

## **Ankylosing Spondylitis Are The Second Leading Cause Of Chronic Illness In Childhood**

*Ankylosing Spondylitis (Rheumatic diseases) Limitations and can cause long-term disability*

**Jan. 2, 2010** - [PRLog](#) -- Although normally associated with old age, or at least into adulthood, rheumatic diseases in childhood and adolescence are the second most common chronic ailment in this section of population, second only to diabetes.

In our country, these diseases affect one in every thousand children, and between 30 and 50 percent of the drag into adulthood. Although the incidence and prevalence is low compared to other diseases as childhood asthma, celiac disease or diabetes, rheumatic diseases are a major health problem in childhood.

As indicated by Dr. Silvia Rodriguez, Rheumatology Service, University Hospital Madrid Sanchinarro, who participated in the XIII Annual Congress of the Society of Rheumatology, Madrid (SORCOM), "the diseases that can cause limitations and sometimes significant disabilities are not only at this stage of life, but also more advanced.

The most common of these rheumatic diseases in children is juvenile idiopathic arthritis (JIA), which is also where you can generate a greater degree of disability. Furthermore, this chronic inflammatory disease is a major cause of the development of osteoporosis in children and changes in bone mass density.

### Importance of bone development

Undoubtedly, the fact of suffering from such diseases during childhood and adolescence have a negative impact on what will be an increase in normal bone.

"The increase in bone mass is very high during the first three years of life and decreases until puberty begins. During this time, during adolescence, which produces between 40 and 60% of this bone mass, which decreases to stabilize between 20 and 25 years, at which time it reaches the maximum peak bone mass, says Dr. Rodriguez. "Any factor affecting the growth or bone mineralization during these stages can result in decreased peak bone mass, leading to a predisposition to developing osteoporosis in adulthood, fracture risk may be increased for life".

Furthermore, child osteoporosis is also associated with other diseases such as cancer or nutritional derangements. "In this sense, is remarkable the significant increase in survival of children and adolescents who have had leukemia, lymphoma or other solid tumors," says Dr. Rodriguez. "We must pay great attention to side effects that their medications can cause bone metabolism.

Rheumatic diseases in childhood has a profound impact on various aspects of the child's life, not only in terms of physical aspects, but also those social and emotional. "Whenever we see a child, we must not forget that we must act not only in order to resolve the situation that has led to our consultation, we must also bear in mind that this can and often usually, have an impact long term," said Dr. Rodriguez. "We also conduct a multidisciplinary approach that includes rheumatologists, pediatricians, rehabilitation, etc., And where the psychosocial and educational support both the patient and families is essential."

### Few studies of therapeutic intervention

Unlike what happens with the therapeutic arsenal for rheumatic diseases in adults, there are hardly any studies for treatments for children, so results are extrapolated by applying them to children and adolescents. As indicated by Dr. Rodriguez, "the fundamental difference between the current drug therapies for adult patients and children is the administration schedule, which conforms to the weight of each. We are well

behind the work and research being done for older patients. He adds, these therapies must apply for compassionate as they are not indicated, are not in sheet for use in osteoporosis in this age group.

This indicates that there are many questions that have no response in relation to bone health in children and rheumatic diseases in children and adolescents, making this field a challenge to both the treatment and clinical research.

Adequate exposure to sunlight and physical activity, and acquire good nutritional habits and from small, are important criteria when these conditions can prevent bone disease, osteoporosis including children, are severe. "It is necessary to control the inflammatory activity of the disease in question and try to use steroids to the minimum effective dose and shortest time possible," insists Dr. Rodriguez.

Source:

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Ankylosing spondylitis is a type of arthritis that mainly affects the spine, and can affect the hips, and certain soft tissues. Ankylosing Spondylitis is one of the more common forms of arthritis affecting about 0.5% of the population.

<http://www.ankylosingspondylitiscenter.com/>

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