

# New Treatment Option For Rheumatoid Arthritis Now Available

(NAPSA)—Getting out of bed. Climbing stairs. Picking up the phone. While most people don't think twice about these activities, millions of Americans with an incurable disease known as rheumatoid arthritis (RA) suffer through these tasks in constant pain or cannot manage them at all.

RA causes swelling and stiffening in the joints of the hands, feet and wrists. It can eventually destroy the cartilage and bone in the joints, gradually disabling sufferers.

The good news for many RA sufferers is that a new, easy-to-use RA treatment is now available to help fend off the disease.

Humira, also known as adalimumab, works by blocking a protein that plays a key role in joint inflammation. The drug is indicated for reducing the signs and symptoms of RA and inhibiting disease progression in adults with moderately to severely active RA who have had insufficient response to one or more traditional disease modifying antirheumatic drugs.

"In my experience with Humira, some patients see a rapid improvement in their signs and symptoms in as early as one week, which allows them to participate



in normal daily activities," said Michael Schiff, M.D., director of clinical research at the Denver Arthritis Clinic and clinical professor of medicine in the Rheumatology Division of the University of Colorado School of Medicine. "Just as important is the ability of Humira to slow the damage to the joints that occurs over time."

Although RA cannot be cured, the inflammation people with RA experience can be controlled if recognized and treated aggressively.

## **The Convenience of Humira**

Patients usually administer Humira via injection every other week. Humira comes in a prefilled

syringe specially designed for patients with limited use of their hands as a result of the destructive progression of the disease.

The syringe has unique plastic wings that are easy to hold and that allow patients to self-administer Humira at home without having to mix or measure their medication. An independent panel of health professionals and people with arthritis reviewed this design, which received the Arthritis Foundation Ease of Use Commendation Seal.

"Humira ended the pain I experienced with RA and gave me the energy to participate in activities I had not been able to partake in, such as exercise," said Betty Timms-Ford of Centennial, Colo.

RA affects more than 2 million Americans and is most commonly diagnosed between the ages of 40 and 70. Women account for about 75 percent of all cases.

Experts recommend that individuals who think they have RA consult a rheumatologist. Rheumatologists specialize in RA and can determine if Humira is the right treatment for them.

Additional information, including full prescribing information, is available at [www.HUMIRA.com](http://www.HUMIRA.com).



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### *Important Safety Information*

*Cases of tuberculosis, frequently disseminated or extra pulmonary at clinical presentation have been observed in patients receiving Humira. Serious infections and sepsis, including fatalities, have been reported with the use of TNF-blocking agents, including Humira. Many of these infections occurred in patients on concomitant immunosuppressive therapy that in addition to their underlying disease could predispose them to infections. Other invasive opportunistic fungal infections have also been observed in patients treated with TNF-blocking agents, including Humira. TNF-blocking agents, including Humira, have been associated in rare cases with exacerbation of demyelinating disease. The most frequent adverse events seen in the placebo-controlled clinical trials (Humira vs. placebo) were upper respiratory infection (17 percent vs. 13 percent), injection site pain (12 percent vs. 12 percent), headache (12 percent vs. 8 percent), rash (12 percent vs. 6 percent) and sinusitis (11 percent vs. 9 percent). Discontinuations due to adverse events were 7 percent for Humira and 4 percent for placebo. As with any treatment program, the benefits and risks of Humira should be carefully considered before initiating therapy.*