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ОСТЕОПОРОЗ ПРИ РЕВМАТОИДНОМ АРТРИТЕ: ДИАГНОСТИКА, ФАКТОРЫ РИСКА, ПЕРЕЛОМЫ, ЛЕЧЕНИЕ

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Остеопороз (ОП) в ревматологии рассматривается не только как самостоятельное заболевание скелета, характеризующееся снижением прочности костной ткани и повышением риска переломов вследствие уменьшения минеральной массы и плотности кости, изменением качества кости из-за нарушения микроархитектоники, накопления микроповреждений, нарушения минерализации и скорости ремоделирования костной ткани. ОП — одно из наиболее тяжелых и часто встречающихся осложнений течения большинства хронических ревматических заболеваний, а также противоречивых результатов, в частности глюкокортикоидами (ГК).

Интерес к проблеме вторичного ОП и многоаспектные научные работы, в том числе крупные проспективные когортные исследования, большое количество метаанализов, систематических обзоров, выполненных в последние годы с целью определения факторов риска (ФР), оценки влияния различных заболеваний на развитие ОП и риск возникновения остеопоротических переломов, позволили обобщить круг заболеваний, ассоциированных с ОП. Среди болезней, увеличивающих риск развития ОП и остеопоротических переломов, ревматоидный артрит (РА) занимает, бесспорно и достоверно, ведущее место [1, 2].

Факторы риска ОП при РА. Установлено, что на возникновение и течение вторичного ОП при РА оказывают влияние не только традиционные (обобщенные) ФР ОП, такие как женский пол, возраст, низкий индекс массы тела, низкая минеральная плотность костной ткани (МПКТ), семейный анамнез ОП, низкая физическая активность, курение, злоупотребление алкоголем, дефицит витамина D, недостаточное потребление кальция, гипогонадизм, ранняя менопауза, длительная иммобилизация и др., — но и собственные факторы, отражающие патогенез и течение РА, системные проявления болезни, вовлечение в патологический процесс внутренних органов. Активация клеточного звена иммунитета и повышенная продукция провоспалительных цитокинов, высокая активность РА и функциональная недостаточность суставов, снижение физической (двигательной) активности, гормональные нарушения, снижение клиренса креатинина, скорости клубочковой фильтрации, повышение концентрации гомоцистеина в плазме крови, осложнения терапии ГК, интостатическая рассматриваются как определяющие (самостоятельные) ФР развития вторичного ОП при РА. Абсолютный и относительный вклад каждого из этих факторов в развитие ОП у больных РА точно не установлен. Например, следствием высокой активности заболевания могут быть одновременно похудание, малоподвижный образ жизни, дефицит половых гормонов и витамина D, повышение концентрации провоспалительных цитокинов, прием ГК. Предполагается, что наиболее важными из них являются тяжелое течение болезни, длительная неадекватная терапия ГК, ранняя менопауза (у женщин), пожилой возраст, низкие МПКТ и индекс массы тела [3, 4].

Распространенность ОП при РА. Вторичный ОП при РА встречается во всех возрастных группах и диагностируется как у женщин, так и у мужчин. Генерализованная потеря костной ткани, обусловленная РА, была установлена в эпидемиологических исследованиях при помощи различных методов. Исследование R. E. Laid и соавт. [5] было первым, в котором использовалась дуплексная рентгеновская костная абсорбциометрия (DXA) для диагностики ОП позволено продемонстрировать, что больные РА имеют более низкие показатели МПКТ по сравнению с соответствующей контрольной группой. Затем A. K. Gough и соавт. [6] продемонстрировали нарастающую потерю МПКТ в поясничном отделе позвоночника и в области большого вертела у пациентов с ранним РА в сравнении с контролем. Они показали, что ГК вызывают двоякий эффект: с одной стороны, тормозят (подавляют) хроническое восстановление, а с другой — оказывают супрессивное действие на формирование кости. В этом исследовании было отмечено, что минимальная потеря МПКТ наблюдалась при использовании низких доз ГК, достаточно «токсичных» для формирования кости, но недостаточных (малоэффективных) для подавления активности болезни. Потери МПКТ у больных РА была ассоциирована с повышенной экскрецией в моче иридинолина и дезоксипиридинолина по сравнению с контролем. Эти данные были подтверждены с помощью определения перекрестных N-телопептидов коллагена 1-го типа в моче и продуктов распада сыровоточного коллагена 2-го типа (соответственно мочевой N-телопептид — uNTX — и сыровоточный C-телопептид — sCTX). В когорте больных РА при наблюдении более 11 лет было также доказано существование маркеров костного (sCTX) и хрящевого (uCTX II) разрушения как независимых предикторов ежегодной радиологической прогрессии.

Распространенность ОП у больных РА в поясничном отделе позвоночника (L₁₋₅) и проксимальном отделе бедра (шейка бедра), по данным разных авторов, колеблется от 10 до 67% и определяется количеством, количеством выборки, возрастом больных, включенных в исследование [7–10]. По нашим данным (НИИР РАМН), полученным при анализе протоколов денситометрии 1923 больных РА (88% женщины, 12% мужчин) в возрасте от 20 до 94 лет, выполненной на аппарате Hologic «Discovery A» за период с 2004 по 2009 г. в трех областях (L₁₋₅, шейка бедра и дистальный отдел предплечья недоминантной руки), ОП хотя бы в одной области измерения был выявлен у 29% больных, в том числе у 15% — моложе 50 лет. Наиболее часто (34%) ОП диагностировался в области предплечья. Частота ОП в L₁₋₅ и шейке бедра была примерно одинаковой (16,0%). У молодых мужчин отмечена более высокая частота ОП в L₁₋₅ (18%) и в шейке бедра (21%), чем у молодых женщин (7 и 4% соответственно; $p < 0,01$). Показатели МПКТ, соответствующие нормальным значениям, отмечены менее чем у половины больных РА [11].

Panicheskie Rabtroistva Klinika Faktory Riska Lechenie

Татьяна Маликова



Panicheskie Rabtroistva Klinika Faktory Riska Lechenie:

Сознание и стресс. Творчество. Совладание. Выгорание. Душевные «болезни стресса» Леонид Китаев-Смык, 2025-09-23 **Панические атаки. Методическое пособие** Сергей Шоркин, 2024-08-29 6 Детская патопсихология. Нарушения психики ребенка , **Библиография российской библиографии** , 2004 *Психиатр о неврозах: биопсихосоциальный подход в практике врача высшей категории* Татьяна Маликова, 2023-10-11

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