

CLINICAL STUDY OF DYSAUTONOMIA IN 1226 PATIENTS WITH JOINT HYPERMOBILITY SYNDROME



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Joint Hypermobility Syndrome (JHS) is one of the Hereditary Diseases of the Connective Tissues (HDCT). It is a very frequent condition, affecting 40% of the Chilean population, versus 15% in non-Latin countries. JHS that is probably the main cause of pain in the rheumatological practice, is also associated with Dysautonomia (Dys), which can produce bad quality of life and is usually not diagnosed.

Objectives Demonstrate the high frequency of JHS, and Dys (fatigue, dizziness and occasional syncope) in a Chilean population.

Patients and Methods Since 2002, from 1514 new patients, 1226 were diagnosed with JHS using the Brighton Criteria (BC). In these patients, Dys was diagnosed clinically. Patients were divided into *Group A* (< 30y) and *Group B* (≥ 30y). A questionnaire of symptoms reflecting autonomous nervous system dysfunction was given to a sub-group of 150 JHS patients and the answers were compared according to sexes.

PERCENTAGE OF JHS PATIENTS		
Total	1514	
Positive BC	1226	81%

AGE OF PATIENTS	
	years old
Minimal	14
Maximal	87
Average	46,7

DISTRIBUTION BY SEX		
	n	%
Males	267	22,0
Females	959	78,0
Total	1226	100,0

DYSAUTONOMIA BY SEX		
	%	
Males	19,8	
Females	44,4	
Total	39,1	p <0,001

% DYSAUTONOMIA BY AGE AND SEX			
	Female	Male	P
Group A (< 30y)	72,1	44,2	<0,001
Group B (≥ 30y)	39,7	15,2	<0,001
Total		22,0	

Autonomous Nervous System Questionnaire The questionnaire showed a much higher positive response in F than in M in relation to: cold intolerance, hypotension, dizziness, sleepiness, hematomas, tiredness, tired when standing, loss of energy, palpitations and anxiety. In all of these F scored above 60% and M scored at this level in only 5 categories.

Conclusions JHS is very frequent in the rheumatological practice, but its incidence is higher in our Clinic, due to the fact that we are a JHS Referral Center (81%). In patients with JHS, Dys is very frequent (39.1%), being more prevalent in F (44.4%) and extremely frequent in females less than 30y (72.1%). In M younger than 30y it is also significant (44.2%). Most JHS patients showed autonomous nerve system dysfunction symptoms, but this was more noticeable in females.