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# There are only minor changes in quality of life in patients with Scheuermann's disease

Frank Damborg<sup>1</sup>, Vilhelm Engell<sup>2</sup>, Mikkel Ø. Andersen<sup>3</sup>, Kirsten O. Kyvik<sup>4</sup> & Karsten Thomsen<sup>5</sup>

### INTRODUCTION

The impact of Scheuermann's disease (SD) on health-related quality of life (HRQoL) is unclear. Our aim was to study HRQoL based on The Medical Outcome Study Short Form-12 (SF-12) in adult life in a group of SD patients.

# **MATERIAL AND METHODS**

75.3% of 46,418 twins answered a questionnaire which included questions from the SF-12. We compared SF-12 values in SD patients and control patients, identified 259 "non-concordant" twin pairs, and compared SF-12 values from the SD twin and the healthy twin.

# **RESULTS**

SD was identified in 943 persons, leaving 33,064 persons in the control group. SF-12 Physical Component Summary (PCS) (mean (stand. dev.)) was 50.50 (9.89) in SD and 53.21 (8.00) in controls (p < 0.001), and SF-12 Mental Component Summary (MCS) was 51.52 (8.49) in SD and 51.81 (8.45) in controls (p = 0.71). In the non-concordant twin pairs SF-12 PCS was 50.74 (9.87) in SD and 52.74 (8.84) in controls (p < 0.001), and SF-12 MCS was 53.91 (8.19) in SD and 53.72 (8.70) in controls (p = 0.64).

# CONCLUSION

SF-12 PCS is moderately, though highly statistically significantly worse in SD patients than in controls. We found no statistical difference in SF-12 MCS. SD patients evaluate their physical health worse and their mental health like controls.

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**CORRESPONDENCE:** Frank Damborg. E-mail: frankdamborg@stofanet.dk

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FROM: 1) Department of Orthopaedic Surgery, Lillebaelt Hospital, Kolding 2) Section of Children's Orthopaedics, Department of Orthopaedic Surgery, Odense University Hospital 3) Spine Section, Department of Orthopaedic Surgery, Lillebaelt Hospital, Middelfart 4) Odense Patient Data Explorative Network (OPEN), Odense University Hospital, and Institute of Regional Health Services Research, University of Southern Denmark 5) Spine Section, Hamlet Hospital



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