



ARTHRITIS
TALKS

Understanding Rheumatoid Arthritis

JUNE 5, 2024



Presenters



Dr. Siân Bevan
Chief Science Officer
Arthritis Society Canada
(Moderator)



Dr. Stephanie Garner
Clinical Assistant Professor
Department of Medicine
University of Calgary

Webinar tips

- Use the Q&A section to ask the presenters your questions. Some of the questions will be chosen for the live question period at the end of the webinar.
- Click on the Chat box to connect with other participants and the Arthritis Society's chat moderator.
- If you have further issues, email arthritistalks@arthritis.ca

The image shows a webinar interface for the Arthritis Society Canada. The main content area displays the organization's logo, which consists of a stylized yellow and orange flame above the text "Arthritis SOCIETY CANADA". Below the logo, there are two dark rectangular buttons: "Q&A" with a speech bubble icon and "Chat" with a speech bubble icon. At the bottom of the interface, there is a "Leave" button in red. A yellow callout box points to the "Q&A" button with the text "Click here to access your audio settings". Another yellow callout box points to the "Chat" button with the text "Click here to chat or to submit a question". A third yellow callout box points to a red icon in the top right corner with the text "Click on the red icon to exit out of the Q&A or Chat". To the right of the main interface, a smaller window titled "Q&A" is shown, containing the text "Welcome to Q&A" and "Questions you ask will show up here. Only host and panelists will be able to see all questions." Below this text is a text input field with the placeholder "Type your question here..." and a "Leave" button.



What is Rheumatoid Arthritis?



Diagnosing Inflammatory Arthritis



Treating Rheumatoid Arthritis

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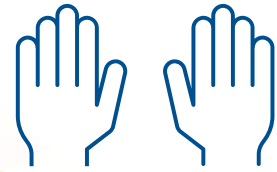


Q: What is rheumatoid arthritis?

Rheumatoid Arthritis (RA)

