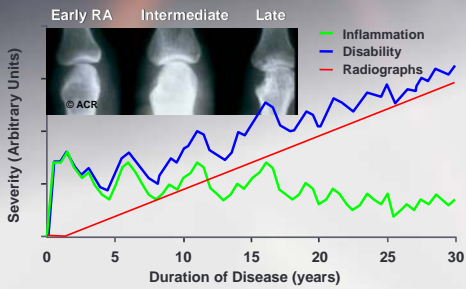


2008 ACR Guidelines for RA Care

Gregory Phillips, MD, FACP
University of North Texas
Health Science Center
Dallas, Texas

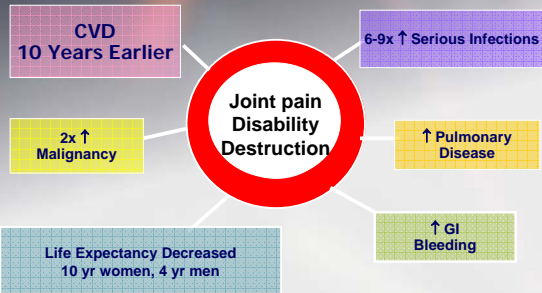
John J. Cush, MD
Baylor Research Institute
Dallas, Texas

RA Progression

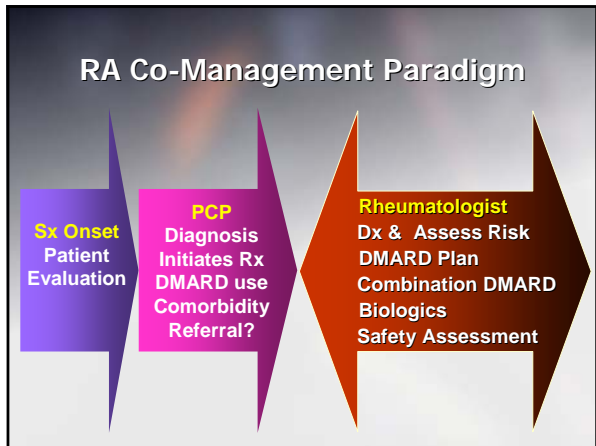


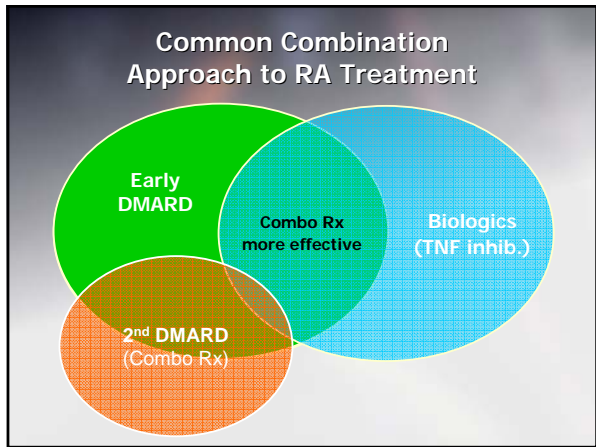
Graph: Adapted from Kirwan JR. *J Rheumatol*. 2001;28:881-886.
Photo: Copyright © American College of Rheumatology.

