### Rheumatoid Arthritis (RA)
- The most common autoimmune inflammatory form of arthritis.
- Inflamed joint-linings erode cartilage and bone, causing joint deformities and progressive physical disability.
- Affects approximately one in 100 persons worldwide, RA is twice as common in women as in men.

### Osteoarthritis (OA)
- The most common joint disorder, accountable for more disability in the elderly than all other diseases together.
- Cartilage degrades and bone-on-bone contact upon weightbearing and joint mobilisation causes pain, inflammation, swelling and loss of motion.
- By 2050, 130 million people will suffer from osteoarthritis worldwide and 40 million will be severely disabled.

### Gout
- The accumulation of urate crystals in the (joint) tissues can cause acute arthritis and may lead to kidney failure.
- Symptoms include joint damage, renal stone formation and excruciating pain due to acute inflammation.
- The most common cause of inflammatory arthritis in men.
- Almost as many people suffer from gout as RA.

### Systemic Lupus Erythematosus (SLE)
- A systemic autoimmune disease that can cause arthritis and tissue damage in multiple organs leading to serious complications.
- A rare disease, 24/100,000 in the global population suffer from SLE.
- Affects women approximately nine times more frequently than men.

### Juvenile Idiopathic Arthritis (JIA)
- Includes seven subtypes of chronic arthritis in children with uncertain or unknown origin.
- JIA affects a range of children worldwide from 0.07 to 4 in 1,000.
- Symptoms include joint pain, swelling, tenderness and stiffness that lasts for more than six weeks as well as damage to the eyes and lymph nodes.

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**FACTSHEET RMDs 2020**

There are more than 200 rheumatic and musculoskeletal diseases (RMDs).

RMDs commonly affect the joints but can affect any organ in the body.

They can start at any age and can develop in children.

Many of these diseases are chronic and worsen over time, they are typically painful and limit function.

They are usually caused by problems of the immune system, inflammation, infections or gradual deterioration of joints, muscles and bones.

There are more than 200 rheumatic and musculoskeletal diseases (RMDs).
Axial Spondyloarthritis
A chronic inflammatory disease predominantly affecting the spine and the joints connecting the spine and pelvis, which may lead to extra bone formation, resulting in a fused spine.17

- Patients frequently suffer from inflammation in the joints and tendons, as well as psoriasis.
- Inflammatory bowel disease and inflammation of the eye (i.e. uveitis).17
- There are two stages; nonradiographic axSpA, which shows normal joints on a radiograph, followed by the radiographic form also known as ankylosing spondylitis (AS).17
- Up to 0.9% of people worldwide suffer from AS.17

Fibromyalgia
A chronic disorder causing muscle pain, sleep disturbances, headaches, and tingling/numbness of extremities.20

- While the causes are unknown,
- development is often associated with a physically or emotionally stressful or traumatic event.20
- The presence of other rheumatic disease such as RA or SLE may increase the likelihood of developing fibromyalgia.20
- Up to 2% of the population suffers from this condition.21

Osteoporosis
Skeletal disorder characterised by low bone density and structural deterioration of bone tissue, which leads to bone fragility and increased susceptibility to fracture.22

- In the EU 22 million women and 5.5 million men are estimated to have osteoporosis.23

Systemic Scleroderma
Scleroderma leads to fibrosis of the skin and organs.24

- Symptoms include thickened skin, skin discolouration, ulcers, painful and swollen joints and organ manifestations (digestive tract, lungs) due to fibrosis.24,25,26
- There are an estimated 2.5 million active cases of SS worldwide.27

Psoriatic Arthritis
A chronic disease with inflammation of synovial tissues (joints), tendons and skin.18

- PsA-induced joint damage affects
- patients’ ability to work and their social relationships.19
- In the past decade, 40–60% of patients with PsA have developed erosive and deforming joint complications.19

PsA 40–60% of patients with PsA developed joint complications

PsA axial spondylarthropathy
PsA-induced joint damage affects patients’ ability to work and their social relationships.19

1. van der Heijde D, Daikh DI, Betteridge N, et al. Common language description of the term rheumatic and musculoskeletal disorders (RMDs) for use in communication with the lay public, healthcare providers and other stakeholders endorsed by the European League Against Rheumatism (EULAR) and the American College of Rheumatology (ACR). Ann Rheum Dis. 2018;77(8):829-832.