

# THE IMPACT OF RHEUMATOID ARTHRITIS (RA) ON CANADIANS

Rheumatoid arthritis (RA) is a chronic, progressive and often debilitating inflammatory disease that causes pain, stiffness, swelling and loss of function in the joints. It can affect people of any age, but often begins between the ages of 30 to 50. About 300,000 Canadians live with RA.<sup>1,2</sup>

**A recent survey of 751 Canadians<sup>3</sup> living with rheumatoid arthritis reveals:**

## RA NEGATIVELY IMPACTS QUALITY OF LIFE



**3 IN 5**

have difficulty performing daily activities or need support with daily living



Nearly **70%**

have to give up activities (e.g. school, work, social commitments)



Nearly **1/2**

of working-age Canadians changed their career goals because of the disease

**Even with current RA treatments, many patients *always or often* experience symptoms**



**88%**

Pain



**86%**

Morning joint stiffness



**85%**

Throbbing, aching joints or joint tenderness



**79%**

Fatigue

**3 IN 4**

believe it's possible to feel **BETTER** than they currently do



## MORE DIALOGUE NEEDED BETWEEN RHEUMATOLOGISTS AND PATIENTS

**75%** of people believe their rheumatologist understands what they're going through

however...

**1 IN 3**

don't talk to their doctor about how they're feeling  
sometimes tell their doctor they are feeling OK even when they're not

### Remission isn't discussed enough



**NEARLY 1/2** don't understand remission is possible when you have RA

**3 IN 5** haven't discussed or don't remember discussing remission with their rheumatologist

### People don't fully understand their own disease

**ABOUT 1 IN 4:**

don't understand that RA is irreversible  
don't understand that with proper treatment, they can lead a full and active life



**IT IS POSSIBLE TO ACHIEVE REMISSION OR LOW DISEASE ACTIVITY WHEN LIVING WITH RA. HONEST DIALOGUE WITH YOUR RHEUMATOLOGIST IS AN IMPORTANT FIRST STEP.**

References:

1. [https://arthritis.ca/about-arthritis/arthritis-types-\(a-z\)/types/rheumatoid-arthritis](https://arthritis.ca/about-arthritis/arthritis-types-(a-z)/types/rheumatoid-arthritis)  
2. <https://www.rheumatology.org/I-Am-A/Patient-Caregiver/Diseases-Conditions/Rheumatoid-Arthritis>. Accessed on December 5, 2019.  
3. AbbVie commissioned Leger to conduct an online survey of 751 Canadians living with rheumatoid arthritis. The survey was completed between October 24 and November 11, with a margin of error is +/- 3.6%, 19 times out of 20.

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