

Relationship between Obesity and Neuropathic Pain in Patients with Knee Osteoarthritis

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Abstract: Objective: Our aim was to evaluate obesity and neuropathic pain in patients with knee osteoarthritis.

Method: Sixty inpatients who had been diagnosed gonarthrosis according to American College of Rheumatology (ACR) classification criteria were included into the study. Patient body mass index (BMI) was calculated as kg/m². The BMI between 25-29.9 overweight people, and over 30 is considered obese. Thin (BMI < 20), normal weight (BMI = 20–24.9). Radiological assessment was done according to Kellgren-Lawrence criteria using front, back and side weight-bearing knee X-rays. Patients were divided into two groups. First group was obese and overweight person and second group was normal and thin person. LANSS (Leeds Assessment of Neuropathic symptoms and Signs) have been used for the level and the intensity of the neuropathic pain

RESULTS: Mean age of the patients was 66.5±5.8 (range: 45 to 77) years and mean duration of symptoms was 9.56±7.1 years. Body mass index was 30 or higher in 20 patients (33.3%) and between 25 and 29 in 24 (40%). Neuropathic pain rate in these patients was found to be 63 percent. Body mass index was 25 or less in 16 patients (26.7%) Neuropathic pain rate in these patients was found to be 25 percent.

Conclusions: Neuropathic pain is an important problem which has occurred frequently obese person with knee osteoarthritis and effects the quality of life and psychological status of the patients.

Key words: knee obese neuropathic pain