

**Case report**

**by**

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**Professor of internal medicine**

**Cairo university**

**Y L 37 years old female patient presents with**

A vertical flowchart with four dark blue rectangular boxes connected by downward-pointing arrows. The boxes contain the following text: 'Y L 37 years old female patient presents with', 'Inflammatory polyarthrititis affecting small and large joints with morning stiffness for more than one hour', 'Inflammatory low back pain, associated with buttock pain.', and 'One year duration'. The background features abstract green and blue wavy shapes at the top and bottom.

**Inflammatory polyarthrititis affecting small and large joints with morning stiffness for more than one hour**

**Inflammatory low back pain, associated with buttock pain.**

**One year duration**

She is dyslipidemic, hypertensive and hypothyroidism.

She had family history of psoriasis, &IHD

Patient is fully  
conscious oriented  
to time place and  
person

Vitally stable  
BMI 29 kg/m<sup>2</sup>

Tenderness over  
MCPs, PIPs, wrist,  
elbow

Synovial thickness  
wrist

**Iliac compression  
test** was positive

Patrick-FABER test  
was positivity

# Investigation

**ESR :90**

**CRP 12 mg/dl**

**RF & ANTICCP: Negative**

**X ray hands: normal**

**Hands ultrasound reveal active synovitis at writs, PIP& DIP**

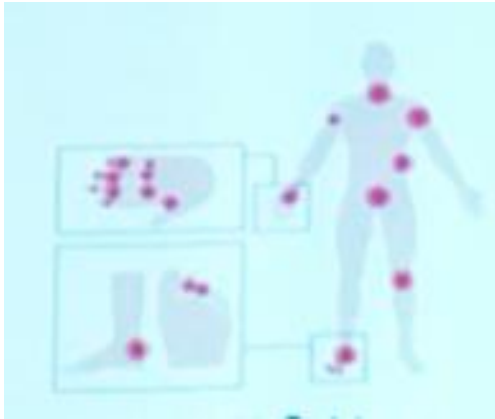
**MRI sacroiliac with stir technique revealed bilateral sacroiliitis**



What is the  
possible  
diagnosis



## PsA is often undiagnosed or misdiagnosed



- **Heterogenous clinical presentations**



• S

dermatologist



- Absence of well-accepted tools for PsA screening and detection.
- Lack of a diagnostic lab markers.

# CASPAR Criteria





**CASPAR** stands for classification criteria for psoriatic arthritis.

- The **CASPAR** criteria were developed by an international group of rheumatologists in 2006 to help standardize the diagnosis of psoriatic arthritis (PsA).
- The aim is to identify people with PsA early so they can be treated before the disease progresses.

**Table 1**

CASPAR criteria for PsA<sup>17</sup>

To meet the CASPAR criteria for PsA, the patient should have inflammatory joint disease (peripheral, axial or enthesitis) and achieve three or more points, based on the following categories

<b>1. Evidence of psoriasis</b>	
Current	2 points
Previous	1 point
Familial history	1 point
<b>2. Psoriatic nail dystrophy</b>	
Pitting, onycholysis, hyperkeratosis	1 point
<b>3. Negative test result for rheumatoid factor</b>	1 point
<b>4. Dactylitis</b>	
Current inflammation of an entire digit	1 point
History of dactylitis	1 point
<b>5. Radiological evidence of juxta-articular new bone formation</b>	
Well-defined ossification close to joint margins on plain radiographs of hands and feet	1 point

Sensitivity: 91%; specificity: 99%.

**She was diagnosed most  
probably psoriatic arthritis**

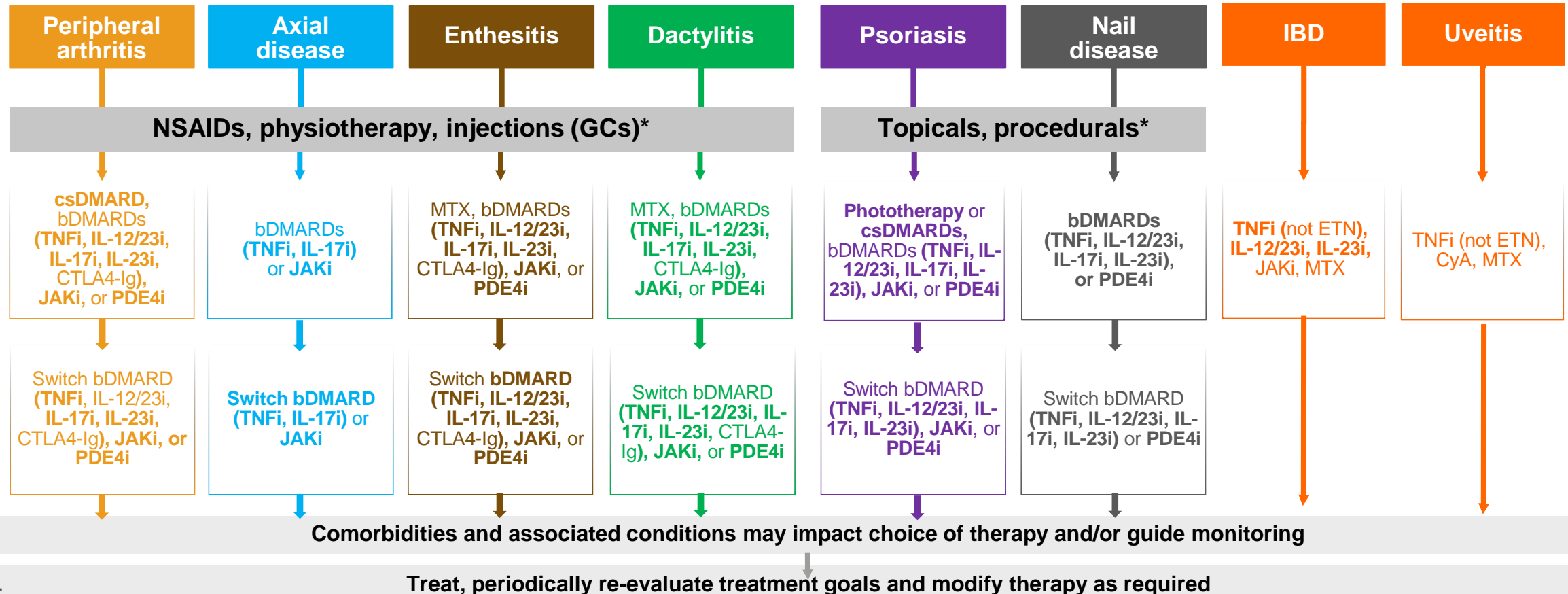


# What is the proper management

Due to the heterogeneous presentation of psoriatic arthritis, the type of treatment initiated depends on the domains involved, including peripheral arthritis, enthesitis, dactylitis, axial disease, and skin/nail disease.