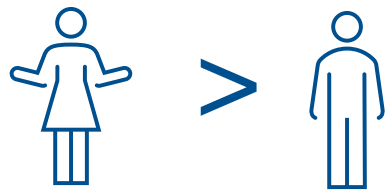
Affects 1% of the Canadian Population

Symmetric Arthritis

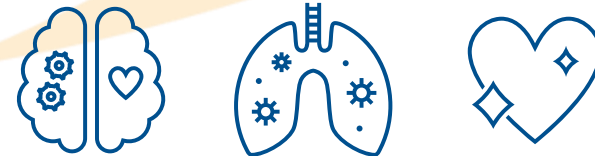


Typical onset age 30-60

Chronic Disease



Can affect organs other than the joints



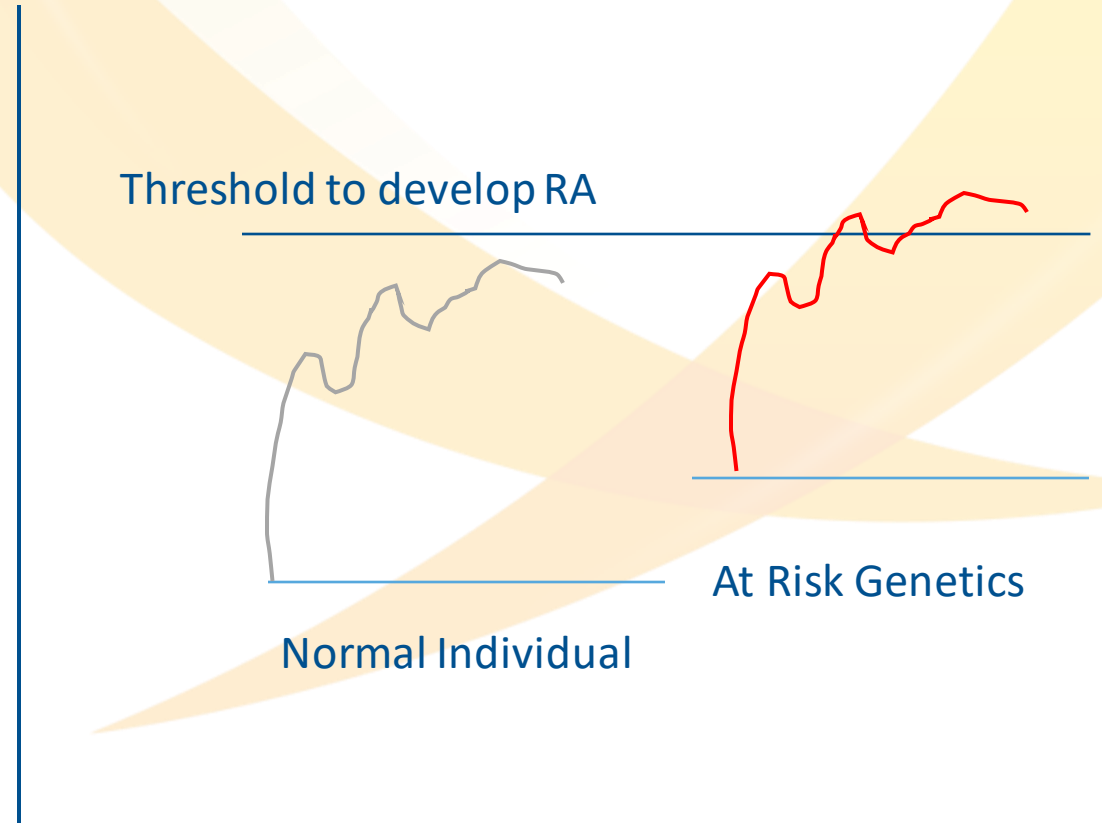


What are the symptoms of rheumatoid arthritis?

- Joint pain
- Joint swelling
- Joint stiffness
- Joint redness
- Fatigue
- Fever
- Weight loss

What causes rheumatoid arthritis?

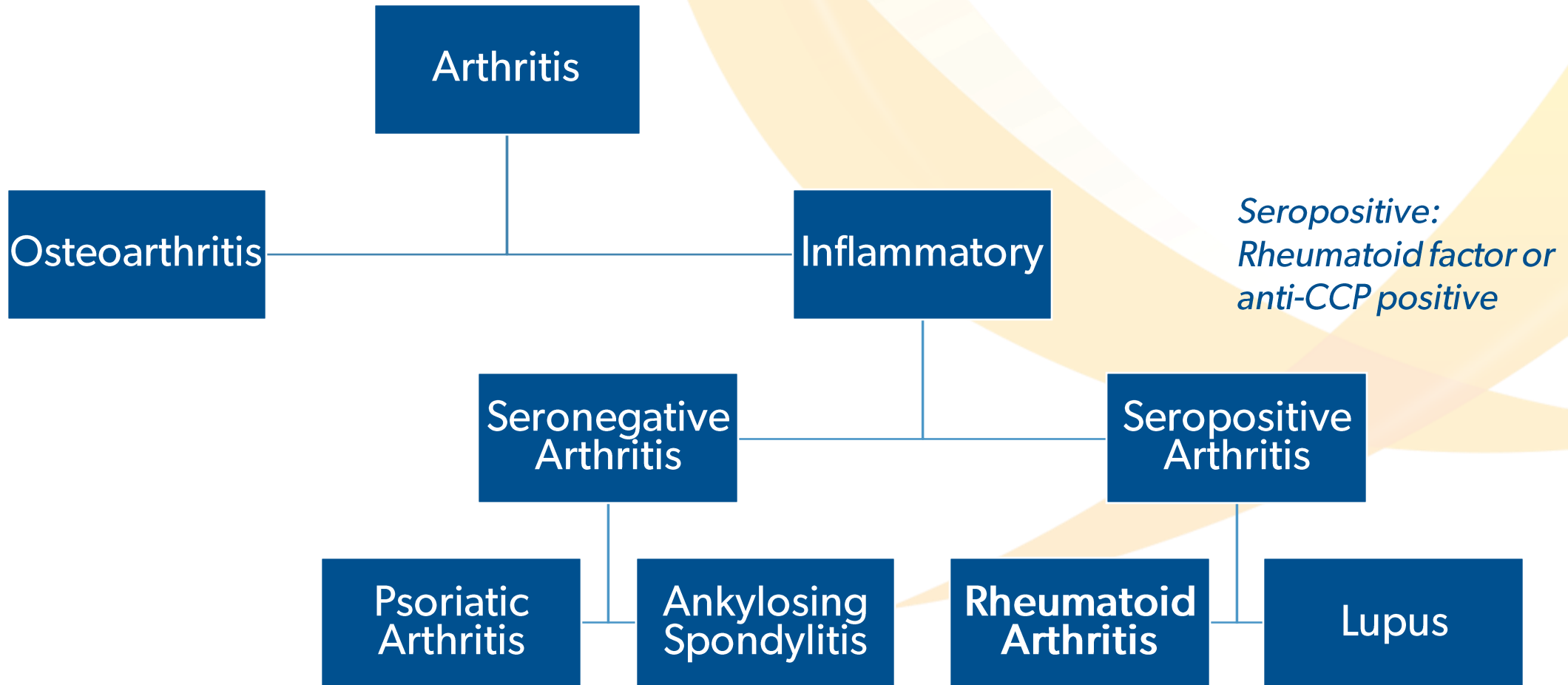
- RA is an autoimmune disease
- Risk factors:
 - Family member with RA (genetics)
 - Smoking
 - Poor oral hygiene
 - Infections
 - Hormonal changes





Q: How is inflammatory arthritis diagnosed?

