Weight loss predicts mortality in rheumatoid arthritis

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(HealthDay)—Weight loss is a strong predictor of mortality in patients with rheumatoid arthritis (RA), according to a study published online June 26 in *Arthritis & Rheumatology*.

Joshua F. Baker, M.D., from the Philadelphia Veterans Affairs (VA) Medical Center, and colleagues identified 1,674 RA patients from the VA RA Registry and analyzed their medical records to identify body mass index (BMI) at each study visit, as well as date of death, if applicable.

The researchers noted 312 deaths over 9,183 person-years. After adjusting for demographics, comorbidities, BMI, smoking, and RA therapies, a loss in BMI of ≥1 kg/m^2 was associated with a greater risk

of death (hazard ratio [HR], 1.99; P weight loss at an annualized rate of ≥3 kg/m^2 (HR, 2.49; P

"These observations may explain the observed obesity paradox and do not support a biologically protective role of obesity," the authors write.

More information: Abstract
Full Text (subscription or payment may be required)

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