# GRAPPA 2021 Updated treatment schema

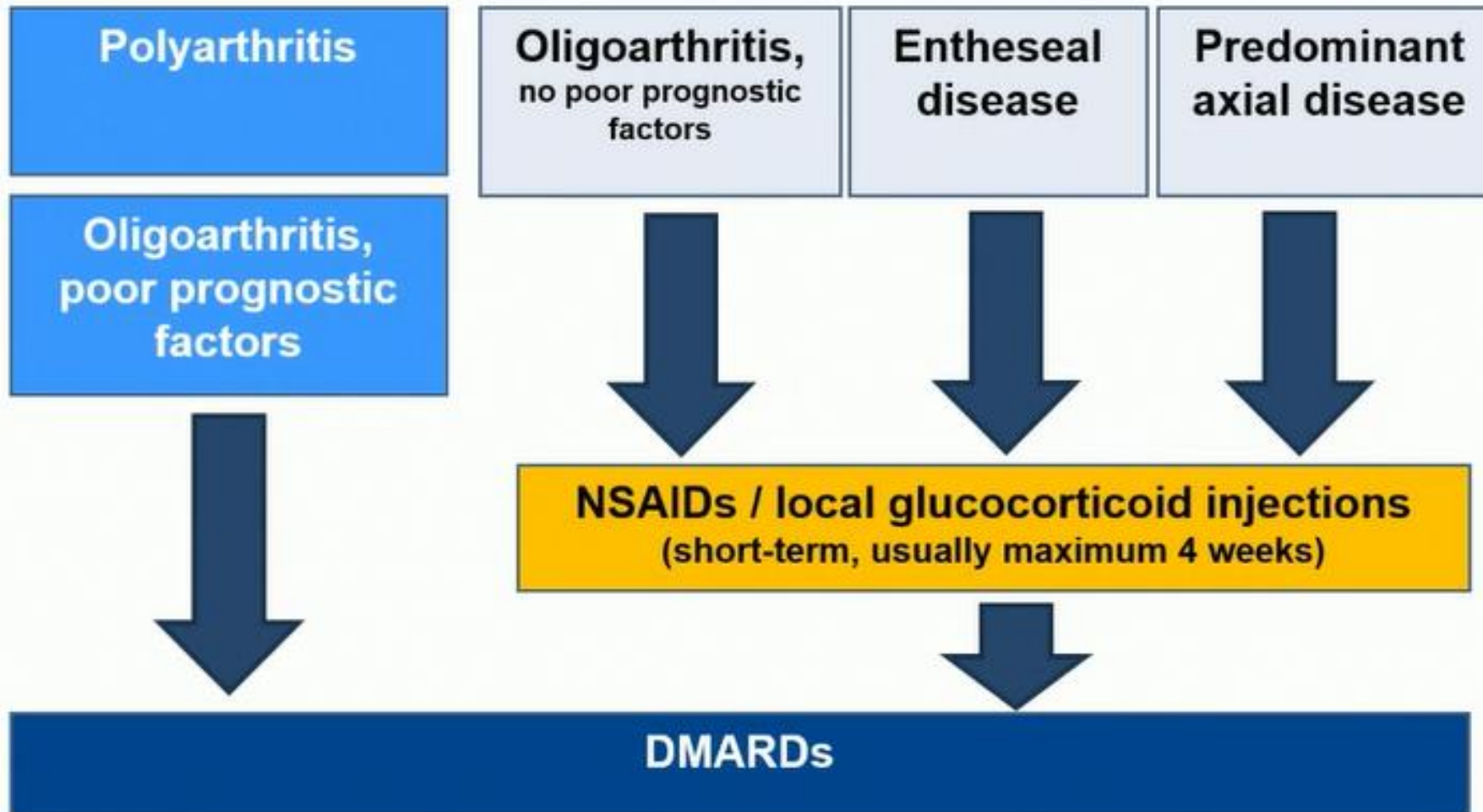
Consider which domains are involved, patient preference, previous/concomitant therapies;  
choice of therapy should address as many domains as possible



Bold text indicates a strong recommendation, standard text a conditional recommendation. Asterisks indicate a conditional recommendation based on data from abstracts only.  
Coates LC, et al. *Nat Rev Rheumatol.* 2022;1–15. doi:10.1038/s41584-022-00798-0



# A limited place for NSAIDs as monotherapy



## Poor prognostic factors:

Polyarthrititis - Structural damage - Elevated acute phase reactants - Dactylitis - Nail involvement



## Reco. 2: Initial management



2. Non-steroidal anti-inflammatory drugs may be used to relieve musculoskeletal signs and symptoms; local injections of glucocorticoids may be considered as adjunctive therapy.

1b/3b  
A/C

7

## Reco. 3: peripheral arthritis, first-line treatment



3. In patients with polyarthritis, or those with mono-/oligoarthritic and poor prognostic factors (e.g. structural damage, elevated acute phase reactants, dactylitis or nail involvement), a **csDMARD** should be initiated rapidly, with **methotrexate** preferred in those with clinically relevant skin involvement.

1b/4  
B/C

9.3±0.8

IS

**Patient started  
NSAIDs with  
methotrexate  
12,5 mg per  
week together  
with  
physiotherapy**

**But the patient  
unfortunately had  
partial improvement  
after one month with  
mild reduction of the  
acute phase  
reactants**





What is the  
possible next step



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## Reco. 8: axial disease



Modified

**8. In patients with clinically relevant axial disease with an insufficient response to NSAIDs, therapy with an IL-17A inhibitor, a TNFi, an IL-17 A/F inhibitor or a JAKi\* should be considered.**

1b B

9.4±1.3

- The modes of action proposed are efficacious in axial spondyloarthritis; coherence with the updated ASAS-EULAR axial spondyloarthritis recommendations<sup>1</sup>
- IL17A inhibitor: MAXIMISE randomised controlled trial of secukinumab in axial PsA<sup>2</sup>



eular

\*For JAK-inhibitors, caution is needed for patients aged 65 years or above, current or past long-time smokers, with a history of atherosclerotic cardiovascular disease or other cardiovascular risk factors or with other malignancy risk factors; with known risk factors for VTE.



**Etanercept one  
ampoule  
subcutaneous every  
week was added**

**Follow up after three  
months, patient showed  
marked improvement of  
her axial affection and  
moderate improvement  
of her peripheral joints,  
so methotrexate was  
increased to 20 mg per  
week**



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- ▶ After one year patient started to develop psoriatic skin rash over extremities and scalp
- ▶ Fulfilling the criteria of psoriasis



Skin psoriasis: present - 2  
/ previously present -1 /  
family history, patient  
not affected - 0

Dactylitis: present or  
documented by a  
rheumatologist - 1

Rheumatoid factor  
negative by any  
method except for  
latex - 1

Per CASPAR criteria, psoriatic  
arthritis is considered present in  
patients with inflammatory  
arthritis who have at least 3  
points; this has a specificity of  
98.7% and a sensitivity of 91.4%.



- 
- A large, smiling yellow cartoon character with blue eyes, white gloves, and red shoes, pointing upwards with its right hand. The character has a friendly expression and is standing on a white background.

## How many psoriatic patients develop arthritis



- Twenty to thirty percent of Pso patients will develop PsA

Tillett W, Charlton R, Nightingale A, Snowball J, Green A, Smith C, et al. Interval between onset of psoriasis and psoriatic arthritis comparing the UK Clinical Practice Research Datalink with a hospital-based cohort. *Rheumatology (Oxford)*. 2017;56(12):2109–13.



