

Unexpected findings: Autoimmune diseases increase the risk of cardiovascular death

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Autoimmune diseases such as rheumatoid arthritis affect 150,000 to 200,000 people in Spain, and Crohn's disease and colitis affect about 100,000 people.

Researchers from the Medical Research Institute of Del Mar Hospital, or IMIM, and IDIAP Jordi Gol, have been conducting research for six years with nearly 1 million people aged 35 to 85 years diagnosed with autoimmune disease. but without a history of cardiovascular disease.



"We want to determine whether the risk of coronary artery disease, stroke, or the risk of joint death increases in people with autoimmune inflammatory diseases including Crohn's disease and ulcerative colitis, rheumatoid arthritis. low, or arterial arthritis , " said María Grau, a researcher at the IMIM's Heart Epidemiology research group in a press release.

Research published in the Journal of Cardiology shows that systemic disorders of connective tissue such as lupus or rheumatoid arthritis are associated with the risk of cardiovascular death, followed by inflammatory bowel diseases such as enteritis. Crohn's and ulceration also increase the same risk.

Grau said: *"It is believed that the high risk of cardiovascular problems and death in patients with rheumatism and lupus is due to the interaction between inflammation, metabolic factors, treatment and factors related to disease, so the development of new tools to predict the risk of cardiovascular disease combined with new autoimmune anti-inflammatory formulations can help reduce the incidence of millions. This entangled danger "* .

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