

Gastro-Intestinal Risk Assessment in patients requiring NSAIDs for Osteoarthritis: GIRANO

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Our study aimed at evaluating the distribution of the lower and upper GI risk profile in patients with OA who are candidates for NSAID treatment or are currently being treated with NSAID treatment in everyday practice. A total of 190 physicians provided data on 885 eligible patients. 64% of the patients were female and mean age was 66.1 years, with 45.1% exceeding the age of 70. A history of symptomatic GI ulcer was observed in 18%, complicated GI ulcer in 3% and dyspepsia in 51% of the patients. With regard to medication use, 71% of these patients were already on NSAIDs and more than half used it for ≥ 30 days. In this population 17% were on SSRI, 31% on low dose aspirin and nearly 44% used PPI. Remarkably, 21% of patients used OTC medication for their OA as well. Conclusion: Current or candidate users of NSAIDs for OA are more than expected at high GI risk, and a careful assessment of the patient's GI risk profile should be made before prescribing NSAIDs. Prescribers should tailor the type of NSAID they prescribe to the individual risk profile of the patient.

Keywords : Osteoarthritis, NSAID[back](#)