

Overview and Methodology

The foundation of **RA: Join the Fight** is an anonymous global rheumatoid arthritis (RA) patient survey. In conjunction with the initiative's advisory committee and Harris Interactive, the survey was conducted in 42 countries (online in 36 countries and on paper in six countries) between February 14 and April 11, 2013. A total of 10,171 adults with RA completed the survey:

Country	n	Country	n
NA (<i>North America</i>)	988	WE (<i>Western Europe</i>)	3753
US	447	UK	586
Canada	541	Germany	370
LatAm (<i>Latin America</i>)	1032	Austria	128
Mexico	283	Spain	439
Brazil	153	Ireland	143
Argentina	188	Netherlands	449
Venezuela	151	France	676
Colombia	257	Italy	423
APAC (<i>Asia-Pacific</i>)	2436	Belgium	29
China	403	Portugal	341
Taiwan	457	Sweden	169
Hong Kong	264	CEE (<i>Central & Eastern Europe</i>)	1518
South Korea	407	Hungary	276
Australia	632	Poland	400
New Zealand	273	Russia	105
MENA (<i>Middle East & North Africa</i>)	444	Romania	124
Saudi Arabia	126	Czech Republic	98
Kuwait	128	Slovakia	100
Lebanon	31	Adriatic (Croatia, Bosnia, Serbia, Macedonia, Slovenia)	415
UAE	57		
North Africa (Tunisia, Algeria, Morocco)	102	Global Total	10171

Total sample data are not weighted, and therefore representative only of the individuals interviewed. A global post-weight was applied to ensure all countries received an equal weight in the global and regional data; however, when looking at individual country differences, the post-weight was not applied. Respondents for the anonymous global RA patient survey were recruited primarily through online panels and local patient associations, health advocacy groups and healthcare professional associations.

Survey Respondents

- RA patients surveyed
 - Were predominantly female (74%)
 - Had an average age of 49.8 years old
 - First began to experience RA symptoms an average of 10.8 years ago
 - Were diagnosed with RA by a healthcare provider (HCP) an average of nine years ago
 - Had been living with symptoms for nearly two years before being diagnosed

Survey Results

Living with RA

- RA patients are about evenly divided in how well they feel their disease is being managed, with 54% saying “excellent or good” and 45% saying “fair or poor”
 - Further, nearly half of patients said
 - There are more good days than bad days in the past week (44%)
 - They can perform most physical activities without assistance but need some help with more strenuous activities (45%)
- Although more than 70% of patients agreed that their RA is currently under control (72%), more than half (57%) said that their RA has negatively affected their ability to perform physical activities of everyday life. Additionally,
 - 51% said that RA negatively affected their overall mood
 - 41% said that RA negatively affected their job/career or ability to work
 - 40% said that RA negatively affected their ability to participate in hobbies
 - 37% said that RA negatively affected their relationships (including spouse/significant other, family members and friends)
- Of the two in five (41%) RA patients who said that their job/career or ability to work was negatively impacted by their RA:
 - 52% said that the impact on their work was severe
 - 33% said that they have had to take days off from work
 - 33% said that they have been less productive at work in general
 - 32% said that they have had to stop working altogether for a period of time
 - 9% said that they were fired or demoted from their job

Knowledge about RA

- The majority of patients (74%) said that they know a great deal or a moderate amount about RA, and nearly three in four (72%) recognize that joint damage may still be progressing even if pain is under control, but
 - Almost half (46%) did not recognize that joint damage caused by RA is irreversible
 - Nearly two in five RA patients (38%) mistakenly agreed that the progression of RA cannot be changed regardless of how and when it is managed



- Most patients (85%) understood, however, that joint damage caused by RA can lead to permanent disability and:
 - Nearly nine in 10 patients (88%) know that regular monitoring (i.e., frequent visits with a HCP) is a critical aspect of disease management
 - About three in four patients (73%) recognized that RA affects not only the joints, but can also affect other parts of the body
- When asked what they believe doctors view as the most important goal of managing RA, the largest proportion of patients (35%) selected preventing further joint damage
 - When asked what symptoms were important to address to keep RA under control, patients' top three responses were joint pain (87%), joint swelling (78%) and joint stiffness (77%)

