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Sex differences in patient-reported outcome measures and the association with clinical factors in axial spondyloarthritis patients treated with tumour necrosis factor inhibitors

This research investigates how men and women with axial spondyloarthritis (axSpA), a chronic inflammatory disease, differ in their responses to treatment with tumor necrosis factor inhibitors (TNFi). The study analyzed data from over 13,000 patients across 15 European countries. The main findings reveal that women report worse outcomes, such as higher disease activity and more functional limitations, compared to men at the start of treatment and over a 24-month period. These differences doubled within six months of treatment and persisted, despite improvement in both sexes.

For rheumatologists, these findings highlight the importance of recognizing sex-based differences in treatment response and adjusting care strategies accordingly. For patients, it underscores the need for personalized treatment plans that consider these variations to ensure better management of symptoms and quality of life. The study emphasizes the complexity of axSpA management and the necessity for continued exploration of factors influencing treatment outcomes.

Link to the publication: Sex differences in patient-reported outcome measures and the association with clinical factors in axial spondyloarthritis patients treated with tumour necrosis factor inhibitors at <https://doi.org/10.1093/rheumatology/keae370>