# Psoriatic Arthritis Pattern Affection

**85%**

**Skin affection  
before  
arthritis**

**10-15%**

**Simultaneous  
skin and joint  
affection**

**10-15%**

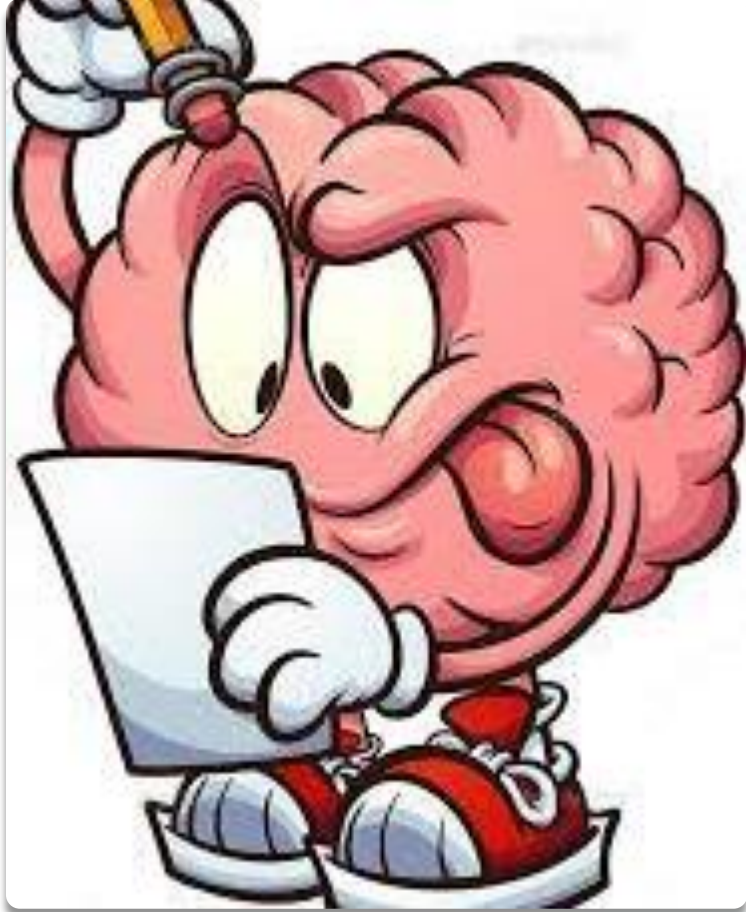
**Arthritis  
before  
skin involvement**

**Paradoxical psoriasis or psoriasiform lesion induced by anti-TNF therapies is one of the most extended concerned topics worldwide.**

**Generally, anti-TNF treatments are commonly used for psoriasis therapy, but psoriasis and psoriasiform skin lesions are sometimes observed in IBD patients receiving anti-TNF therapies.**

**Overall, IBD patients treated with anti-TNF therapy have a 2.4-fold increased risk of paradoxical psoriasis compared with nonusers of anti-TNF**

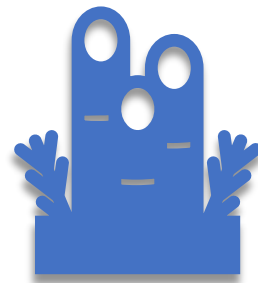
Bae JM, Lee HH, Lee BI, Lee KM, Eun SH, Cho ML, et al. Incidence of Psoriasiform Diseases Secondary to Tumour Necrosis Factor Antagonists in Patients With Inflammatory Bowel Disease: A Nationwide Population-Based Cohort Study. *Aliment Pharmacol Ther* (2018) 48(2):196–205.



# Are we in need to do HLA B 27

HLA-B\*27 is a genetic biomarker of disease expression in PsA with male predominance and was found to be associated with early onset PsA, axial disease, uveitis and dactylitis

Batalla A, Coto E, González-Lara L, et al. Association between single nucleotide polymorphisms IL17RA rs4819554 and IL17E rs79877597 and psoriasis in a Spanish cohort. *J Dermatol Sci.* 2015;80:111–115



Axial involvement in  
PsA is more  
complicated.





***HLA-B27* gene is present in only 20% of patients with axial PsA (AxPsA)**



**Axial disease in patients with PsA with positive HLAB 27 clinically similar to AS with earlier age of onset, more back pain, and radiographically appear more like AS.**

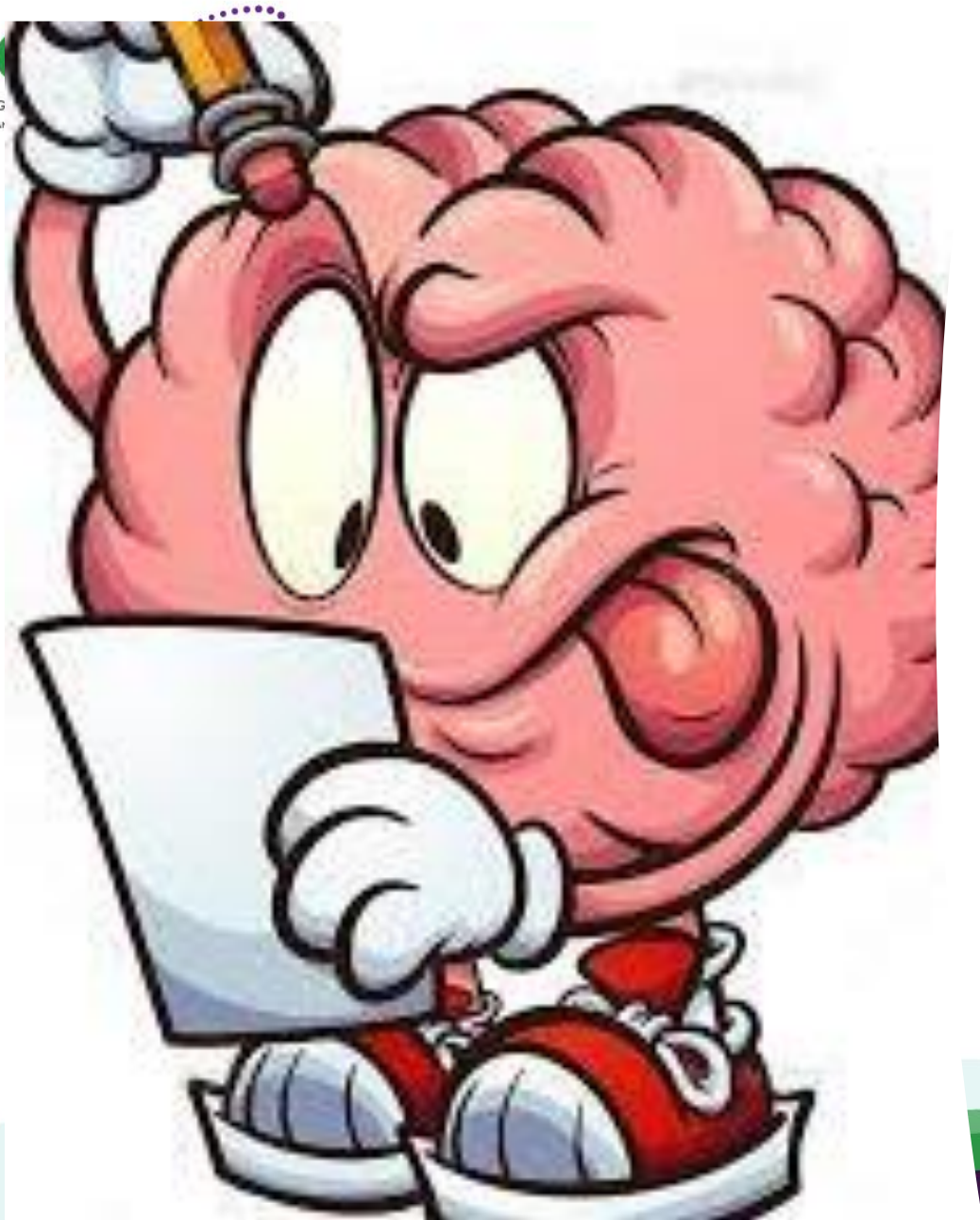
## AxPsA with negative HLA-B27

Similar Frequency in males and female

Older age of onset

Less back pain

More frequent cervical spine disease, with radiographic features including asymmetric sacroiliitis and non-marginal, bulky syndesmophytes which are often asymmetric



What about the  
next step???