What are some of the types of arthritis?



Inflammatory Arthritis or Osteoarthritis?

- Pattern of joints involved?
- Morning stiffness?
- Better with activity or rest?
- Fever or weight loss?

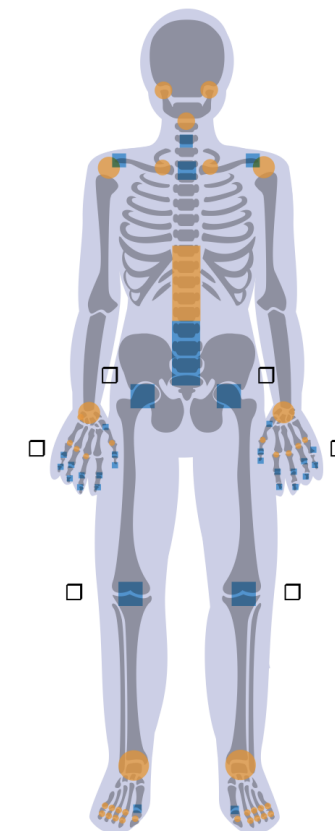
Criteria for inflammatory consideration²

- Pain increased with rest or immobility
- Persistent joint swelling and tenderness
- Frequent joint warmth and/or erythema
- Morning stiffness greater than 30 minutes
- Three or more joints affected
- Unexplained weight loss

● Systemic Inflammatory³
(rheumatoid arthritis)

■ Osteoarthritis³

Figure 1



Investigations:

Blood Tests

- Complete blood count
- C-reactive protein
- Kidney function
- Liver function
- Rheumatoid factor (RF)
- Anti-cyclic citrullinated peptide (Anti-CCP)

Imaging

- X-rays of joints involved
- Ultrasound for inflammation
- MRI or CT (uncommon)



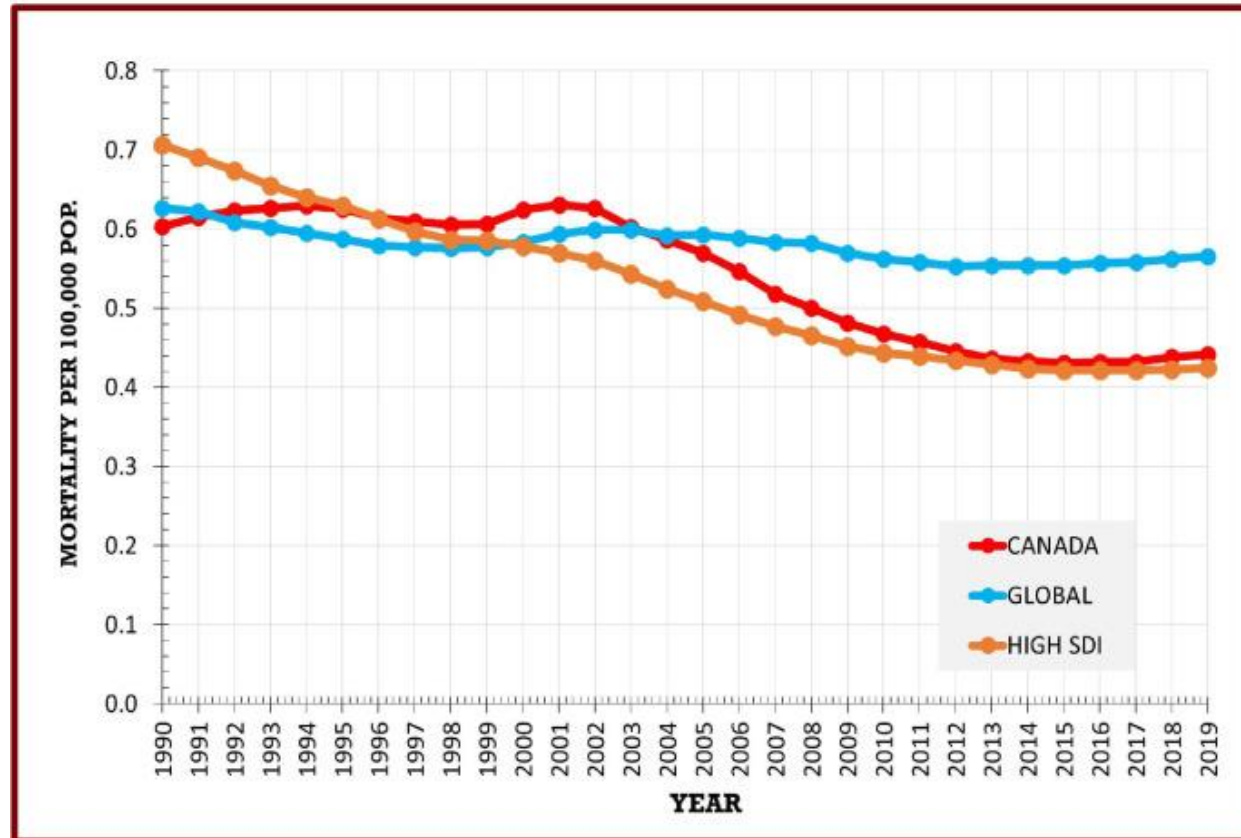
Making a diagnosis of Inflammatory Arthritis





