

The Burden of Inflammatory Rheumatic Conditions

Inflammatory rheumatic conditions such as rheumatoid arthritis and spondylarthritis affect tens of millions of people globally. These conditions take a heavy toll on individual patients – but they also strain health care systems and economies.



Remission offers a clear goal to help relieve these burdens.

The Personal Toll

Chronic inflammatory conditions can make everyday life more difficult. Individuals with these conditions often experience:

- Persistent pain, swelling and joint stiffness
- Mental health challenges such as anxiety, depression and disrupted sleep
- Financial struggles caused by missed workdays and reduced productivity

The Societal Toll

Rheumatic conditions place a heavy strain on health care systems and society. They often result in:

- Greater use of health care resources, including hospitalizations, surgeries and provider visits
- Substantial productivity losses from absenteeism, early retirement or leaving the workforce altogether



1 in 3 people with RA stop working within 5 years of diagnosis.¹



Individuals with axial spondylarthritis are up to 3x more likely to leave the workforce.²



Indirect medical costs often outweigh direct costs. In Australia, indirect costs account for 85% of total costs.³

Pursuing Remission

Remission is marked by the disappearance of a disease's signs and symptoms. It benefits both patients and health systems by delivering:

- **Improved outcomes:** less pain, better physical function and stronger mental well-being
- **More productive workers:** individuals in remission can experience a 37%–75% gain in work productivity.^{4,5,6}
- **Health care savings:** remission offers a decrease of up to 52% in medical care expenditures.

Inflammatory rheumatic conditions place a heavy burden on society – but they don't have to. Prioritizing the pursuit of remission can improve lives, strengthen health care systems and reduce the economic toll of these conditions.

References

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