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# What Do Guidelines Recommend?



eular

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FOR RHEUMATOLOGY

# EULAR recommendations for the management of psoriatic arthritis with pharmacological therapies: 2023 update

Laure Gossec <sup>1,2</sup> Andreas Kerschbaumer <sup>3</sup> Ricardo J O Ferreira <sup>4,5</sup>  
Daniel Aletaha <sup>3</sup> Xenofon Baraliakos <sup>6</sup> Heidi Bertheussen,<sup>7</sup>  
Wolf-Henning Boehncke,<sup>8</sup> Bente Appel Esbensen <sup>9,10</sup> Iain B McInnes,<sup>11</sup>  
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Gerd R Burmester <sup>17</sup> Juan D Cañete <sup>18,19</sup> Pascal Claudepierre,<sup>20,21</sup>  
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Stephanie J W Shoop-Worrall <sup>40</sup> Yoshiya Tanaka <sup>41</sup> Filip E Van den Bosch <sup>42</sup>  
Annette van der Helm-van Mil,<sup>43</sup> Alen Zabotti <sup>44</sup> Désirée van der Heijde <sup>43</sup>  
Josef S Smolen<sup>3</sup>



# **EULAR recommendations for the management of psoriatic arthritis: 2023 update**

**Laure Gossec (Paris, France) and Josef Smolen (Vienna, Austria)**

On behalf of the EULAR PsA management taskforce

Steering group: Andreas Kerschbaumer, Ricardo Ferreira, Heidi Bertheussen, Xenofon Baraliakos, Daniel Aletaha, Dennis McGonagle, Désirée van der Heijde, Iain McInnes, Bente Appel Esbensen, Kevin Winthrop, Wolf-Henning Boehncke

Taskforce members: Peter Nash, Andra Balanescu, Peter Balint, Gerd-Rüdiger Burmester, Juan D Canete, Pascal Claudepierre, Lihi Eder, Merete Hetland, Annamaria Iagnocco, Lars Erik Kristensen, Rik Lories, Ruben Queiro, Daniele Mauro, Helena Marzo-Ortega, Philip Mease, Wendy Olsder, Laura Savage, Georg Schett, Stephanie Shoop-Worall, Yoshiya Tanaka, Filip Van den Bosch, Anette van der Helm-van Mil, Alen Zabotti

## Reco. 9: non-musculoskeletal manifestations



**9. The choice of the mode of action should reflect non-musculoskeletal manifestations related to PsA;**

**with clinically relevant skin involvement, preference should be given to an IL-17A or IL-17A/F or IL-23 or IL-12/23 inhibitor;**

**with uveitis to an anti-TNF monoclonal antibody;**

**and with IBD to an anti-TNF monoclonal antibody or an IL-12/23i or IL-23i or a JAKi\*.**

1b B

9.6±0.7

\*For JAK-inhibitors, caution is needed for patients aged 65 years or above, current or past long-time smokers, with a history of atherosclerotic cardiovascular disease or other cardiovascular risk factors or with other malignancy risk factors; with known risk factors for VTE.



Editorial

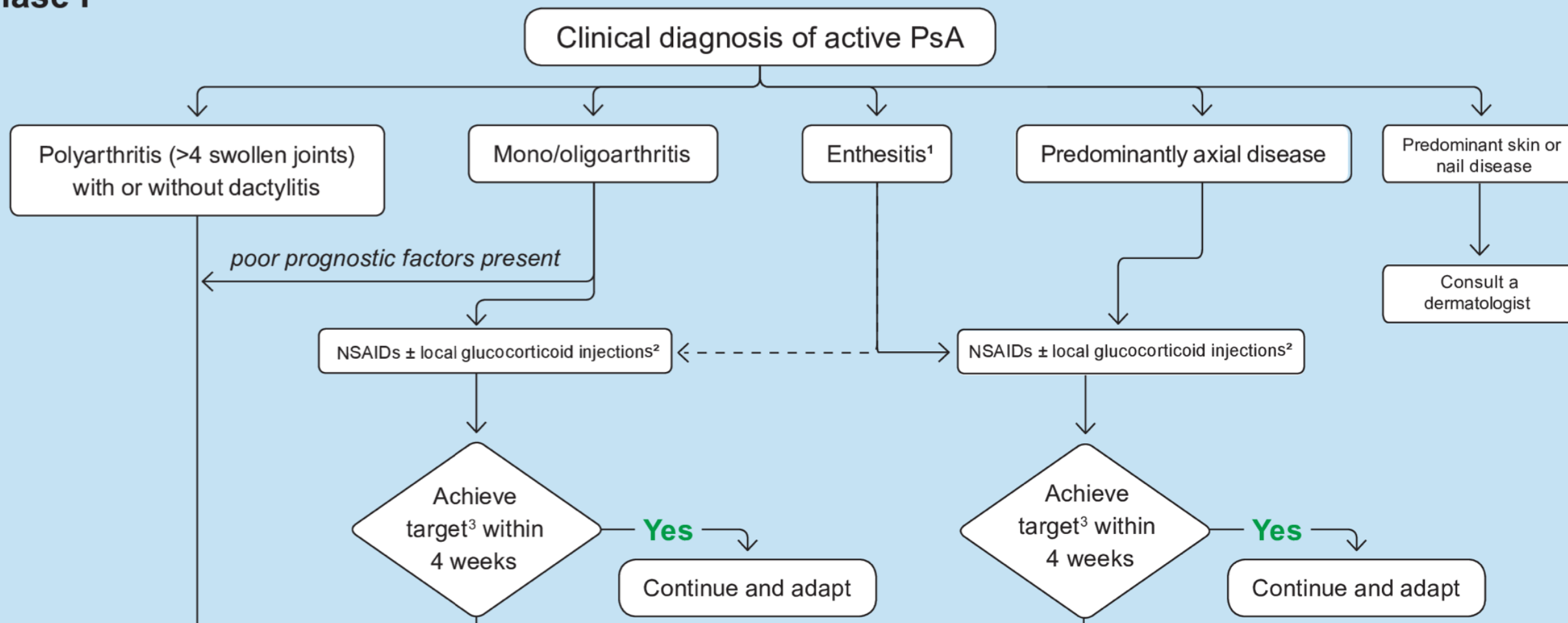
# The updated GRAPPA and EULAR recommendations for the management of psoriatic arthritis: Similarities and differences

