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Association Between Lipid Profile and Bone Mineral Density in patients with Rheumatoid Arthritis

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Objective: This study aimed to explore the relationship between lipid profile, bone mineral density (BMD), and the presence of vertebral fractures in patients with rheumatoid arthritis (RA).

Methodology: This was a descriptive, cross-sectional study including 114 RA patients who underwent BMD measurements at the femoral neck and lumbar spine using dual-energy X-ray absorptiometry (DXA). Clinical, demographic, and laboratory data were collected, and statistical analysis was performed using SPSS v26.

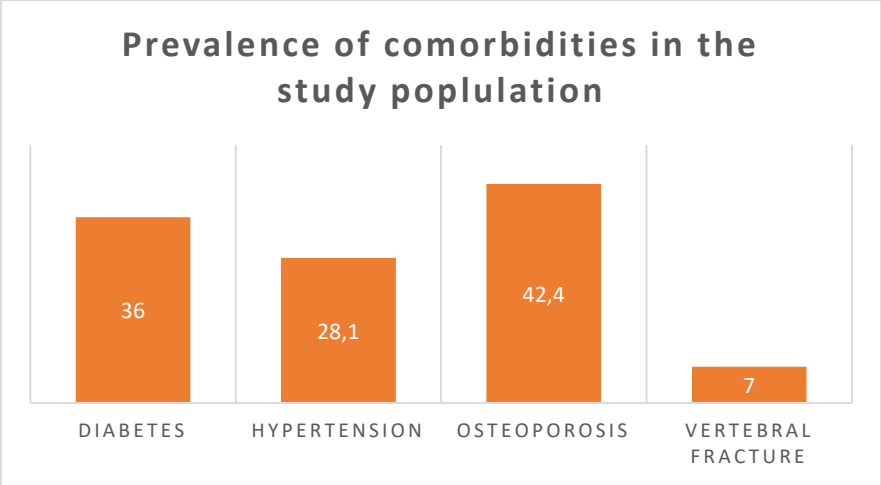
Results :

Variable	Value
Female sex, %	92.1%
Age (years) ; mean ± SD	53.21±12.7
BMI (kg/m²), mean ± SD	26.22 kg/ m^2±5.43.
Lumbar spine BMD (g/cm²) , mean ± SD	0.96±0.18
Femoral neck BMD (g/cm²), mean ± SD	0.84±0.16

Table 1. Baseline Characteristics of the Study Population

Parameter	Mean ± SD (g/dL)
Total cholesterol	1.71 ± 0.36
HDL cholesterol	0.47 ±0.14
LDL cholesterol	1.01 ± 0.29
Triglycerides	1.18 ±0.47

Table 2. Lipid Profile of the study population



No significant association was found between lipid levels and BMD or the presence of vertebral fractures.

Conclusion: In our population, plasma lipid concentrations did not influence femoral or spinal bone mineral density in patients with RA.