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Towards rheumatoid arthritis cure: Optimizing therapy and prediction of relapse after tapering medications

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The substantial improvement in the management of inflammatory arthritis and the control of the inflammatory process whether by using synthetic or biologic disease-modifying anti-rheumatic drugs (DMARDs), have led to a significant change in the patients' clinical outcomes and targets of management. After inducing remission was considered, by all the disease management guidelines, as the treatment goal; sustained remission became the desired target. Reaching this stage paved the way for another query regarding the optimal management approaches and whether the patients have reached a phase of disease control that warrants stopping the treatment, i.e. disease cure. This presentation will discuss the recent concepts of defining remission in patients with inflammatory arthritis and the outcomes of a recent study carried out studying the optimum strategies towards drug discontinuation and best biomarkers, whether radiologic, laboratory or clinical; which may help in predicting the risk of relapse in the subgroup of inflammatory arthritis patients who achieved that target and stopped their treatment. The presentation will also present how to set a tailored and dynamic treatment strategy for inflammatory arthritis patients who achieved full disease control; with views towards pre-medication discontinuation assessment as well as post-treatment stopping monitoring.

Biography

Professor El Miedany, graduated from Ain Shams University, Cairo, Egypt with an honor degree in 1984. He underwent early postgraduate training at the University Hospitals. He furthered his training in rheumatology at the Centre for Rheumatic Diseases, Royal Infirmary, Glasgow University; where he carried out his MD thesis about pulmonary affection in patients with rheumatoid arthritis and whether it is genetically related. Dr. El Miedany got Diploma in internal medicine, Master degree and MD in Rheumatology. Dr. El Miedany has been appointed Professor of Rheumatology and Rehabilitation, Ain Shams University, Egypt, since 2005. Currently he is honorary senior clinical lecturer, King's college, London; and also Consultant Rheumatologist, NHS England. Prof. El Miedany is a fellow of the Royal College of Physicians (FRCP, London), American College of Rheumatology, British Society for Rheumatology and is a regional coordinator for the Paediatric Rheumatology International Organization (PRINTO). Prof. El Miedany works closely with skilled and highly motivated medical colleagues and a team of dedicated musculoskeletal occupational and physiotherapists. This allows access to the full range of therapies available for simple and complex musculoskeletal disease including the Biologic therapies. He has special interest in Musculoskeletal Ultrasonography with wide experience in both diagnostic and US guided therapeutic procedures. He was an early proponent of the targeted treatment of inflammatory arthritis and the importance of measuring disease activity as well as patient reported outcomes in order to help guide treatment decisions. Prof. El Miedany has more than 200 publications published in international peer reviewed journals as well as elite conferences such as EULAR, ACR and BSR. He has been an invited speaker at many international rheumatology meetings and symposia worldwide. He authored/ co-authored several chapters in international rheumatology text books and has been the editor for 3 books, Publisher Springer. He is a reviewer for several international rheumatology journals and is associate editor for BMC: Musculoskeletal. His h-index is 20 and i10-index of 30. His has a research gate score of 40.17. His is currently working on a new book about "Comorbidity in Rheumatic Diseases" (Publisher: Springer). His website: www.rheumatology4u.com provides specialized help to both patients suffering from variable rheumatic diseases as well as rheumatologists and specialist rheumatology nurses.

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