Laura Coates<sup>a</sup>  , Laure Gossec<sup>b c</sup>

Show more 

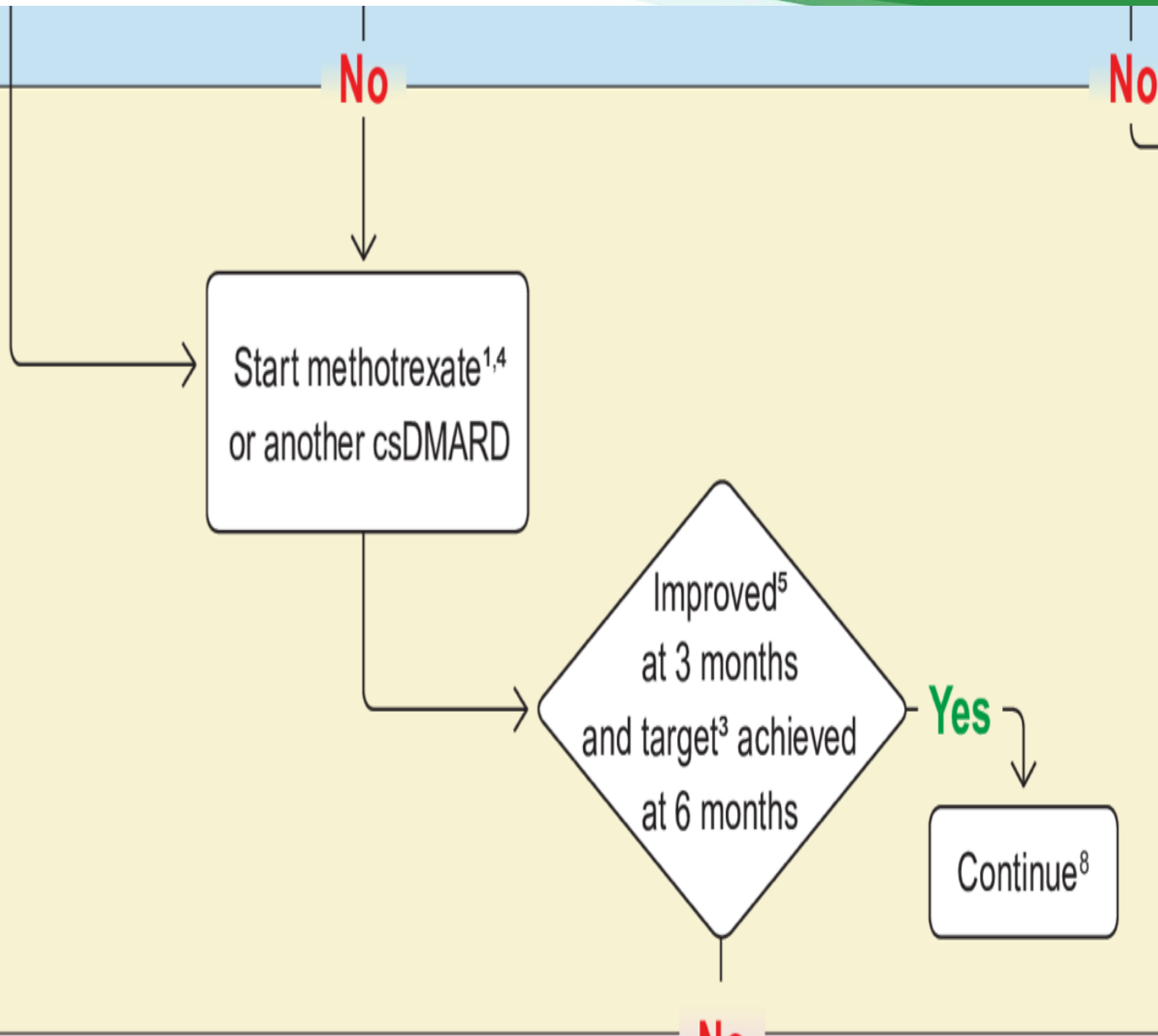
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## Phase I

