

# Psoriatic Arthritis

## What is Psoriatic Arthritis?

Psoriatic arthritis is a chronic, immune-mediated disease that impacts the joints and skin. Typically affected areas include fingers, hip, pelvis, knees, ankles and toes.<sup>1</sup> The burden of psoriatic arthritis on patients extends beyond joint pain and fatigue, and can lead to significant psychological distress.<sup>2</sup>

## Symptoms

Many patients with psoriatic arthritis experience disease flares, or periods of increased inflammation and disease activity. Symptoms vary, but may include:<sup>3</sup>



Proactivity is crucial in managing symptoms – early recognition, diagnosis and treatment of psoriatic arthritis may help reduce pain and prevent long-term joint damage.<sup>4</sup>

## Prevalence

Psoriatic arthritis affects approximately **20%** of patients diagnosed with psoriasis, increasing to about **25%** for patients with moderate to severe psoriasis. Typical onset of psoriatic arthritis occurs **7–12 years** after the initial presence of psoriasis.<sup>5,6</sup>

Both **men and women are affected equally**, and diagnoses are usually made between the ages of **30 and 55**.<sup>4</sup>

## Diagnosis & Treatment

Diagnosis of psoriatic arthritis is difficult, due to symptoms that mirror other immune-mediated diseases.

**Typically, patients are referred to a rheumatologist, who might run tests such as:**<sup>3</sup>

- Physical exam
- X-ray
- Blood test

**There are treatment options available that can help manage symptoms of psoriatic arthritis, including:**<sup>3</sup>

- Anti-inflammatory treatments
- Corticosteroids
- Topical treatments
- Disease-modifying antirheumatic drugs (DMARDs)
- Biologics



However, there remains an unmet need for additional treatment options that decrease the rate of flares and increase rates of remission.

Bristol Myers Squibb is committed to identifying and pursuing new treatment options to help deliver transformational medicines for patients with psoriatic arthritis and other immune-mediated diseases.

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2. Dures E, et al. Diagnosis and initial management in psoriatic arthritis: a qualitative study with patients. *Rheumatol Adv Pract*. 2019; 3(2): rkz022. doi: 10.1093/rap/rkz022.

3. Arthritis Foundation. "Psoriatic Arthritis." <https://www.arthritis.org/about-arthritis/types/psoriatic-arthritis/symptoms.php>. Accessed May 30, 2018.

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5. Mease PJ & Armstrong AW. *Drugs* 2014;74:423–441.

6. Alinaghi F, et al. *J Am Acad Dermatol* 2019;80:251–265.e19.