Community Involvement

- Nearly 70% of RA patients (69%) said that they have talked about their RA with others with RA, learned about the experiences of others with RA from printed materials, attended in-person support group meetings for people with RA, and/or shared information about their own experiences with RA in online forums
- However, 88% of RA patients agree that people outside of the RA community do not know what it's like to live with RA, and more than half (52%) strongly agree with that sentiment
- Patients who are more involved in the RA community, including those that are members of patient advocacy organizations and those that interact with other RA patients, are more likely to be knowledgeable about RA and more actively involved in managing their disease
 - Those who interact with other RA patients are more likely to say their RA is being well managed (55% excellent/good vs. 52% of those who do not interact with other RA patients)
 - Those who are members of patient groups are more likely to prioritize preventing further joint damage as their most important goal for managing RA (24% vs. 21%), while those who do not participate in such groups are more likely to prioritize relieving pain and swelling (28% vs. 20%)
 - Those who belong to a group and/or interact with other RA patients are more likely to say they know a great deal or a moderate amount about RA in general, and they are also more likely to actually be knowledgeable about RA (i.e., to know that joint damage is irreversible, can lead to permanent disability, may still be progressing even if pain is under control)
 - Those who interact with other RA patients are more likely to identify a rheumatologist as the primary HCP responsible for managing their RA (77% vs. 69%), to visit their HCP regularly (74% vs. 61%), and to have a disease management plan with their HCP (60% vs. 47%)
 - They are also more likely to collaborate with their HCPs to develop a disease management plan (60% vs. 47%)

- The vast majority of RA patients (96%) said that they talk to others about their experiences with managing their RA:
 - They primarily talk to their rheumatologist (70%)
 - And also family members (59%) and friends (39%) to a certain extent
 - But only 14% talk to employers or co-workers

Partnering with Their Healthcare Provider (HCP)

- Worldwide, 85% of patients said they currently visit a rheumatologist to help them manage their RA
 - Of those who currently visit multiple types of HCPs, about three in four (74%) said that a rheumatologist was the HCP most responsible for helping to manage their RA
- Overall, the survey found a strong relationship between patients and their HCPs
 - 87% of patients said that they trust their doctor's expert recommendations regarding their disease management plan
 - 75% of patients said that they and their doctor work together as a team to develop their disease management plan
- Patients who visit their HCP regularly are more likely than those who only visit their HCP when they have a specific reason to say that the management of their RA is excellent or good (62% vs. 36%)
- Patients who visit their HCP regularly were more likely to say they know a great deal or a moderate amount about RA in general (78% vs. 64%) and were more likely to prioritize preventing further joint damage as their most important goal for managing RA compared with those who only visit their HCP for a specific reason (23 % vs. 20%)
- Patients who visit their HCP regularly were more likely to:
 - Identify a rheumatologist as their primary source of information about managing their disease (65% vs. 43%) and the primary HCP responsible for helping manage their RA (86% vs. 58%)
 - Be a member of a patient advocacy organization (25% vs. 14%)
 - Have a disease management plan (68% vs. 30%)

Approach to Managing RA

- More than half of patients (56%) said that they and their HCP have a disease management plan to help manage their RA
 - Whether or not one has a disease management plan varied somewhat by region, with 78% of those in Latin America having one and only 38% of patients in North America having one
 - In all other regions, just over half of patients reported having a disease management plan
- More than four in five patients (84%) agree – including 55% who strongly agree – that their doctor explained to them that RA is best managed if diagnosed and treated early, prior to experiencing joint damage

RA: Join the Fight
Survey Data Backgrounder



- When asked to identify what's included in one's disease management plan, the top response was "relief of joint pain" (79%) and the second most frequent response was "prevent further joint damage" (72%)
 - Latin America was the only region in which patients who have a disease management plan indicated "preventing further joint damage" as the number one component of their disease management plan – in all other regions, the number one component of patients' disease management plans was relief of joint pain
- Compared to those that do not have a disease management plan, patients who have a disease management plan with their healthcare provider were nearly twice as likely to feel hopeful (39 percent vs. 23 percent) and confident (31 percent vs. 16 percent) when asked how they felt about living with their RA over the past week