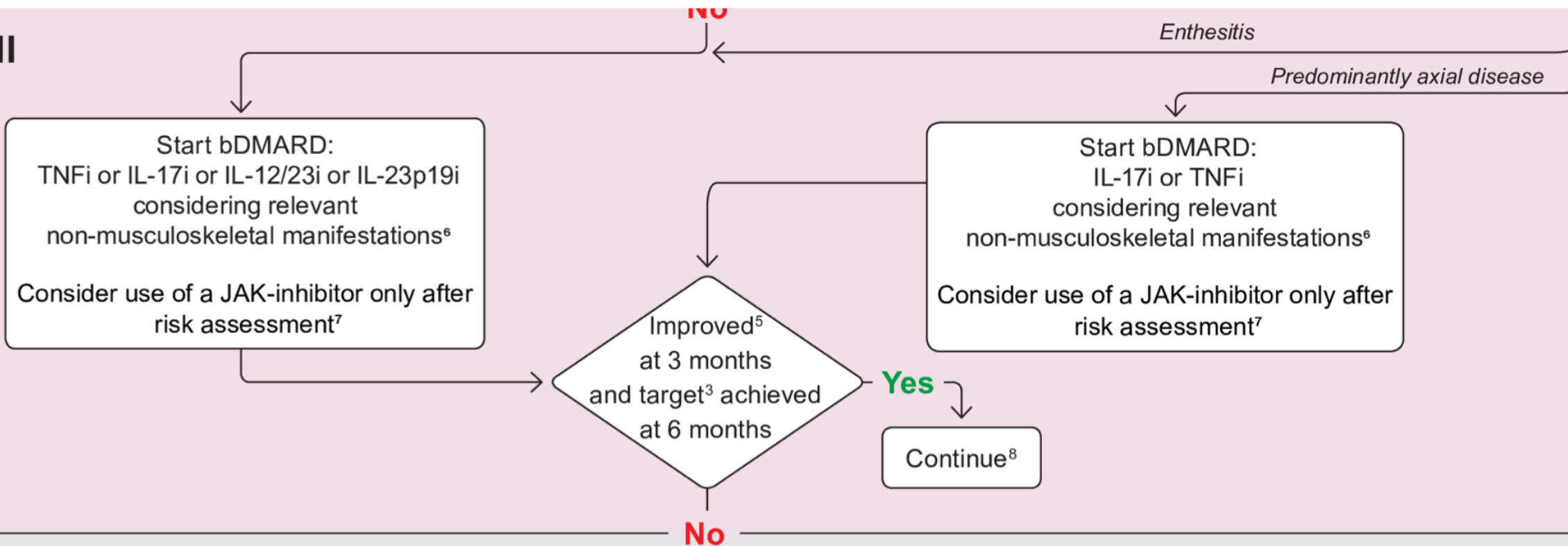


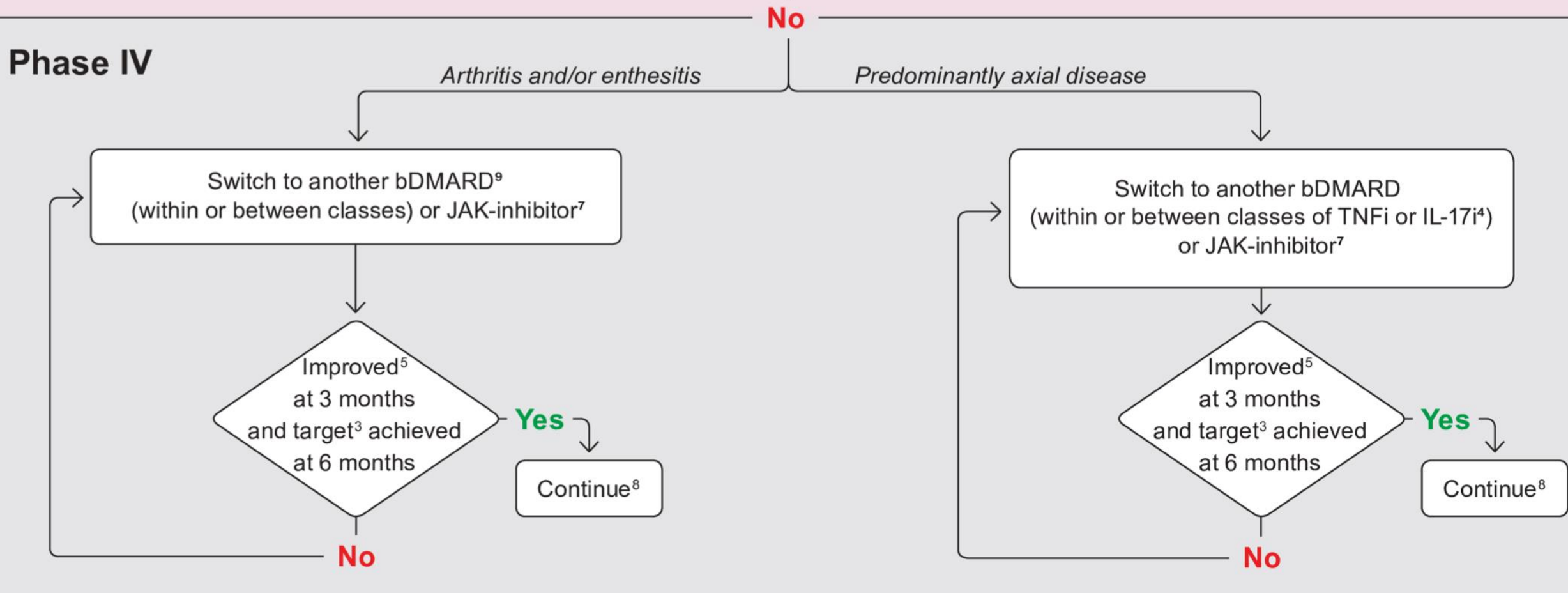


## Phase II



## Phase III





## Skin Domain

Strong recommendations were made for TNF inhibitors, IL-17 inhibitors, IL-12/23 inhibitors and IL-23 inhibitors; newer mode of action drugs (inhibitors of IL-17, IL-12/23 and IL-23) show higher efficacy for skin involvement than TNF inhibitors in studies of psoriasis and/or PsA. The selection of one drug over another should be influenced by the results of head-to-head studies in psoriasis populations, the presence of comorbidities, and disease activity in other PsA domains.

## SEC is the safest Biologic

Table 4 | Summary of recommendations for the treatment of PsA in the case of comorbidities

Comorbidity	NSAIDs	GCs	MTX and/or LEF	TNF inhibitor	IL-17 inhibitor	IL-12/23 inhibitor, IL-23 inhibitor	JAK inhibitor	PDE4 inhibitor
Elevated risk of CVD	Caution	–	–	–	–	–	Caution	–
Congestive heart failure <sup>a</sup>	–	Caution	–	Avoid	–	–	–	–
Elevated risk for VTE	–	–	–	–	–	–	Caution	–
Obesity	–	–	Caution	–	–	–	–	–
Fatty liver disease	–	–	Avoid	–	–	–	–	–
Active hepatitis B or C	–	–	Avoid	Caution	Caution	Caution	Caution	Caution
HIV	–	–	–	Caution	Caution	Caution	Caution	Caution
Tuberculosis	–	–	–	Caution	Caution	Caution	Caution	Caution
History of recent malignancy	–	–	–	Caution	Caution	Caution	Caution	Caution
MS and/or demyelinating disease	–	–	–	Avoid	–	–	–	–
Depression and/or anxiety	–	–	–	–	–	–	–	Caution

CVD, cardiovascular disease; GC, glucocorticoid; JAK, Janus kinase; LEF, leflunomide; MS, multiple sclerosis; MTX, methotrexate; PDE4, phosphodiesterase 4; PsA, psoriatic arthritis; VTE, venous thromboembolism. <sup>a</sup>Severe or advanced; class III or IV according to the New York Heart Association (NYHA) Functional Classification.



# Back to our patients

1) hypertensive

2) dyslipedemic

3) Family history of IHD

4) BMI 29 kg/m<sup>2</sup>

# CVS in psoriasis



## Role of PsA in Developing CV Events

**Psoriatic disease and its associated comorbidities:**

- Metabolic Syndrome

**Cardiovascular comorbidities show the highest incidence among PsA comorbidities**

Increased coagulability, adhesiveness, and permeability of the endothelium  
Elevated VCAM-1, ICAM-1, E-selectin, P-selectin, and endothelin-1  
Imbalance of vasoactive substances

**PsA is associated with a  
55%  
increased risk of developing cardiovascular diseases**

**Cardiovascular events**

# EULAR points to consider for reporting/screening/preventing comorbidities

Points to consider	level of evidence	Mean (SD) level of Agreement
<b>Cardiovascular diseases</b>		
1. History of myocardial infarction, pectoris angina, stent, stroke, transient ischaemic attack, heart failure and lower limb peripheral arterial disease should be documented	5	9.7 (0.5)
2. Cardiovascular risk factors such as smoking status, body mass index, history of hypertension, hypercholesterolaemia, renal insufficiency and HEART-SCORE index should be documented	10	9.5 (0.9)
3. Current cardiovascular treatments such as antihypertensive therapy, antiplatelet therapy, diabetes insulin or non-insulin therapies, lipid-lowering agents and anticoagulants should be documented.	5	9.6 (0.7)

**How all of that would affect our treatment choice?**



# Is it safe to start secukinumab



# **Effect of secukinumab on CardioMetabolic Risk and Systemic Inflammation in PsA Patients.**



Comorbidity	NSAIDs	GCs	MTX and/or LEF	TNF inhibitor	IL-17 inhibitor	IL-12/23 inhibitor, IL-23 inhibitor	JAK inhibitor	PDE4 inhibitor
Elevated risk of CVD	Caution	–	–	–	–	–	Caution	–
Congestive heart failure <sup>a</sup>	–	Caution	–	Avoid	–	–	–	–
Elevated risk for VTE	–	–	–	–	–	–	Caution	–
Obesity	–	–	Caution	–	–	–	–	–
Fatty liver disease	–	–	Avoid	–	–	–	–	–
Active hepatitis B or C	–	–	Avoid	Caution	Caution	Caution	Caution	Caution

## Secukinumab Effects on Cardiometabolic Risk and Systemic Inflammation in Patients with Psoriasis, Psoriatic Arthritis and Axial Spondyloarthritis: Results from Post Hoc Analyses of Pooled Data from 19 Phase 3/4 Clinical Studies

Joseph Merola<sup>1</sup>, Iain McInnes<sup>2</sup>, Atul Deodhar<sup>3</sup>, Erhard Quebe-Fehling<sup>4</sup>, Maher Aassi<sup>4</sup>, Michael Peine<sup>4</sup> and **Nehal Mehta**<sup>5</sup>, <sup>1</sup>Department of Dermatology and Department of Medicine, Division of Rheumatology; Brigham and Women's Hospital, Harvard Medical School, Newton, MA, <sup>2</sup>University of Glasgow, School of Medicine, Glasgow, Scotland, United Kingdom, <sup>3</sup>Oregon Health & Science University, Portland, OR, <sup>4</sup>Novartis Pharma AG, Basel, Switzerland, <sup>5</sup>NHLBI/National Institutes of Health, Bethesda, MD

**Objective:** to assess the effect of IL-17A inhibition with secukinumab on CV risk parameters in PsO, PsA and AxSpA patients over 1 year of treatment measured by hsCRP and NLR.



