



Effect Of Biological Treatments On Fatigue In Spondyloarthritis
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INTRODUCTION

Axial spondyloarthritis is an inflammatory joint disease that can lead to disability and a marked deterioration in patients' daily lives. One of the primary goals of treatment is to improve the quality of life of people living with Axial Spondyloarthritis. Fatigue has been identified as a major component of the disease's impact, as in many chronic diseases.

The aim of our study is to evaluate the effect of bDMARDs on fatigue after 6 months and 12 months of treatment.

MATERIALS AND METHODS

Prospective and descriptive multicenter study was conducted , **Inclusion criteria:** patients followed for SpA according to the Assessment of SpondyloArthritis International Society (ASAS) classification criteria for SpA under different bDMARDs. Epidemiological, clinical and biological data were collected and analyzed.

Each patient was subject to an assessment of fatigue at the beginning of the study, at 6 months and at 12 months of treatment. Fatigue was measured using a VAS from 0 to 10 (0 = no fatigue, 10 = extreme fatigue).

RESULTS

A total of 81 patients were included. The average age was 37.21 years. The sex ratio M/F was 1.77. Regarding the history: 17 had coxitis, 10 patients were diabetic, 8 had a history of tuberculosis, and 3 patients were hypertensive. The average duration of the evolution of the Spa was 32.7 months. The drugs used were as follow : 32.1% under Infliximab, 30.86% under Etanercept, 14.81% under Adalimumab, 11.1% under Golimumab, 7.4% under Anti IL17 and 3.7% under Certolizumab (figure 1) with a average duration of use of 32.4 months at inclusion.

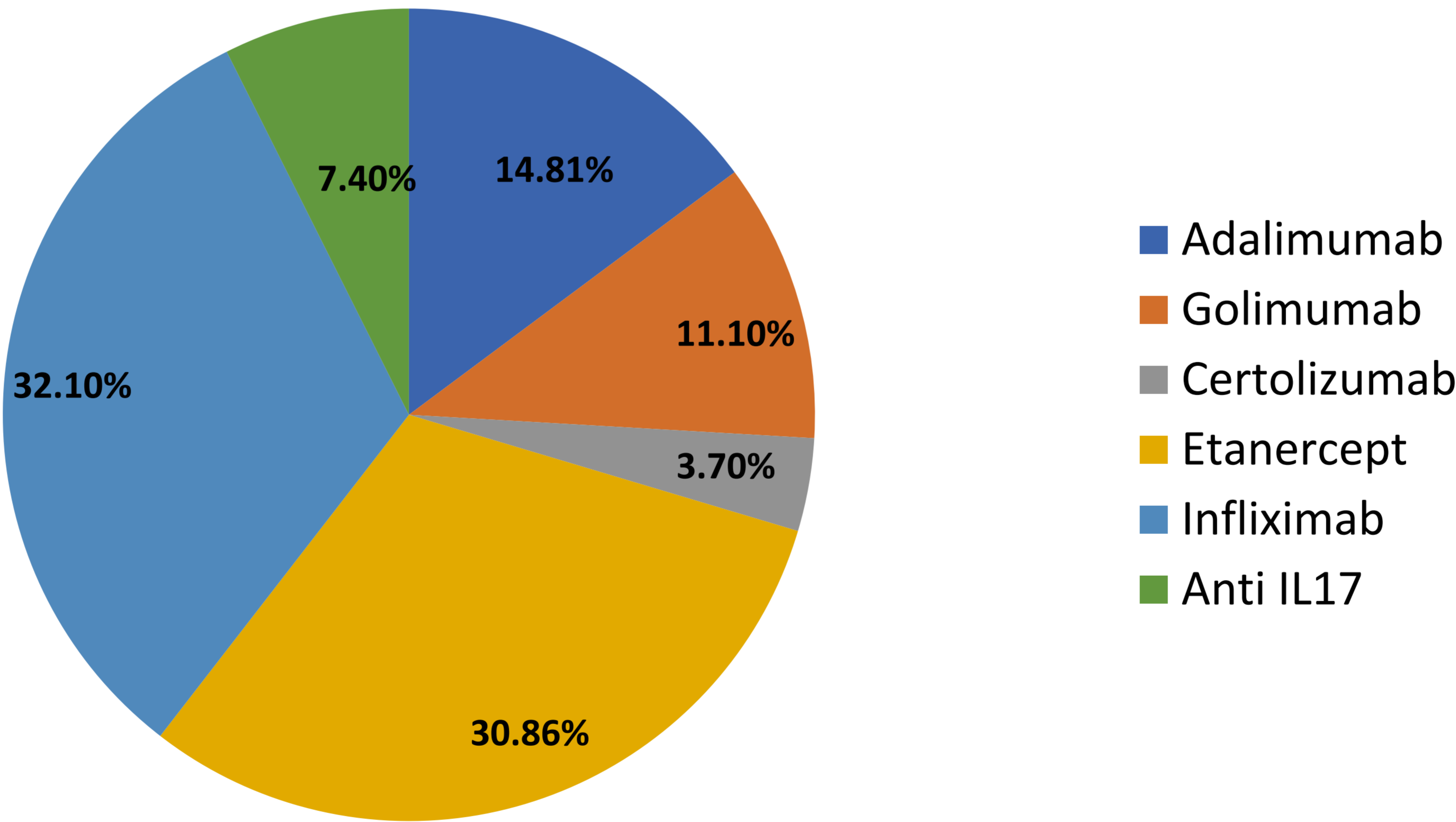


Figure 1:Distribution of biological treatments

Regarding disease activity at baseline: mean VAS pain was 5/10. average number of tender and wollen joints was 6.32 and 3.14, respectively, and mean CRP was 21.7 mg/l.

Fatigue was studied in all patients with a mean VAS of 7.54. At the 6-month and 12-month visits, the mean fatigue VAS was 5.43 (p = 0.02) and 4.98 (p = 0.003), respectively.

CONCLUSION

All biologics appear to be beneficial on both spondyloarthritis activity and fatigue especially after 6 months of treatment, as shown in our study. However, further studies are now needed to investigate this effect for each biologic agent.