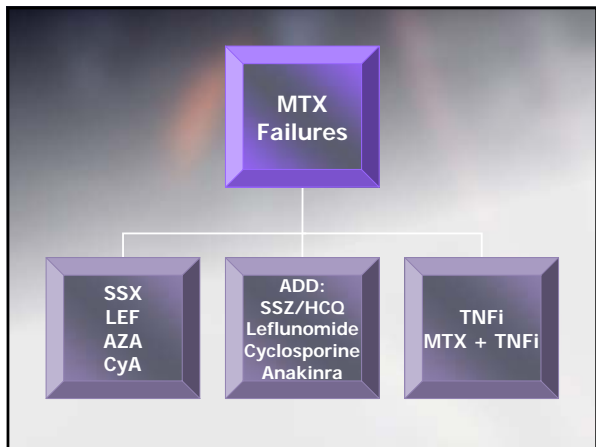
RA: Not Just a Joint Disease

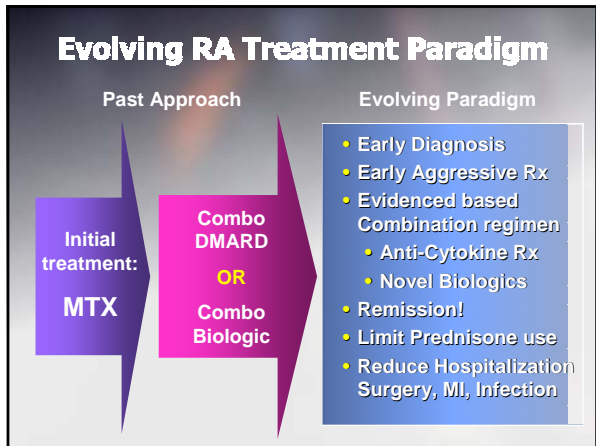


Deane K. *J Musculoskel Med*. 2006;23:S24-S31.









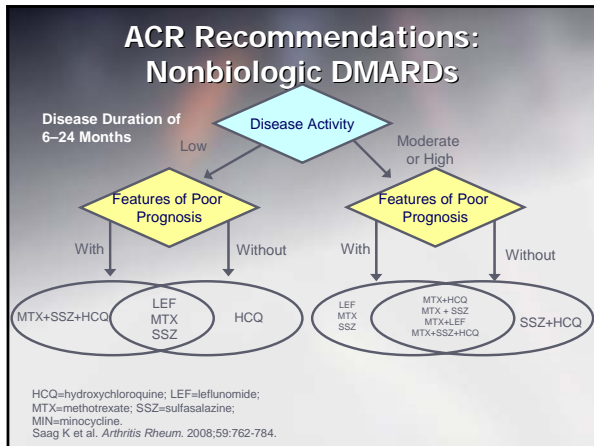
2008 ACR Treatment Guidelines

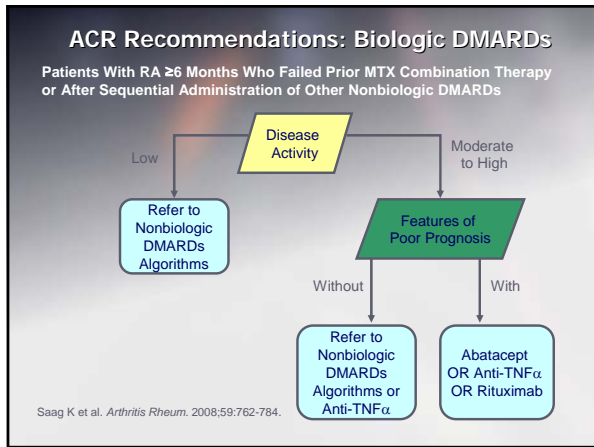
- ◆ 3 algorithms:
 - patients with RA < 6 months,
 - RA ≥ 6 months and failed MTX
 - RA ≥ 6 months and failed MTX combination therapy or sequential non-biological DMARDs
- ◆ Define disease activity as low, moderate, or severe
- ◆ Categorize patients according to prognostic factors
- ◆ Identify patients in need of early and aggressive treatment
- ◆ Determine when to initiate monotherapy or combination therapy
- ◆ Continuous monitoring for activity and toxicity

Saag KG, et al. *Arthritis Rheum.* 2008;59:762-784.

Features of a Poor Prognosis Key Prognostic Factors

- ◆ Clinical Features
 - Activity: # swollen joints, Disease activity score
 - Extraarticular manifestations: Nodules, Sjogrens
 - Disability: Functional surveys (HAQ)
- ◆ Laboratory Features
 - Rheumatoid factor
 - Anti-CCP
 - ESR or CRP
- ◆ Radiographic X-ray Erosions





Cost of Care

- ◆ What can be done for those with limited or no insurance
- ◆ Are biologics only for the rich and insured?

Improving RA Outcomes in the Future

- ◆ Effective “comanagement” by PCPs and Rheums
- ◆ Smarter use of combination DMARDs/biologics
 - Earlier use, pt selection, expanded combinations
- ◆ New drug development
- ◆ Clinical remission and “tight control” the goal
 - Rely on activity measures, treat to a goal
- ◆ Genomics and tailored Rx
 - “Personalized medicine”
 - Optimize efficacy & minimize toxicity

Summary

- ◆ Goals
 - Educate the patient and Family
 - Rx Agents to achieve Remission or low disease activity state
- ◆ Guidelines exist to help guide treatment choices
 - Based on:
 - Stage of disease
 - Activity or Severity
 - Presence of Poor Prognostic factors
