

# 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, remission is possible.

Remission means that a disease's activity, signs and symptoms disappear. Remission is more than just symptom management, however.

People who achieve remission can experience a transformation in the quality of everyday life, with less pain, diminished fatigue and a return to regular activities. Remission extends to every facet of care to enable individuals to lead fuller lives. Beyond its value to individual patients, remission also benefits health systems and 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

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 diseases 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 disease can lead to poor quality of life.

## 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



**Medical Care  
Expenditures**  
19%-52% savings



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

## PROVEN SOLUTIONS

Through widespread action, proven solutions can promote remission for people living with inflammatory rheumatic conditions.



**Early diagnosis  
and intervention**



**Appropriate referral  
and patient journey  
standardization**



**Adherence to  
best clinical  
guidelines**



**Support for patients**  
to properly self-manage  
their condition



**Promotion and  
delivery of patient-  
centered care**

**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.

