IS PHYSICAL ACTIVITY A RISK FACTOR FOR PRIMARY KNEE OR HIP REPLACEMENT DUE TO OSTEOARTHRITIS? A PROSPECTIVE COHORT STUDY

Y. Wang1, J.A. Simpson2, A.E. Wluka1, A.J. Teichtahl1, D.R. English2, G.G. Giles3, S. Graves4,5, F.M. Cicuttini1
1Dept. of Epidemiology and Preventive Med., Sch. of Publ. Hlth.and Preventive Med., Monash Univ., Melbourne, Australia; 2Ctr. for Molecular, Environmental, Genetic and Analytic Epidemiology, Sch. of Population Hlth., Univ. of Melbourne, Melbourne, Australia; 3Cancer Epidemiology Ctr., The Cancer Council Victoria, Melbourne, Australia; 4Dept. of Orthopaedic Surgery, Univ. of Melbourne, Royal Melbourne Hosp., Melbourne, Australia; 5AOA Natl. Joint Replacement Registry; Discipline of Publ. Hlth., Sch. of Population Hlth.& Clinical Practice, Univ. of Adelaide, Adelaide, Australia

Purpose: There is conflicting evidence regarding the relationship between physical activity and the risk of osteoarthritis. Total joint replacement is considered a surrogate measure for symptomatic end-stage osteoarthritis. The aim of this study was to estimate prospectively any association between measures of physical activity and the risk of either primary knee or hip replacement due to osteoarthritis.

Methods: Eligible subjects (39,023) were selected from participants in a prospective cohort study recruited during 1990-1994. Primary knee and hip replacement for osteoarthritis during 2001-2005 was determined by linking the cohort records to the National Joint Replacement Registry. A total physical activity level was computed, incorporating both intensity and frequency for different measures of physical activity obtained by questionnaire at baseline attendance.

Results: There was a dose-response relationship between total physical activity level and the risk of primary knee replacement [hazards ratio (HR) 1.04, 95% confidence interval (95%CI) 1.01-1.07 for an increase of 1 level in total physical activity]. Although vigorous activity frequency was associated with an increased risk of primary knee replacement (HR 1.42 (95% CI 1.08-1.85) for 1-2 times/week and 1.24 (95%CI 0.90-1.71) for ≥3 times/week), the P for trend was marginal (continuous HR 1.08 (95% CI 1.00-1.16), P=0.06). The frequency of less-vigorous activity or walking was not associated with the risk of primary knee replacement, nor was any measure of physical activity associated with the risk of primary hip replacement.

Conclusions: Increasing levels of total physical activity are positively associated with the risk of primary knee but not hip replacement due to osteoarthritis. Physical activity might affect the knee and hip joints differently depending on the pre-existing health status and anatomy of the joint, as well as the nature of physical activity performed.

MEAT CONSUMPTION AND RISK OF PRIMARY HIP AND KNEE JOINT REPLACEMENT DUE TO OSTEOARTHRITIS

Y. Wang1, J.A. Simpson2, A.E. Wluka1, D.R. English2, G.G. Giles3, S. Graves4,5, F.M. Cicuttini1
1Dept. of Epidemiology and Preventive Med., Sch. of Publ. Hlth.and Preventive Med., Monash Univ., Melbourne, Australia; 2Ctr. for Molecular, Environmental, Genetic and Analytic Epidemiology, Sch. of Population Hlth., Univ. of Melbourne, Melbourne, Australia; 3Cancer Epidemiology Ctr., The Cancer Council Victoria, Melbourne, Australia; 4Dept. of Orthopaedic Surgery, Univ. of Melbourne, Royal Melbourne Hosp., Melbourne, Australia; 5AOA Natl. Joint Replacement Registry; Discipline of Publ. Hlth., Sch. of Population Hlth.& Clinical Practice, Univ. of Adelaide, Adelaide, Australia

Purpose: It is unknown whether meat consumption may affect the risk of osteoarthritis (OA). Total joint replacement is considered a proxy measure for end-stage symptomatic OA. We performed a prospective cohort study to examine the relationship between meat consumption and the risk of primary hip and knee replacement for OA.

Methods: 35,331 participants of the Melbourne Collaborative Cohort Study, recruited during 1990 and 1994 were eligible for this analysis. Consumption of fresh red meat, processed meat, chicken, and fish was assessed using a food frequency questionnaire at baseline attendance. Primary hip and knee replacement for OA during 2001 and 2005 was determined by linking the cohort records to the National Joint Replacement Registry.

Results: 888 participants with primary hip and knee replacement were identified over 12.6 years of follow-up. There was a negative dose-response relationship between fresh red meat consumption and the risk of hip replacement (hazard ratio 0.94, 95% confidence interval 0.89-0.98), whereas no association with the risk of knee replacement was observed (hazard ratio 0.98, 95% confidence interval 0.94-1.02). Consumption of processed meat, chicken and fish were not associated with the risk of hip or knee replacement.

Conclusions: A high level consumption of fresh red meat is associated with a decreased risk of hip, but not knee, joint replacement. The mechanism of this finding, whether it is due to a real biologic effect, possibly via an effect on hip bone shape, or as a result of residual confounding due to socioeconomic factors, or both, warrants further investigation.