

The Demographic Data of patients with Systemic Sclerosis in Sultanate of Oman.

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Abstract:

Introduction: Systemic Sclerosis is a systemic connective tissue disease of unknown etiology characterized by fibrosis of skin and internal organs, immunological disturbances and microvasculopathies. Systemic sclerosis is a rare, disease with prevalence ranging from 7-489/million and an incidence of 0.6- 122/million/year [1], however, due to its debilitating complications and heterogenous nature, it is of great value to study the demographics and clinical presentation in the Omani population and hence help identifying the best treatment options for the Omani population.

Methods: The Medical records of patients labeled with Systemic sclerosis were screened, those fulfilling the American College of rheumatology 1980 criteria or the American College of Rheumatology/European League Against Rheumatism (EULAR) 2013 classification following at the Royal Hospital between 2007-2014 were included. Thirty-two patients were selected after exclusion, a detailed questionnaire that included demographics, clinical presentation, investigations and treatment was used for data collection. Data analyzed using SPSS.

Results: The majority of our patients were female, with a female to male ratio of 9.6:1. The mean age at diagnosis in our study was 38+-12. The most common symptoms encountered were Raynaud's in 28 patients (87.5%), followed by Shortness of breath (SOB) in 19 patients (82%) and 16 patients with Gastroesophageal reflux disease (GERD) (64%). ANA was positive in 25 patients (92.6%), of those 12 (37.5%) were Anti Scl70 positive and only 2 were Anti-centromere positive (6.2%). The most commonly prescribed medications were; omeprazole (84.4%) prednisolone (75%), Mycophenolate Mofetil (62.5%), Amlodipine (59.4%) and Azathioprine (46.9%).

Conclusion: Our patients presented with many similar clinical and immunological features that were reported in other populations. Most of our patients presented with limited rather than diffuse systemic sclerosis; the most common symptoms were Raynaud's, SOB and GERD.