

The Neutrophil–Lymphocyte Ratio and Behçet Disease

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We read the article by Ozturk et al with interest.¹ They assessed the relationship between carotid–intima media thickness (cIMT) and neutrophil–lymphocyte ratio (NLR) in Behçet disease (BD). Using an NLR count on admission may be useful for identifying these patients.

Behçet disease is associated with endothelial dysfunction and chronic inflammation. Some markers including interleukin 6, interleukin 1b, tumor necrosis factor α , thrombomodulin, E-selectin, vascular endothelial growth factor, and total homocysteine have been reported as inflammatory indicators in BD.^{2–4} Recently, it has been shown that the total white blood cell count (WBC) and its subtypes can be an indicator of systemic inflammation in inflammatory diseases such as BD.⁵ Assessing WBC subtypes, including the NLR, involves a simple calculation and a cheap test compared with the above-mentioned inflammatory markers. Furthermore, in recent years, the NLR has been proposed as a surrogate marker for endothelial dysfunction and inflammation in several populations and has prognostic and predictive values.⁶ The NLR has been widely used to determine the severity of inflammation in inflammatory diseases, malignancies, diabetes mellitus, hypertension,⁷ and cardiovascular disease.^{8,9}

In conclusion, the NLR seems to be a useful inflammatory marker and predictor of the activity of BD. However, more research is required to define its exact role in patient management.

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