

Please note that this summary only contains information from the full scientific article:

[View Scientific Article](#)

Identifying characteristics linked with response to etanercept plus methotrexate in people with rheumatoid arthritis from Latin America



Erythrocyte
<uh-RI-thruh-sait>

Etanercept
<eh-TEH-ner-sept>

Methotrexate
<meh-thow-TREK-seit>

Rheumatoid arthritis
<roo-MAH-toid ah-THRI-tis>

Tumor necrosis factor
<TOO-mer ne-KROH-sis FACT-or>

Date of summary: February 2021

Study number: NCT00848354

Study start date: June 2009

Study end date: April 2013

The full title of this article: Predictors of response to etanercept-methotrexate treatment: a post hoc logistic regression analysis of a randomized, open-label study in Latin American patients with rheumatoid arthritis

The purpose of this plain language summary is to help you to understand the findings from recent research.

- Etanercept is approved to treat the condition under study that is discussed in this summary.
- The results of this single study may differ from those of other studies. Health professionals should make treatment decisions based on all available evidence, not on the results of a single study.

More information can be found in the scientific article of this study, which you can access here: [View Scientific Article](#)

What did this study look at?

- Rheumatoid arthritis (RA for short) is an autoimmune condition, where the body's immune system attacks the lining of joints.
 - The immune system can also attack other parts of the body, including organs such as the heart, lungs, and eyes.
- This causes inflammation, which can lead to symptoms such as pain, swelling, stiffness, and fatigue (extreme tiredness).
- If RA is not treated appropriately, it can cause permanent damage to joints, and can lead to disability.
- Etanercept is a medicine approved for treating people with RA. It reduces inflammation in the body by blocking a chemical messenger called tumor necrosis factor (TNF for short).
 - TNF plays an important role in causing inflammation.
- Etanercept is often given alongside methotrexate, which is another medicine that also reduces inflammation in the body.
- In this analysis, researchers looked at how people from Latin America with RA responded to treatment with etanercept plus methotrexate.
 - Researchers looked at how well people responded to treatment by seeing how many people went into remission.
 - Remission can be measured using a common measurement tool called the disease activity score, which counts the number of painful joints, together with a blood test for inflammation called erythrocyte sedimentation rate. Remission is defined as a disease activity score of 2.6 or lower.
 - People with RA in remission will have a very low level of disease activity and may be experiencing few or no symptoms.
- In this summary, researchers looked at certain characteristics when people with RA started treatment. These characteristics included age, body mass index, how long people had lived with RA, and if they responded to treatment.
 - By identifying those who are more likely to respond to treatment, healthcare professionals and people with RA can make better informed choices about the most appropriate treatments to use.
 - This was the first time that researchers looked at how characteristics of people with RA from Latin America may be linked with how people respond to treatment with etanercept plus methotrexate.

Further information

For more information on this study, please visit:

<https://clinicaltrials.gov/ct2/show/NCT00848354>

For more information on clinical studies in general, please visit:

<https://www.clinicaltrials.gov/ct2/about-studies/learn>



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Who took part in this study?



from **Latin America** received etanercept plus methotrexate
They were from Argentina, Chile, Colombia, Mexico, and Panama
Around 9 out of 10 people were women
Around half of people identified as White, the remainder identified as either African-Latin American, Mestizo, or another ethnicity

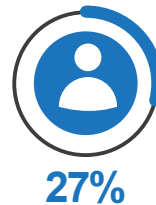


On average, they have had RA for about 8 years

What were the results of the study?

- Researchers found a number of characteristics people with RA had at the beginning of treatment that may help to identify those who were more likely to respond to treatment after 24 and 128 weeks.

After **24 weeks** of treatment (about 6 months)



27%

of people responded to treatment and went into remission
(information was available for 241 people)

People who responded to etanercept plus methotrexate
after **24 weeks** were more likely to...



... be 49 years old
or younger



... have had RA for more
than 3 years and 8 months



... be overweight



... have less active RA



... have 14 or
fewer painful joints

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After **128 weeks** of treatment (about 2 years and 4 months)



42%

of people responded to treatment and went into remission
(information was available for 219 people)

People who responded to etanercept plus methotrexate
after **128 weeks** were more likely to...



... be 42 years old
or younger



... be White



... have better
mental health



... have more than
18 swollen joints



... experience less pain

What were the main conclusions reported by the researchers?

- In this study, researchers identified several characteristics that may help to predict which people with RA from Latin America are more likely to respond to etanercept plus methotrexate:
 - They were more likely to be younger, have had RA for longer, be overweight, have better mental health, and have less active disease when they started treatment.
- The researchers would like to conduct more studies, as some of these results are different from those reported by other researchers in different parts of the world.

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Who sponsored this study?

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