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**Epicardial Fat Thickness: A cardiometabolic Risk Marker in Rheumatoid Arthritis****Irfan Ahmad Mir***Sharda University, India*

Rheumatoid arthritis (RA) is a chronic, systemic, inflammatory disorder of unknown aetiology which mainly involves synovial joints. However, the corresponding systemic inflammation may result in disorders of multiple other organ systems. Several organs and organ systems are potentially involved in RA, particularly in severe diseases. The organs most involved are the lung, heart, eyes, and nervous system. Extra-articular manifestations of RA may develop even before the onset of arthritis. Emerging epidemiological evidence shows that cardiovascular disease accounts for near about 50% of RA associated death. Epicardial Fat Thickness (EFT) has recently emerged as a new marker of cardio metabolic risk. Although Epicardial Fat (EF) is needed for heart muscle function, but given its intrinsic inflammatory status, EFT displays the potential to serve as a therapeutic target in patients with RA. This current study was conducted in the Department of Medicine, Postgraduate Institute of Medical Education & Research. The study was conducted from November 2016 to March 2018 Thirty patients of age and sex-matched controls were also taken for the study. They were subjected to lab investigations and echocardiography. The 30 RA patients included in the study were diagnosed according to the 2010 ACR-EULAR criteria. Pearson correlation analysis was done between EFT and other variables. Only HDL, ESR, hs-CRP, RF, Anti-CCP, DAS28 and Disease Duration were found to have a significant correlation with EFT. In patients with Rheumatoid Arthritis, EFT, Left ventricular mass and diastolic dysfunction are increased in RA patients compared to healthy controls. Out of the conventional CVD risk factors, only HDL was associated with increased EFT in RA patients. In RA patients, Disease Activity Score (DAS28), disease duration, RF, Anti-CCP, and markers of inflammation (ESR, hs-CRP) were also associated with increased EFT.

**Biography**

Irfan Ahmad Mir is a well-qualified Physician with extensive training in the area of Internal Medicine. He has multiple international publications in medical science. Offering more than four years of post MD medicine experience and passion for helping patients to improve health care and wellness.