

Table 1: Mean values of main parameters of general examination of the population study (n=150).

Parameter	Mean ± SD
Systolic blood pressure (mm Hg)	128.83±19.37
Diastolic blood pressure (mm Hg)	82.13±15.53
Weight (kg)	79.93±14.25
Height (cm)	160.64±7.57
Waist circumference (cm)	109.78±17.56
Body mass index (kg/m ²)	31.06±5.72

Table 2: Mean values of DAS28 and its different components in the study population (n=150).

Parameter	Mean ± SD
Number of tender joints	5.53 ± 3.88
Number of swollen joints	2.23 ± 2.58
erythrocyte sedimentation rate	50.89 ± 27.03
visual analogue scale (VAS 0-100)	51.05 ± 25.58
DAS-28	4.90 ± 1.22

Table 3: Categories of disease activity in the study population (n= 150) according to DAS28.

Parameter	Frequency (Percentage)
RA in remission (DAS <2.6)	4 (2.7%)
Low disease activity (DAS 2.6-3.2)	13 (8.7%)
Moderate disease activity (DAS 3.2-5.1)	55 (36.7%)
High disease activity (DAS >5.1)	78 (52%)

Table 4: Prevalence of metabolic syndrome parameters in the study population (n=150).

Parameter	ATPIII (2004)	IDF (2005)	JIS (2009)
Central obesity	126 (84 %)	138 (92 %)	113 (75.3 %)
Raised BP or hypertension	81 (54 %)	81 (54 %)	81 (54 %)
Raised TG	38 (25.3 %)	38 (25.3 %)	38 (25.3 %)
Decreased HDL-C	85 (56.7 %)	85 (56.7 %)	85 (56.7 %)
Raised FBG or T2D	36 (24 %)	36 (24 %)	36 (24 %)

BP: blood pressure; TG: triglycerides; HDL-C: high density lipoprotein-cholesterol; FBG: fasting blood glucose; T2D: type 2 diabetes.

Table 5: Demographic data of the study groups according to presence of MetS (JIS, 2009).

Parameter	Rheumatoid patients without MetS (n= 81)	Rheumatoid patients with MetS (n= 69)	* P value
Age (Mean± SD)	42.7 ± 12.1	47.7 ± 9.1	0.004
Sex			
Male	19 (23.5 %)	5 (7.2 %)	0.007
Female	62 (76.5 %)	64 (92.8 %)	
Residence			
Urban	27 (33.3 %)	21 (30.4 %)	0.72
Rural	54 (66.7 %)	47 (69.6 %)	
Occupation			

<i>Housewife</i>	62 (76.5 %)	50 (61.7 %)	0.62
<i>Farmer</i>	7 (8.7 %)	5 (6.2 %)	
<i>Worker</i>	4 (4.9 %)	4 (5.8 %)	
<i>Employee</i>	8 (9.9 %)	10 (12.3 %)	
Smoking	13 (16.0 %)	4 (5.8 %)	0.07
* P value < 0.05 was significant.			

Table 6: Arthritis history and therapeutic history of the study groups according to presence of MetS (JIS, 2009).

Parameter		Rheumatoid patients without MetS (n= 81)	Rheumatoid patients with MetS (n= 69)	* P value
Age at disease onset in years (Mean ± SD)		33.40 ± 10.69	38.32 ± 9.93	0.004
Disease duration in years (Mean ± SD)		9.60 ± 8.01	9.59 ± 6.96	0.96
Morning stiffness	No	46 (56.8 %)	27 (39.1 %)	0.17
	5 minutes	1 (1.2 %)	4 (5.8 %)	
	10 minutes	2 (2.5 %)	1 (1.4 %)	
	15 minutes	1 (1.2 %)	0	
	30 minutes	6 (7.4 %)	8 (11.6 %)	
	≥ 60 minutes	25 (30.9 %)	29 (42 %)	
Non-steroidal anti-inflammatory drugs		79 (97.5 %)	67 (97.1 %)	0.63
Steroids		30 (37 %)	31 (44.9 %)	0.51
Methotrexate		56 (69.14 %)	50 (72.46 %)	0.24
Hydroxychloroquine		64 (79 %)	48 (69.6 %)	0.19
Sulfasalazine		20 (24.7 %)	11 (15.9 %)	0.32
Leflunomide		24 (29.6 %)	22 (31.9 %)	0.86

Table 7: Comparison of main findings in the general examination in the study groups according to presence of MetS (JIS, 2009).

Parameter	Rheumatoid patients without MetS (n= 81)	Rheumatoid patients with MetS (n= 69)	* P value
	Mean ± SD		
Systolic BP (mmHg)	120.25 ± 16.04	138.91 ± 18.13	<0.001
Diastolic BP (mmHg)	76.17 ± 14.28	89.13 ± 14.01	<0.001
Weight (kg)	75.25 ± 13.72	85.42 ± 12.91	<0.001
Height (m)	1.61 ± 0.79	1.60 ± 0.71	0.31
WC	103.15 ± 17.93	117.57 ± 13.55	<0.001
BMI (kg/m ²)	29.02 ± 5.51	33.45 ± 5.03	<0.001
BP: blood pressure; WC: Waist circumference; BMI: body mass index.			

Table 8: Comparison of DAS28 parameters in the study groups according to presence of MetS.

Parameter	Rheumatoid patients without MetS (n= 81)	Rheumatoid patients with MetS (n= 69)	* P value
	Mean ± SD		
Number of tender joints	4.86 ± 3.70	6.32 ± 3.96	0.02
Number of swollen joints	1.98 ± 2.55	2.54 ± 2.60	0.16
ESR	48.64 ± 27.71	53.53 ± 26.18	0.27
VAS 0-100	46.38 ± 25.46	56.52 ± 24.78	0.02
DAS-28	4.65 ± 1.19	5.18 ± 1.19	0.008
ESR: erythrocyte sedimentation rate; VAS: visual analogue scale; DAS: disease activity score.			

Table 9: Comparison of disease activity categories in the study groups according to presence of MetS (JIS, 2009).

Parameter	Rheumatoid patients without MetS (n= 81)	Rheumatoid patients with MetS (n= 69)	* P value
RA in remission (DAS <2.6)	3 (3.7 %)	1 (1.4 %)	< 0.001
Low disease activity (DAS 2.6-3.2)	6 (7.4 %)	7 (10.1 %)	
Moderate disease activity (DAS 3.2-5.1)	41 (50.6 %)	14 (20.3 %)	
High disease activity (DAS >5.1)	31 (38.3 %)	47 (68.1 %)	

* P value < 0.05 was significant. \

Table 10: Comparison of the immunological investigations in the study groups according to presence of MetS (JIS, 2009).

Parameter	Rheumatoid patients without MetS (n= 81)	Rheumatoid patients with MetS (n= 69)	* P value
C-reactive protein	74 (91.4 %)	62 (89.9 %)	0.78
Erythrocyte sedimentation rate	48.64 ± 27.71	53.53 ± 26.18	0.27
Rheumatoid factor	52 (64.2 %)	45 (65.2 %)	0.52
Anti-cyclic citrullinated peptides	52 (64.2 %)	47 (68.1 %)	0.37

* P value < 0.05 was significant.

