

2nd Annual Conference on ORTHOPEDICS, RHEUMATOLOGY AND OSTEOPOROSIS

April 15-16, 2019 | Milan, Italy

Ljudmila Stojanovich, J ortho Rehab Surg. 2019, Volume 3
DOI: 10.4066/2630-4473-C1-001



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BIOGRAPHY

Ljudmila Stojanovich received her PhD in Medicine in 1999. She is the Scientific Director in the Bezhanijska Kosa, University Medical Center of Belgrade University, where she is currently a full Research Professor. She is an author of three monographs and of about 250 articles on various aspects of Autoimmune Rheumatic Disorders, published in international and domestic journals and in conference proceedings. She is the Editorial Board Member of *LUPUS an International Journal*. She is the member of number of International Projects, like of "The European Forum on Antiphospholipid Antibodies". She was an Invited Speaker for many lectures in Congresses and Symposia; Organizer and Chairman of many Seminars and Symposia; and Member of the Steering Committee of the "EULAR recommendations for the prevention and management of adult antiphospholipid syndrome". She is the EULAR Honorary Member. Her Impact Point is 300.14, and number of citations is 2.500.

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THE INFLUENCE OF PHYSICAL ACTIVITY ON THE QUALITY OF LIFE OF PATIENTS WITH SYSTEMIC LUPUS ERYTHEMATOSUS

Introduction: Because of the fact that Systemic Lupus Erythematosus (SLE) causes joint and muscle pain, fatigue, depression, obesity and osteoporosis, the very thought of exercising can be a challenge for patients.

Patients & Methods: This prospective study included 60 patients diagnosed with SLE in stable condition. A randomly selected group of 30 women had aerobic training on a bicycle ergometer for a period of 15 minutes, three times per week for six weeks, while the second group of 30 women did exercise for 30 minutes, three times per week during the same period. FSS (fatigue Severity Scale), Short Form 36 (SF36) questionnaire on the quality of life and Beck depression inventory (BDI) were analyzed at baseline and after 6 weeks.

Results: Fatigue was present in all patients (FSS score 53.8 ± 5.7 ; min 39, max 63) before starting the exercise. Fatigue was present in 11 patients (18.3%) after the physical activity while 49 (81.7%) patients did not experience it (FSS score 29.1 ± 7.8 ; min 18, max 45). Before starting the exercise the largest number of patients, 40 (66.67%) of them, was in a moderate depressed state while after physical activities the greatest number of patients, 37 (61.66%), had a mild mood disturbance. There are high statistical differences in values of all areas of quality of life questionnaire SF36 before and after the implementation of physical activity. A statistically significant difference was observed in terms of reducing the parameters

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of pain, general health and mental health in a group that had a physical activity on a bicycle ergometer evaluated by the SF36 questionnaire ($p < 0.05$).

Conclusion: Our study has shown that a continuous physical activity in SLE patients significantly improves their quality of life by reducing fatigue and depressive reactions without negative impacts on the activity of their disease.

