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**Efficacy and Tolerance of Methotrexate in the Treatment of Rheumatoid Arthritis**

**Introduction**

Methotrexate (MTX), taken at a low weekly dose as part of the treatment for rheumatoid arthritis (RA), is still considered the standard treatment for this condition. It is known to be well tolerated, provided that contraindications are observed and the treatment is optimized effectively.

**Objective**

Evaluate the efficacy and tolerance of methotrexate for patients with rheumatoid arthritis, as well as identify predictive factors of the response to this treatment.

**Methods**  
A retrospective study conducted in the rheumatology department of Mohammed VI University Hospital in Marrakech over a period of three years (2021-2023) focused on 100 patients diagnosed with rheumatoid arthritis, receiving MTX as the first-line disease-modifying treatment.

**Results**  
The average age of participants was 49.47 years, with a marked female predominance of 95%. During the first year, 55% of patients demonstrated a response that met the EULAR response criteria (DAS28), a percentage that increased to 70% in the second year. Additionally, remission was observed in 7% of cases. Side effects were reported by 42% of participants, although MTX was permanently discontinued in only 14% of cases. The treatment retention rate for MTX was 84% at the end of the first year and 78% at the end of the second year. Adverse effects were the primary barrier to maintaining treatment. Predictive factors for a positive treatment response included younger age (p=0.002), lower disease activity (p=0.03), and a decreased level of initial inflammatory syndrome (p=0.002).

**Conclusion**

Our results show that methotrexate maintains its effectiveness beyond 24 months of treatment, while exhibiting a satisfactory tolerance profile.