Q: Can rheumatoid arthritis affect your quality of life or life expectancy?

Rheumatoid Arthritis and Life Expectancy



Hassen N. RMD Open. 2024 Jan 12;10(1):e003533.



Rheumatoid Arthritis and Quality of Life

- Quality of life in patients with RA is affected by fatigue, pain, stiffness and disability.
- Patients with RA do report lower quality of life than the healthy population.
- However, quality of life can be improved by addressing access to care, access to medications and supports (education, physiotherapy, networks, employment)



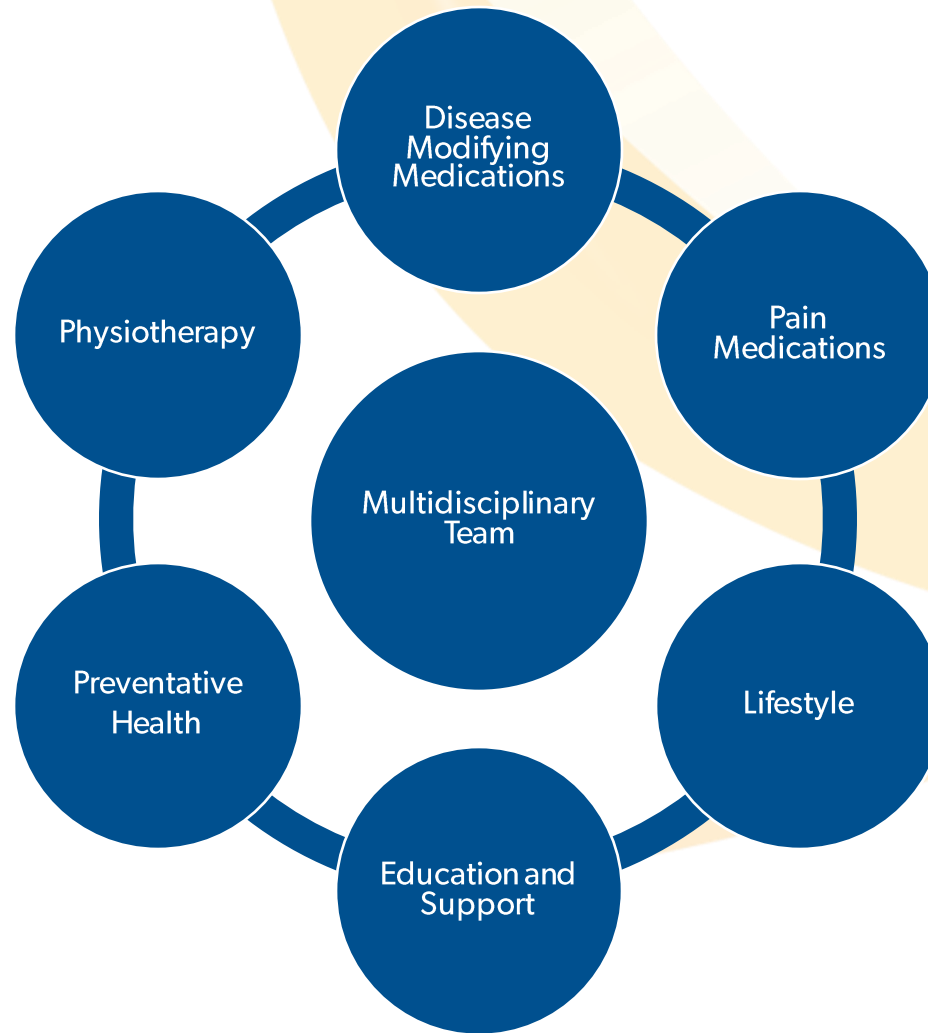
Q: How is rheumatoid arthritis treated?



