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Prevalence of obesity among patients with gout in a General Out-patient Clinic of Hong Kong

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Introduction

Gout is a common form of arthritis encountered in general practice. It is associated with a number of co-morbidities. Obesity has been showed to be a risk factor of gout in Caucasian study but data in the Chinese population was limited.

Objectives

To determine the prevalence of obesity in patients with gout in a public community-based clinic.

Methodology

A cross-sectional study about the prevalence of obesity in patients with gout was conducted. Patients attending the General Practice Clinic of the Yan Chai Hospital between 16th August 2012 and 10th October 2012 with the diagnosis of gout were recruited. Baseline demographic data including body weight and height were measured. Body mass index (BMI), as a reflection of obesity, was examined in categories of <18.5 kg/m²(underweight), 18.5-22.9 kg/m² (normal) , 23-24.9 kg/m²(overweight), ≥25 kg/m² (obesity).

Result

88 patients were recruited. 67 patients (76.1%) were male and 21 patients (23.9%) were female. The mean age was 67.5+/-11.8 years old. The mean BMI was 26.5+/-3.6 kg/m². No patient was underweight. 12 patients (13.6%) had normal weight. 19 patients (21.6%) were overweight. 57 patients (64.8%) were obese. According to a local study in 2007, the percentages of overweight and obesity in Hong Kong Chinese working population were 21.5% and 29.9% respectively. Conclusion: Patients with gout had high prevalence of obesity. Monitoring of body weight and weight management should be emphasized in the management of patients with gout.