

The Value of Pursuing Remission in Inflammatory Rheumatic Conditions

Inflammatory rheumatic conditions such as rheumatoid arthritis and spondyloarthritis affect tens of millions of people globally. But for some patients living with inflammatory rheumatic conditions, remission is possible.

Remission means that a disease's activity, signs and symptoms disappear. Those who achieve remission can experience a transformation in the quality of everyday life with less pain, diminished fatigue and the return to regular activities.

Remission is more than just symptom management, however. It extends to every facet of care to enable individuals to lead fuller lives. Learn how pursuing remission for inflammatory rheumatic conditions can benefit patients, health systems and our communities.



PREVALENCE

Rheumatoid Arthritis

- More than 18 million people worldwide live with rheumatoid arthritis
- This number will grow to nearly 32 million by 2050
- Prevalence is twice as high among women than men, particularly of working age.

Spondyloarthritis

The worldwide prevalence of spondyloarthritis (SpA) is less well known.

- Over 100 million people, or roughly 0.5% to 2% of the world's population, have some form of spondyloarthritis
- 13.1 million people live with SpA in East Asia
- 4.5 million people live with SpA in the United States
- 4 million people live with SpA in Europe



BURDEN

The impact of inflammatory rheumatic disease poses a burden on patients and healthcare systems.



Physical toll. Rheumatic diseases can cause chronic pain, joint damage, stiffness and swelling.



Financial burden. The disease can lead to workplace disability, unpaid leave and high healthcare costs.



Overburdened healthcare systems. Prevalence can cause long-term capacity strains and continued hospital visits.



Reduced quality of life. The chronic nature of inflammatory rheumatic diseases can lead to poor quality of life.



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EARLY ACTION

Pursuing remission begins early.



Acting early is crucial to **prevent long-term disability**.



Acting early can **avoid irreversible damage** from disease.

VALUE OF REMISSION

Achieving remission is a game-changer for patients and healthcare systems. Remission allows patients to get back to work, reduces medical expenditures and improves outcomes across the board.



Work Productivity
37%-75% gain



Improved Outcomes
Better physical health, i.e., less pain and fatigue, and improved mental status



Medical Care Expenditures
19%-52% savings

PROVEN SOLUTIONS



Early diagnosis and intervention



Appropriate referral and patient journey standardization



Adhere to best clinical guidelines



Support for patients to properly self-manage their condition



Promote patient-centered care



Global Remission Coalition

Pursuing remission can transform patients' quality of life while moving towards a healthier, more productive society. Healthcare systems should prioritize the pursuit of remission for patients with inflammatory rheumatic conditions.