

Beyond the Score

Remission is more than a number
– it's also how patients feel



For people with chronic inflammatory conditions, the aim of treatment is to suppress the disease with the ultimate goal of achieving remission. Remission is routinely measured in numbers and images – blood tests, scans and disease activity scores. Those numbers matter, but they only tell part of the story. The other part is how patients actually feel and what they're able to do.

What Remission Really Means

Remission is often defined as the lack of disease signs and symptoms. But what does remission actually mean for people with chronic inflammatory conditions? When surveyed, rheumatoid arthritis patients highlighted that it is more than that. They named three top priorities.¹

67%

said less pain

33%

said more energy
and less fatigue

19%

said independence

Clinicians and health systems should raise the prospect of remission as a treatment goal and measure what matters most to patients: **their quality of life.**



Global
Remission
Coalition

Hearing from Patients

At a roundtable held alongside the 2026 EULAR Congress², patient advocates and health care professionals from across inflammatory rheumatic conditions agreed that pain, fatigue and independence are what matter most to the people they represent. They also noted that the three are connected: when one improves, the others often follow.

Every person's quality of life priorities differs. Depending on their condition, other things like quality sleep and mental health may matter just as much. That's why it's important for patients and care teams to work together to discuss remission and how it's measured on an individual basis.

Collaborative Care

Remission should be a shared goal focused on the unique needs of the individual living with the condition. Patients can make their needs heard and open a conversation with their care team using the following questions:

Besides my test and imaging results, how will we know if I'm achieving remission, or getting close?

What should remission look like for me?

If my numbers look good but I still don't feel great, why and what happens next?

Can we talk about my pain, my energy levels and the things in my life I want to be able to do?

The evidence started with RA and holds across inflammatory conditions:

people define remission by how they feel and what they can do.

Clinicians and health systems should measure it the same way.

¹ Lilian H.D. van Tuyl et al., "The Patient Perspective on Absence of Disease Activity in Rheumatoid Arthritis: A Survey to Identify Key Domains of Patient-Perceived Remission," *Annals of the Rheumatic Diseases*, May 2017. Survey of 274 rheumatoid arthritis patients by the OMERACT patient perspective on remission working group.

² Advocacy Roundtable Held in Official Relations with the EULAR Congress, Global Remission Coalition, June 2026, <https://globalremission.org/2026/06/29/advocacy-roundtable-held-in-official-relations-with-the-eular-congress/>.