9,197 patients from 19 clinical trials

**NLR:** Neutrophil to Lymphocyte Ratio  
**hsCRP:** High Sensitivity CRP



Median	PsO			PsA			AxSpA		
	Secukinumab		PBO	Secukinumab		PBO	Secukinumab		PBO
	300 mg N=123	150 mg N=126		300 mg N=81	150 mg N=90		300 mg N=76	150 mg N=117	
Overall population									
hsCRP (mg/L)	rapidly reduced both hsCRP								
Baseline	2.5	2.6	2.5	4.6	4.2	4.4	6.8	6.2	6.0
Week 12/16^	1.8*	1.7*	1.2	2.4*	2.3*	4.6	2.2*	2.9	1.4
Week 52	1.9	1.9	-	2.1	2.2	-	2.1	2.1	-
Overall population									
NLR									
Baseline	3.2	2.5	2.6	2.6	2.6	2.5	2.2	2.5	2.5
Week 12/16^	2.1*	2.1*	2.4	2.2*	2.2*	2.5	2.0§	2.1*	2.5
Week 52	2.0	2.1	-	2.1	2.2	-	2.1	2.1	-

**secukinumab administration rapidly reduced both hsCRP and the NLR at Week 12 (PsO) or Week 16 (PsA/AxSpA) in the overall population**

**NLR:** Neutrophil to Lymphocyte Ratio  
**hsCRP:** High Sensitivity CRP

## In PsA Patients

### Baseline

Sec 300mg	Sec 150mg	Placebo
4.6	4.2	4.4



### Week 12/16

Sec 300mg	Sec 150mg	Placebo
2.4	2.6	4.3

### Week 52

Sec 300mg	Sec 150mg	Placebo
2.4	2.5	-

In PsA Patients

Secukinumab administration rapidly reduced both hsCRP and the NLR at Week 12 (PsO) or Week 16 (PsA/AxSPA) in high-risk patients defined by having high baseline hsCRP (all  $p < 0.01$ )

Median	PsO								Placebo	
	Secukinumab								4.8	
	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg
High-risk										
hsCRP (mg/dL)										
Baseline										
Week 12/16 <sup>^</sup>										
Week 52										
NLR										
Baseline	2.8	2.9	2.8	2.9	2.8	2.9	2.8	2.9	2.8	2.9
Week 12/16 <sup>^</sup>	2.2*	2.3*	2.8	2.4*	2.8	2.4*	2.8	2.4*	2.8	2.4*
Week 52	2.2	2.3	-	2.2	2.4	-	2.1	2.2	2.4	-

**NLR:** Neutrophil to Lymphocyte Ratio

**hsCRP:** High Sensitivity CRP

Median		PsO		PsA		AxSpA	
		Secukinumab		Secukinumab		Secukinumab	
		300 mg N=3,285	150 mg N=765	300 mg N=887	150 mg N=907	300 mg N=76	150 mg N=1,177
Serum Fasting	Baseline	5.2	5.2	5.2	5.2	4.8	5.0
Glucose (mmol/L)	Week 52	5.2	5.2	5.2	5.2	5.1	5.1
Sy							
pl							
D							
pl							
B							
(K							
R							
C							
Trig							
(mmol/L)	Week 52	1.4	1.6	1.4	1.4	1.1	1.2
Baseline is defined as the last observation, on the day of or before the first dose of study drug. Data are reported 'as observed' in patients with baseline value and at least one post-baseline value.							

**Reduction was maintained for at least 1 year of Secukinumab therapy in all traditional CV Risks**

Patient started Secukinumab with  
half loading dose  
then continue on 2 vial sc every  
month with marked improvement  
of her condition as regards skin  
and the articular affection



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[Dermatol Ther \(Heidelb\)](#). 2021 Oct; 11(5): 1733–1749.

PMCID: PMC8484392

Published online 2021 Aug 28. doi: [10.1007/s13555-021-00599-5](#)

PMID: [34455554](#)

## Real-World Satisfaction with Secukinumab in Clearing the Skin of Patients with Plaque Psoriasis through 24 Months of Follow-Up: Results from US Dermatology Electronic Medical Records

[April W. Armstrong](#),<sup>1</sup> [Dhaval Patil](#),<sup>2</sup> [Eugenia Levi](#),<sup>2</sup> [Catherine B. McGuiness](#),<sup>3</sup> [Xin Wang](#),<sup>3</sup> [Yi Wang](#),<sup>3</sup> [Chi-Chang Chen](#),<sup>3</sup> [Elizabeth Nguyen](#),<sup>2</sup> and [Paul S. Yamauchi](#)<sup>✉4</sup>

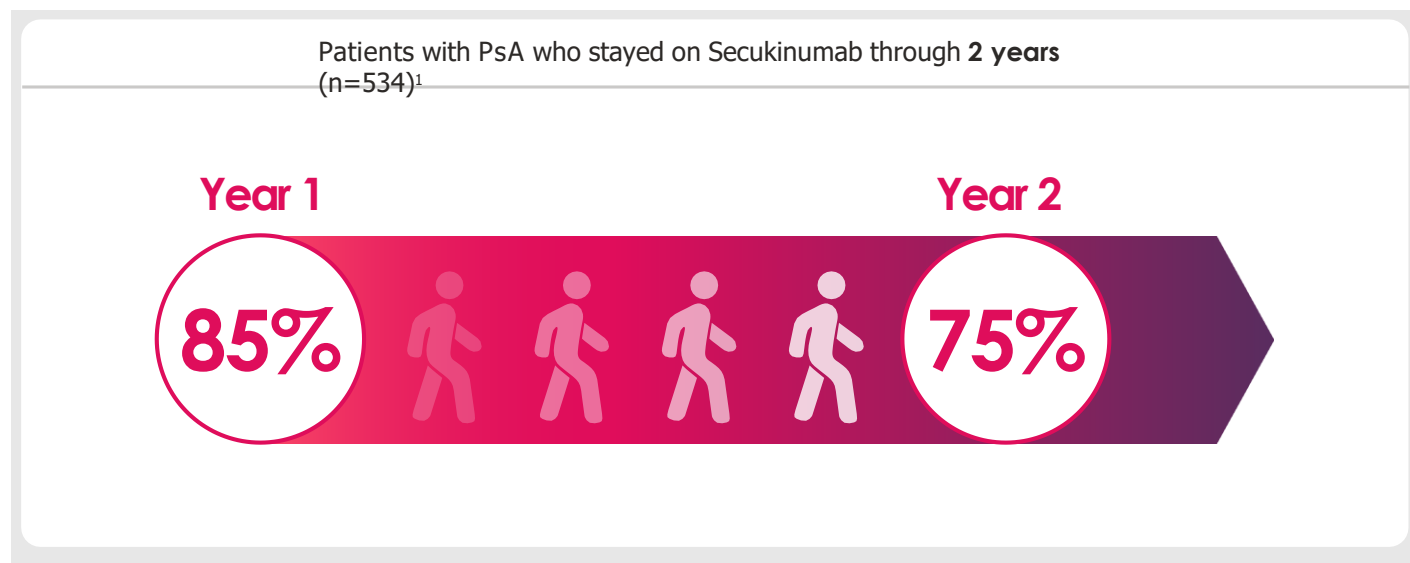
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Associated Data

These real-world findings highlight the high level of sustained satisfaction with secukinumab treatment for improving and maintaining skin clearance in patients with moderate-to-severe disease, regardless of prior treatment experience.