Goals of Management

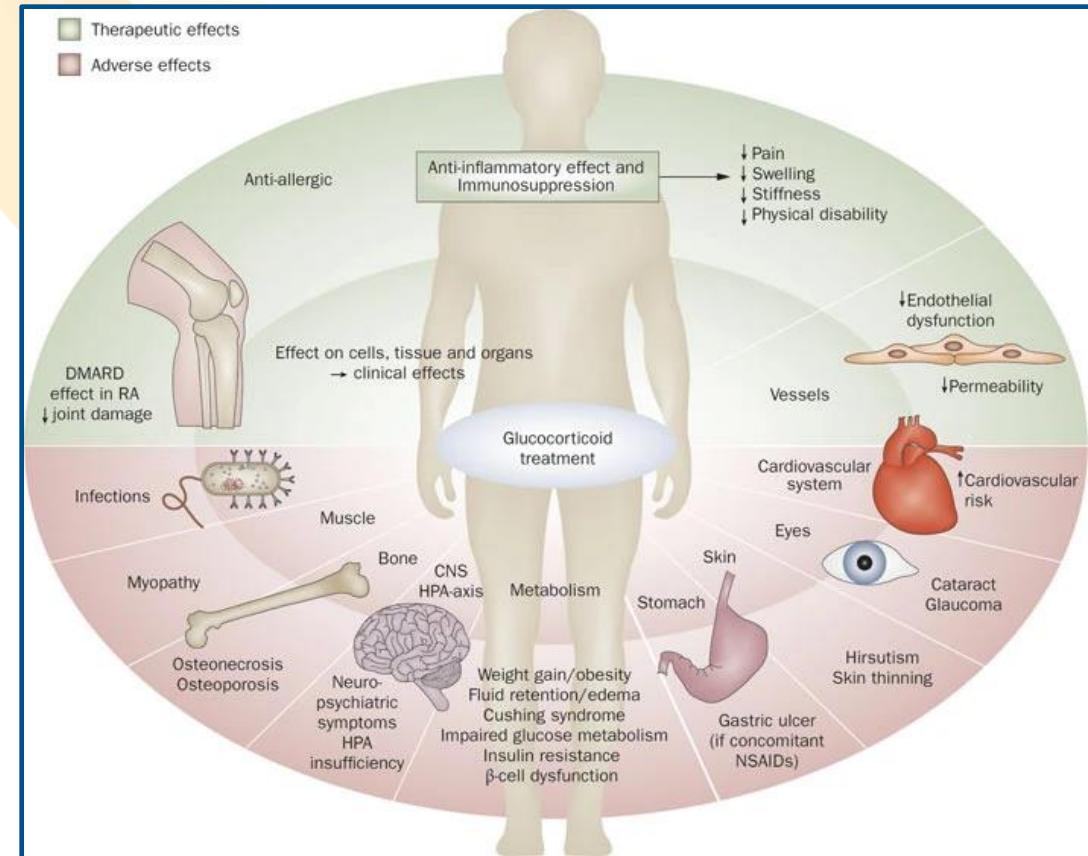
- Early access to care
- Shared decision making
- Remission (or low disease activity)
 - Control symptoms (pain, inflammation)
 - Prevent damage (and complications)
 - Prevent disability
 - Improve quality of life

Management Approach to RA



Acute Symptom/Pain Relief

- Corticosteroids (prednisone)
- NSAIDs (naproxen, ibuprofen)
- Acetaminophen (Tylenol)
- Heat/cold



Disease Modifying Anti-Rheumatic Drugs (DMARDs)

