

## ONSET MANIFESTATIONS IN MEN WITH SYSTEMIC LUPUS ERYTHEMATOSUS

Sorrentino L, Camargo F, Hamaui A, Dubinsky D

Rheumatology Department, Güemes Sanatorium, CABA, Argentina.

**Correspondence to:** Dra. Laura Sorrentino, Sanatorio Güemes, CABA, Argentina. Sorrentinolau@gmail.com

### Introduction

Male patients with SLE have more severe disease, in terms of clinical manifestations and prognosis, with increased renal involvement, serological abnormalities such as hypocomplementemia and anti-DNA. In addition, cardiovascular complications are more frequent in men, contributing to increased organ damage. The aim of our study was to establish the severity of onset manifestations in men with SLE compared to women.

### Materials and methods

Analytical retrospective observational study. We included adult patients with SLE criteria ACR/EULAR 2019. Sex, age, diagnostic delay, manifestations according to ACR/EULAR 2019 criteria, debut in hospitalization, SLEDAI and SLICC at diagnosis were collected.

Continuous variables are presented as means and standard deviation and categorical variables as numbers and percentages. Categorical variables were compared using the Chi-square or Fisher test and the continuous variables using the Student test. Associations between both sexes were performed through Odds Ratio (OR), with a 95% confidence interval.  $p \leq 0.05$  was considered statistically significant.

### Results

We included 22 men and 132 women, with a mean age at diagnosis of  $39.5 \pm 14$  and  $40.9 \pm 14.4$  years respectively ( $p = 0.6$ ). The diagnostic delay in months was  $20.1 \pm 38.5$  in men, and  $3.6 \pm 11.1$  in women ( $p = 0.0001$ ). The clinical and serological characteristics are detailed in Table 1 and 2. At diagnosis, 100% of men and 65% of women ( $p = 0.001$ ) met the 2019 ACR/EULAR Criteria. 11 men and 23 women required hospitalization at debut (OR 4.7 CI 1.8 – 12.2  $p = 0.002$ ). The mean SLEDAI in men was  $8.8 \pm 5.9$  and in women  $5.8 \pm 2.6$  ( $p = 0.0001$ ) and SLICC  $0.5 \pm 0.8$  and  $0.1 \pm 0.4$  respectively ( $p = 0.007$ ). 10 men and 29 women required corticosteroid pulses at disease onset (OR 2.9 CI 1.1-7.5  $p = 0.03$ ). 4 men and 32 women received cyclophosphamide ( $p = 0.78$ ).

**Table 2. Serological characteristics at debut**

	Men (n = 22)	Women (n = 132)	Odds ratio (CI)	P
Anti-DNA	10	22	4.16 (1.60-10.83)	0.004
Anti Sm	5	12	2.94 (0.92-9.38)	0.07
Anti-Ro	6	21	1.98 (0.69-5.65)	0.22
Anti La	4	9	3.03 (0.84-10.89)	0.09
Anti RNP	6	13	3.43 (1.14-10.30)	0.03
Rheumatoid factor	6	4	12 (3.05-47.11)	0.001
Anticardiolipins (igG or igM)	0	6	N/A	0.59
Beta 2 glycoprotein (igG or igM)	2	3	4.3 (0.67-27.35)	0.14
Lupus Anticoagulant	1	3	2.04 (0.20-20.62)	0.46
C3 or C4 low	8	16	4.14 (1.50-11.41)	0.008
C3 and C4 low	10	16	6.04 (2.24-16.23)	0.001

### Conclusions

In our cohort, there was a greater diagnostic delay, which would explain that 100% debuted meeting the 2019 ACR/EULAR criteria. This could also be explained by the low suspicion of SLE in men.

It was also observed in men, greater debut in hospitalization, greater SLEDAI and SLICC at diagnosis, which could be due to the diagnostic delay.

Regarding clinical and serological manifestations, a higher frequency of fever (as in the GLADEL 2005 cohort) was found, serositis, arthralgia/arthritis, proteinuria and glomerulonephritis class II or V, Anti-DNA, Anti-RNP, and hypocomplementemia. While the histological class of lupus nephritis in our cohort is of better prognosis, the rest of the findings could suggest that the debut in men is more severe.

**Table 1. Clinical features at debut**

	Men (n = 22)	Women (n = 132)	Odds ratio (CI)	P
Fever	5	10	3.58 (1.09 – 11.76)	0.04
Leukopenia	3	24	0.71 (0.19-2.59)	0.76
Thrombocytopenia	4	10	2.71 (0.76-9.56)	0.11
Hemolytic anemia	2	14	0.84 (0.17-3.99)	1
Delirium	2	2	6.50 (0.86-48.78)	0.098
Psychosis	1	0	N/A	
Seizures	0	1	N/A	
Alopecia	3	36	0.42 (0.11-1.50)	0.28
Oral ulcers	6	48	0.65 (0.24-1.78)	0.47
Discoid Lupus	3	7	2.82 (0.67-11.85)	0.15
Acute cutaneous lupus	6	31	1.22 (0.44-3.39)	0.78
Serositis	8	18	3.6 (1.33-9.84)	0.014
Arthralgia	12	36	3.2 (1.27-8.05)	0.023
Arthritis	9	25	2.96 (1.14-7.69)	0.029
Proteinuria $\geq 0.5$	8	8	8.85 (2.87-27.28)	0.001
Class II or V	4	3	9.55 (1.97-46.2)	0.008
Class III or IV	4	8	3.4 (0.94-12.61)	0.07