## Lasting retention in patients with moderate to severe PsA

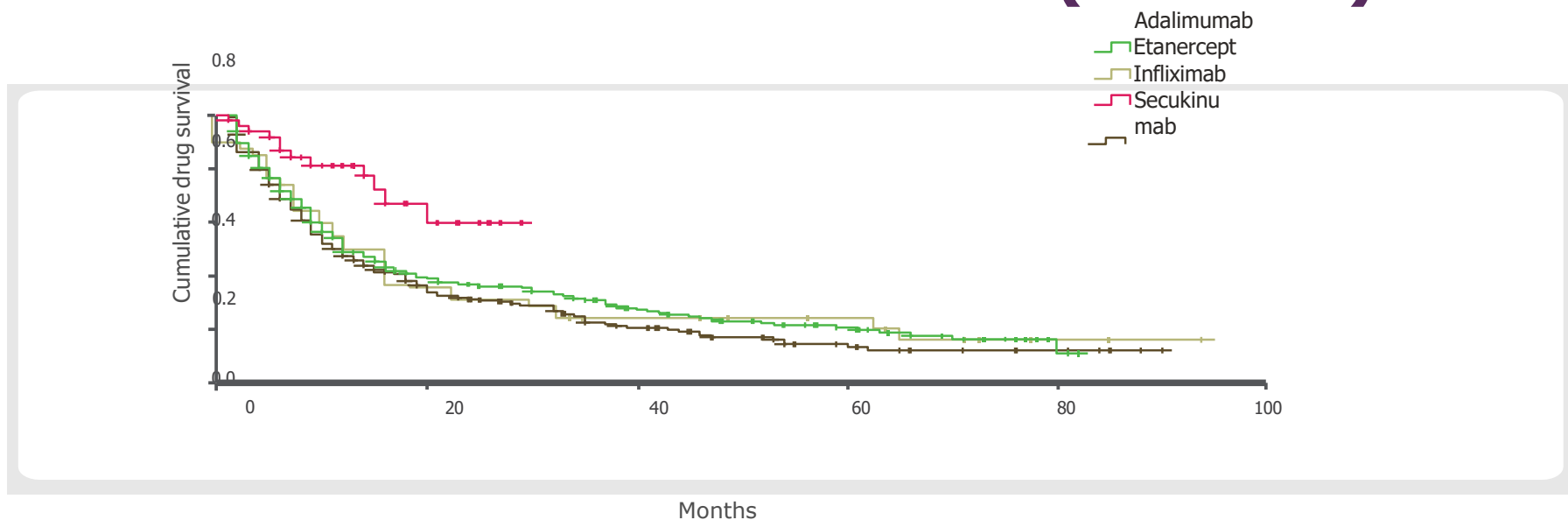
Real-world data show the majority of patients who started on Secukinumab remained on treatment for at least 2 years<sup>1</sup>





# Keep patients on treatment longer with Secukinumab

## Real-world data show superior retention with Secukinumab vs other treatments (N=2301)<sup>1\*</sup>

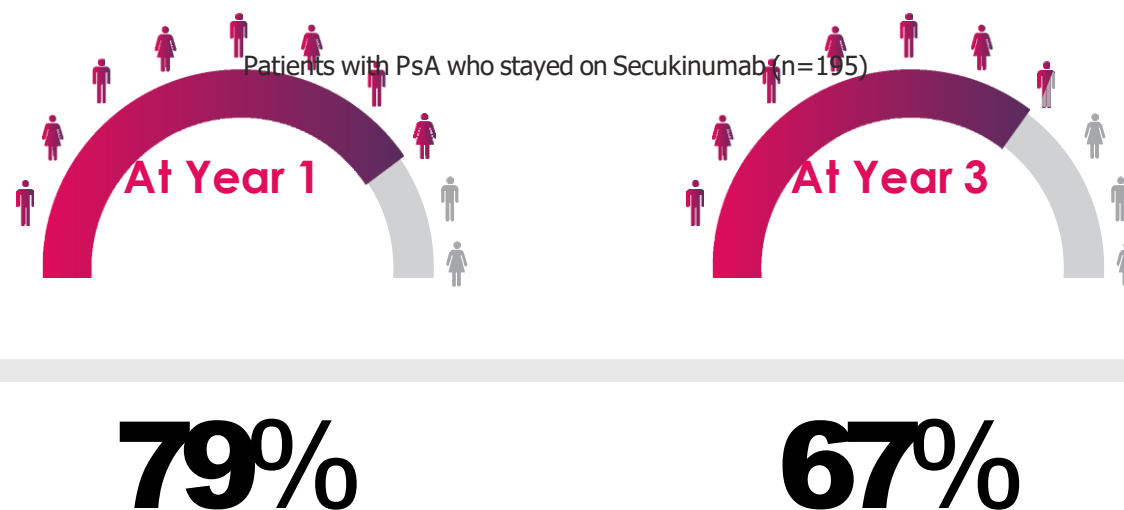


Adapted with permission from Haddad A et al. *Arthritis Res Ther*. 2021.<sup>1</sup> License found [here](#).

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# Strong and lasting retention at 1 and 3 years

Real-world data show the majority of patients stayed on Secukinumab long-term<sup>1</sup>



## A biologic treatment patients stay on

Real-world data show most patients remained on treatment through Year 1 regardless of prior treatment experience<sup>1</sup>

Patients with PsA who continued on Secukinumab throughout 1-year analysis (n=641)



Biologic-naïve patients

**79%**

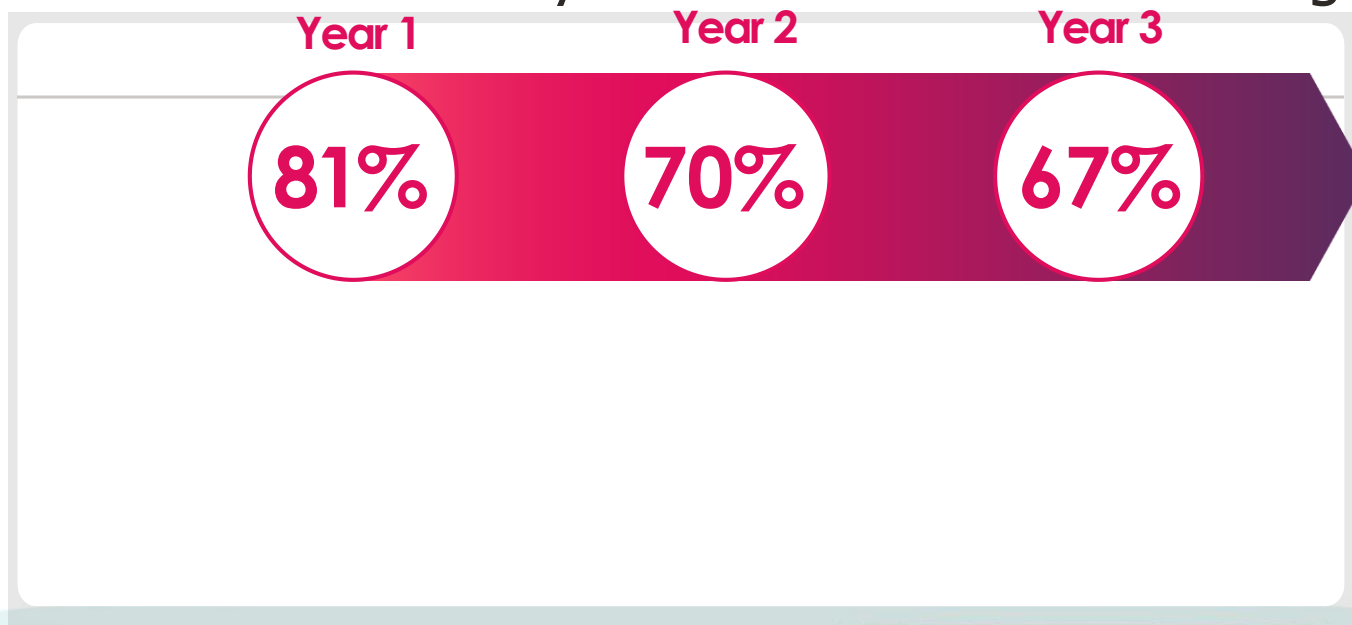
Patients pretreated with biologic

**68%**

**Strong and lasting retention for up to 3 years**

## Real-world data show lasting adherence in patients taking Secukinumab<sup>1</sup>

Patients with PsA who stayed on Secukinumab through **3 years** (n=350)<sup>1</sup>







**Thank  
You!!!**