

Encouraging those Living with Rheumatic Conditions to "Connect Today" with Their Healthcare Teams

Tuesday, October 8, 2019



Each year on October 12, the European League Against Rheumatism (EULAR) recognizes [World Arthritis Day](#), a global awareness day that aims to raise awareness of the symptoms of rheumatic and musculoskeletal diseases (RMDs). This year's theme, "Don't Delay, Connect Today," recognizes the importance of gaining early diagnosis and access to care.

This World Arthritis Day, Pfizer is encouraging those living with a rheumatic disease to speak up and talk with their doctors and healthcare teams if their disease management plan isn't managing their rheumatic symptoms well enough.

Rheumatic diseases are a diverse group of diseases, including rheumatoid arthritis and psoriatic arthritis, that commonly affect the joints but can also affect the muscles.^[1] Many of these diseases are chronic – or persisting – and tend to worsen over time. The symptoms may come and go unpredictably, often called a flare, and can include pain and fatigue.¹^[2]^[3] Rheumatic diseases can also impact other areas of a person's life, like their self-esteem, relationships, and their ability to complete everyday tasks.¹

At Pfizer, we recognize there may be challenges when it comes to patient and physician communication, including patients feeling uncomfortable raising their concerns and fears with their healthcare team.^[4] This can, at times, lead to a disconnect between the patient and physician when it comes to a patient's treatment goals.

That's why Pfizer has developed resources to help patients communicate their rheumatoid arthritis and psoriatic arthritis goals more effectively with their doctor. To learn about ways to have a productive dialogue with physicians, check out our [Conversation Guide](#). For more on the importance of patient–physician dialogue, watch the video below.

- [1] EULAR. Ten facts about Rheumatic and Musculoskeletal Diseases (RMDs). Switzerland.
- [2] Short V, McBeth J, Druce K, et al. FRI0105 Fluctuating, unpredictable and challenging: how pain, fatigue and sleep disturbance impact quality of life in people with rheumatoid arthritis. *Ann Rheum Dis*. 2017;76:519.
- [3] Arthritis Foundation. Understanding RA Flares. <https://www.arthritis.org/living-with-arthritis/pain-management/flares/ra-flare-up-severity.php>. Accessed August 20, 2019.
- [4] Gibofsky A, Galloway J, Kekow J, et al. Comparison of patient and physician perspectives in the management of rheumatoid arthritis: results from global physician- and patient-based surveys. *Health Qual Life Outcomes*. 2018;16:211.

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