagnosis within the past 12 months, investigators found that those who were significantly underweight or

overweight/obese were the least likely to remain in remission.

The study, titled, "Very Low or High Body Mass Index Negatively Affects Patients' Ability to Achieve Sustained Remission in Early RA in a Multicenter Canadian Cohort," was presented at the American College of Rheumatology annual meeting on November 16 in Boston.

Researchers set out to determine if early RA [patients](#) with a very low BMI (

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