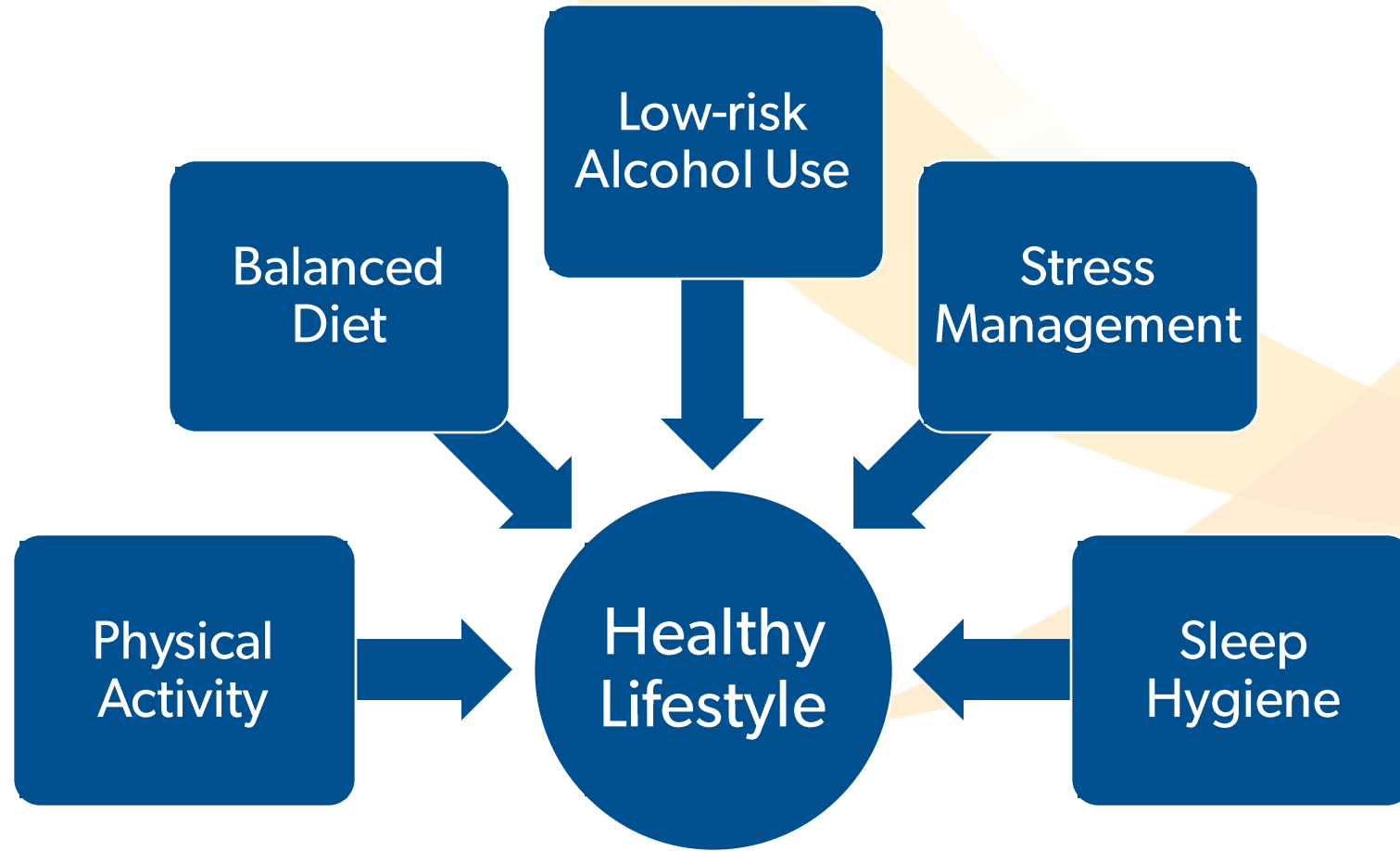
- Unlike drugs that just improve symptoms, these medications stop the inflammation that is driving the disease.
- DMARDs work synergistically and are frequently combined

Conventional Synthetic DMARDs	Biologic DMARDs	Targeted Synthetic DMARDs
Hydroxychloroquine Methotrexate Sulfasalazine Leflunomide	TNF-Inhibitors IL-6 inhibitors B cell inhibitors T cell inhibitor	JAK inhibitors

