Arthritis

Arthritis is not a single disease; it is an array of conditions that cause joint pain and swelling. Arthritis is common and often debilitating, making it the leading cause of disability in the United States. Major categories of arthritis include osteoarthritis, rheumatoid arthritis, fibromyalgia, gout, and juvenile arthritis. Thanks to research advances, treatments for arthritis can alleviate symptoms and in some cases, slow or stop the progression of the disease.

Research Delivers Solutions

Roughly 5 in 1,000 people have rheumatoid arthritis, which occurs when the immune system attacks the body’s own tissues, particularly around the joints. Treatment has evolved from managing symptoms to actually preventing further joint damage, using traditional “small-molecule” drugs as well as newer biologics—genetically-engineered proteins that target specific aspects of the immune system. Novel biologic agents continue to be developed, providing additional treatment options for patients who do not respond to the currently-available therapies.

Osteoarthritis, caused by the breakdown of cartilage within a joint, is the most prevalent form of arthritis. Treatments for osteoarthritis focus on alleviating symptoms and improving quality of life. However, as our understanding of this disease has improved, scientists are working on new therapies that could slow, stop, or even reverse the progression of the disease.

Research has demonstrated that treating arthritis earlier can slow or prevent its progression and improve patient outcomes. New imaging techniques are being developed that could allow for the earlier detection of various types of arthritis.

COST

$304 billion:
Combined cost of medical care and lost wages due to arthritis in the United States in 2013.

1 in 4 adults with arthritis have work limitations.

Total health care costs are 3x higher for Medicare patients with rheumatoid arthritis compared to other Medicare patients.

Majority Say Current Spending on Research to Prevent, Cure and Treat Disease is Not Enough

The U.S. spends about 5 cents of each health dollar on research to prevent, cure and treat disease and disability. Do you think that this is too much, the right amount, or not enough?
**Prevalence of Arthritis in Adults, 2017**

**Spotlight on Juvenile Arthritis**

The most common form of juvenile arthritis, juvenile idiopathic arthritis (JIA) is an autoimmune disorder of unknown cause. Left untreated, JIA can cause serious complications like growth problems and vision impairment. Due to treatment advancements, disability and disease activity in children with JIA have declined significantly over the past 25 years. Scientists are also making progress towards understanding what causes JIA. In a recent study of young identical twins girls, researchers identified a single mutation in a gene in both girls. They then used a genetically-edited mouse model to confirm that this gene plays a role in the disease. Such studies could help unlock better treatments, and perhaps one day, a cure.

1. “What is Arthritis?” The Arthritis Foundation
2. “Arthritis Basics.” Centers for Disease Control & Prevention
3. “Arthritis-Related Statistics.” Centers for Disease Control & Prevention
4. “Arthritis National Research Foundation”
5. “Arthritis Comorbidities.” Centers for Disease Control and Prevention
6. “Arthritis.” Centers for Disease Control and Prevention
11. “Osteoarthritis (OA)” Centers for Disease Control and Prevention
17. American College of Rheumatology (ACR). “Recent advances in medicine lead to better health for children with juvenile arthritis.” 2013

**SOURCE:** Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data [accessed Jun 17, 2019].

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