



Rheumatoid arthritis pain reduces productivity, stops patients working and damages relationships; shows recent survey

- **A survey of women with rheumatoid arthritis (RA) shows the pain associated with the disease drives nearly 70% of patients to seek different treatment options¹**
- **71% of those employed report they were less productive at work because of their RA¹**
- **Over half of respondents feel friends and family don't understand their pain and fatigue⁴, a quarter feel isolated¹, and 32% said RA had affected their relationships¹**

ROME June 16th, 2010, 08.30 CET — UCB today announced data showing the impact of pain on the daily lives of women with RA, focusing on productivity and relationships. The results from the Good Days Survey were presented at the European League Against Rheumatism (EULAR) meeting in Rome and indicate how devastating the effects of RA pain can be for women living with the disease.

The survey revealed pain and fatigue are the most commonly discussed symptoms during physician consultations and for women taking pain medications, 72% experience pain daily.¹ The impact of RA in the work setting is substantial, with 71% of patients feeling less productive at work, 23% leaving work altogether and 17% switching to part-time work.¹ Furthermore, 67% of patients state their self-confidence at work is negatively impacted.⁴

"Loss of patient productivity and its associated indirect costs are a major contributing factor to the economic burden of RA," said Dr. Vibeke Strand, Adjunct Clinical Professor, Division of Immunology/Rheumatology of Stanford University School of Medicine. "It's about more than money, it's important to be able to provide RA patients with an opportunity to work and maintain an active lifestyle, for their own self esteem and quality of life."

The impact of RA stretches beyond the physical limitations and affects the emotional wellbeing of patients. In the survey depression impacted 40% of women with the disease a lot of the time and more than one third feel that RA has robbed them of their happiness.⁴ Additionally, 68% of respondents feel they need to conceal their condition¹, contributing to a sense of isolation. Furthermore, 26% feel isolated from friends and 4 in 10 women agree that RA makes it more challenging to find a partner, with 22% of divorced or separated women attributing their decision to separate to their disease.¹

"A third of patients characterised a 'good day' as one with rapid pain relief and no morning stiffness," commented Scott Fleming, Global Communications Manager, Immunology from



UCB. "Insights from this study help us better understand the true impact of the disease and reinforce the urgent need for fast-acting treatments, to help improve the lives of those living with RA."

Key findings from the 'Good Days' Survey ^{1,4}	
<i>Pain</i>	<ul style="list-style-type: none">• 72% of respondents reported experiencing daily pain despite the fact that 75% of respondents receive pain relief medication• 68% felt they had to conceal pain• 67% of respondents agreed/strongly agreed they constantly seek new ideas to address pain• Nearly 9 out of 10 mentioned pain in discussions with their physicians
<i>Productivity</i>	<ul style="list-style-type: none">• Of those employed (n=1108), 71% reported they were less productive at work because of RA, 23% had to stop work altogether, and 17% had to switch to part-time employment
<i>Emotional and Interpersonal Impact</i>	<ul style="list-style-type: none">• 26% of respondents felt isolated• Nearly one third (32%) reported that RA affected their closest relationships for the worse• 40% single women agreed that RA makes it more challenging to find a partner• 22% of divorced/separated respondents at least partially attribute their disease in their decision to separate• 55% of RA patients feel less confident in their sex life• 31% of patients find it difficult to explain their sexual needs to their partner or husband• 21% of women consistently find intimate relationships with their partner painful, more difficult, or have stopped altogether
*1,958 women with RA (UK, Germany, Spain, and USA, 300 patients each; France, 301; Italy, 302; Canada, 155) completed the survey between 30 July and 31 August, 2009. Mean age was 46 years, 75% had RA diagnosed >1 year and 69% self-reported moderate to severe disease.	

For further information

Scott Fleming, Global Communications Manager – Immunology
T +44.770.277.7378, scott.fleming@ucb-group.com

About the 'Good Days' Study

The 'Good Days' study was conducted in August 2009 as part of a global initiative, assessing the lifestyles of nearly 2000 women aged 25-65 diagnosed with RA more than six months ago in the UK, France, Germany, Italy, Spain, US and Canada. Full and complete country data are available on request.

About Rheumatoid Arthritis

RA affects more than 2.9 million Europeans, and it is estimated that 5 million people suffer from RA globally.² Prevalence is not split evenly between genders, since women are three times more likely to be affected than men.³ Although RA can affect people of all ages, the onset of the disease usually occurs between 35-55 years of age.³

About UCB

UCB, Brussels, Belgium (www.ucb.com) is a biopharmaceutical company dedicated to the research, development and commercialization of innovative medicines with a focus on the fields of central nervous system and immunology disorders. Employing more than 9 000 people in over 40 countries, UCB produced revenue of EUR 3.1 billion in 2009. UCB is listed on Euronext Brussels (symbol: UCB).

References

1. Strand, V. et al. The Impact Of Rheumatoid Arthritis On Women: Focus On Pain, Productivity And Relationships. European League Against Rheumatism (EULAR), Rome, Italy, June 2010.
2. Rheumatology Information Service Europe. Prevalence and Impact of Rheumatoid Arthritis. Online 2008.



3. *Arthritis Foundation. Rheumatoid Arthritis: Who is at Risk? Online 2009.*
4. *'Good Days' survey. ECHO Research. August 2009.*