DMARD Safety

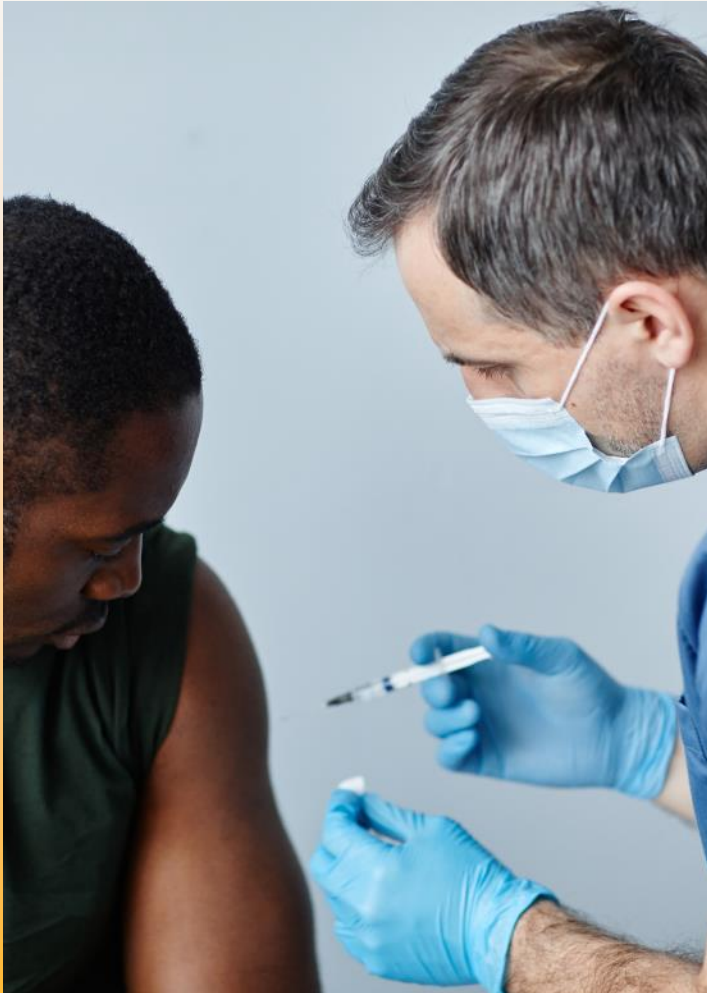
Risks	Benefits
<ul style="list-style-type: none"><li data-bbox="351 576 657 625">• Infection<li data-bbox="351 679 817 728">• Stomach upset<li data-bbox="351 782 886 831">• Low blood counts<li data-bbox="351 885 784 933">• Liver irritation	<ul style="list-style-type: none"><li data-bbox="1128 576 1625 625">• Prevent damage<li data-bbox="1128 679 2015 728">• Decrease pain and inflammation<li data-bbox="1128 782 1753 831">• Improve quality of life<li data-bbox="1128 885 2023 1015">• Decrease complications (such as cardiovascular disease)

Lifestyle Modifications



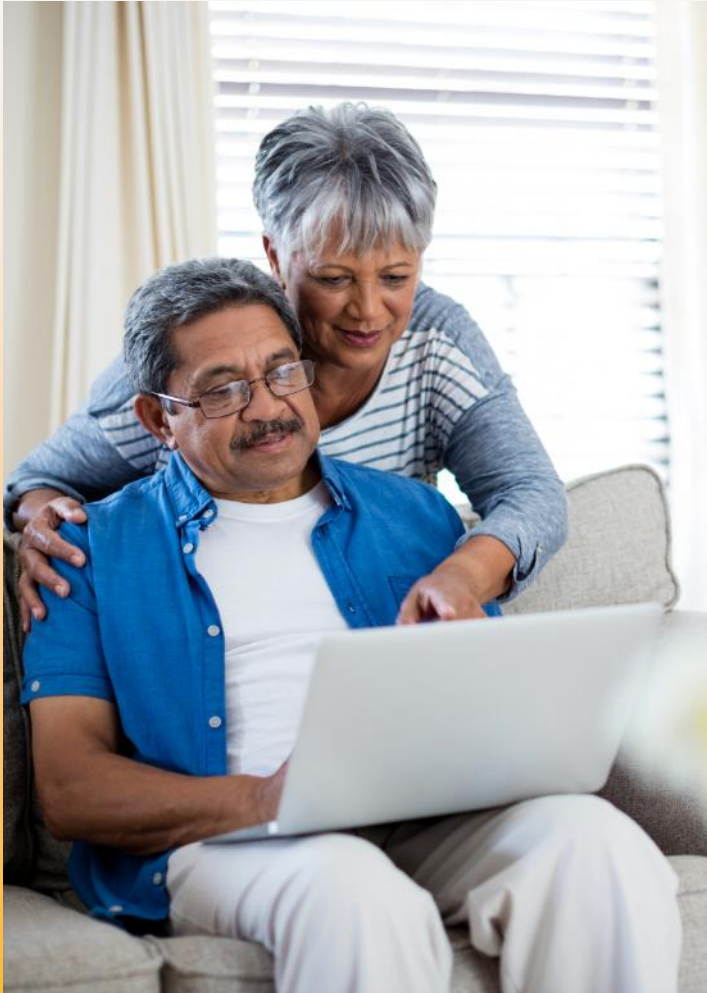
Preventative Health Strategies

- Smoking cessation
- Vaccinations
- Osteoporosis management
- Cardiovascular risk screening
- Age-appropriate cancer screening





Q: What excites you about the future for those diagnosed today?



Advances in how we are delivering care

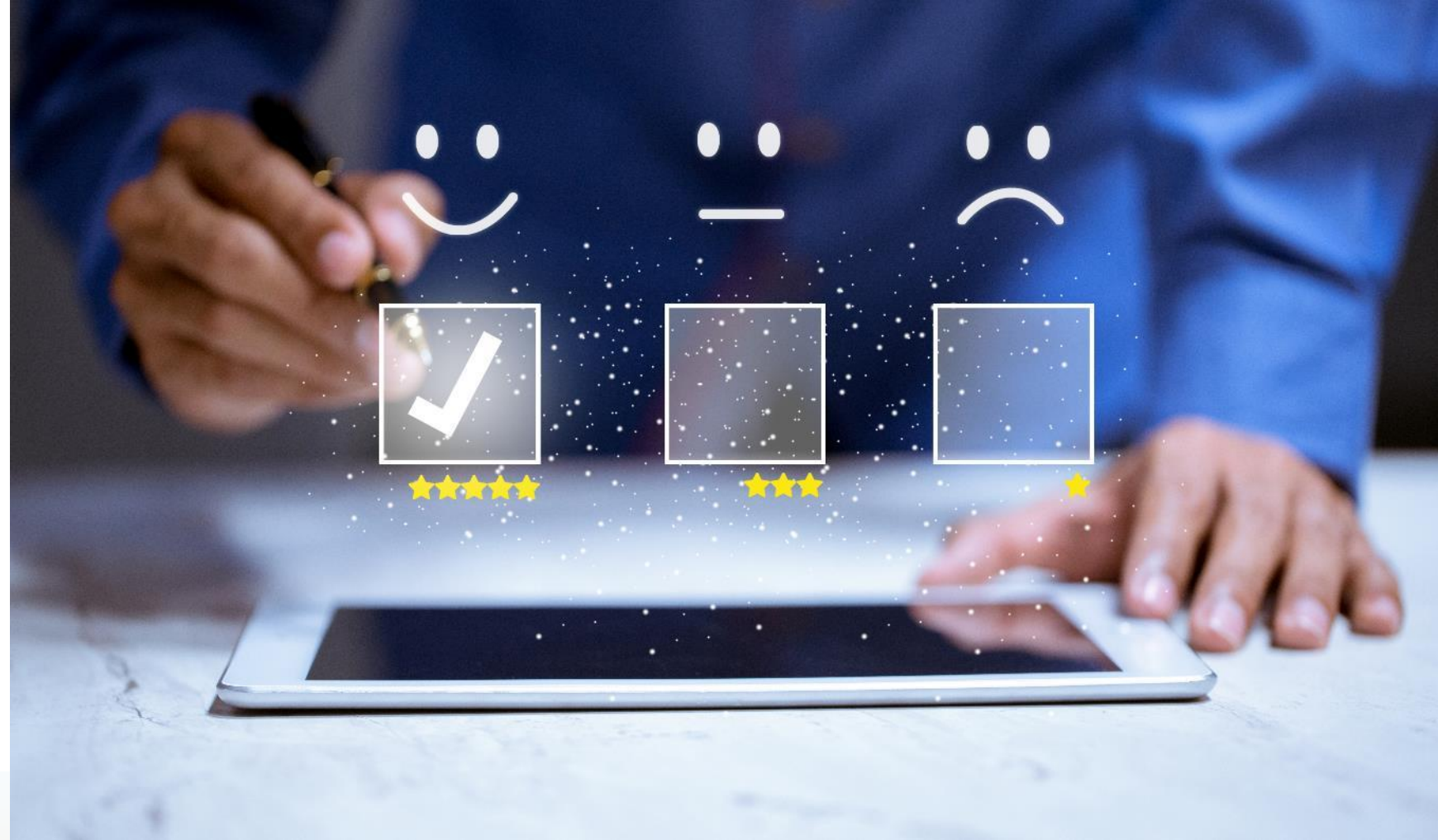
- Routine use of imaging (such as ultrasound) to assess for inflammation
- Adoption (funding) of multidisciplinary team-based care
- Virtual medicine



Q: Any final thoughts or recommendations?



Q: Questions



Q: Tell us what you think...



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