

Investment in research saves lives and money



facts about:

Arthritis

The term arthritis means joint pain. Arthritis includes more than 100 different diseases and conditions, including osteoarthritis, rheumatoid arthritis, lupus, fibromyalgia, scleroderma and gout.

Today:

- More than 46 million adults in the U.S have been diagnosed with arthritis.
- Arthritis is the leading cause of disability in the U.S.
- Nearly two-thirds of people with arthritis are younger than 65 years.
- The CDC projects that the number of adults with arthritis will increase to 67 million by 2030.

SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION (WWW.CDC.GOV)
ARTHRITIS FOUNDATION (WWW.ARTHRITIS.ORG)
NATIONAL INSTITUTE OF ARTHRITIS AND MUSCULOSKELETAL AND SKIN DISEASES (WWW.NIAMS.NIH.ORG)

SAVING LIVES
SAVING MONEY

HOW RESEARCH SAVES LIVES:

- Research funded by the NIH led to the discovery that the drug rituximab, used to treat lymphoma, significantly reduces symptoms of lupus with minimal side effects.
- Research has shown that rheumatoid arthritis is twice as likely to go into remission when treated with a combination of two drugs as when treated with either drug alone. This combination therapy also promises to slow or reverse joint damage caused by the disease.*

SOURCE: NATIONAL INSTITUTES OF HEALTH (WWW.NIH.GOV)
* ROSENFELD, I., DR. ROSENFELD'S 2005 BREAKTHROUGH HEALTH, 2005

HOW RESEARCH SAVES MONEY:

- The CDC reports that adults whose arthritis restricts their activity incur medical costs yearly 12.4% (\$1250) higher than adults who remain active.*
- Education programs such as the Arthritis Self-Help course have been shown to reduce doctor visits by arthritis patients by 40 percent. An analysis of participants taking the course estimated a savings of \$320 per person over four years.**

SOURCE: *WANG, G, ET.AL., ARTHRITIS RHEUM, 2001
**THE PROMISE OF PREVENTION, CDC 2003

"If you think research is expensive, try disease."

— Mary Lasker 1901–1994

The Cost:

- Arthritis costs the nation \$128 billion a year; an estimated \$81 billion in direct medical costs such as hospitalization and \$47 billion for indirect costs such as lost productivity. This does not account for the millions of Americans who suffer from arthritis but have not been diagnosed by a doctor.
- Annual health care costs for disabled employees with rheumatoid arthritis are \$17,822, almost three times more than non-disabled employees with rheumatoid arthritis (\$6131).*

SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION
*BIRNBAUM, HG, ET.AL., J OCCUP ENVIRON MED, 2000

survivor

NAME: MADISON THOMAS AGE: 10
NAME: DYLAN THOMAS AGE: 9
DISEASE: ARTHRITIS



In January 2001, four-year-old Madison Thomas had her first, terrifying experience with juvenile rheumatoid arthritis (JRA). The disease has gone on to affect her knees, toes, neck, elbows, shoulders, wrists and fingers. By October, Madison's younger brother Dylan was also diagnosed with JRA. The Thomas children live each day with the pain and disability of arthritis—sometimes making it hard for them to even walk across a room.

"Arthritis affects everything my kids do," says mother Becky, who also has JRA. "They don't understand why they can't go to school skate nights, why they have to wear splints and why life is different for them than it is for other kids."

In addition to physical therapy, both children take medications to make life easier and less painful. "The medications have helped my kids lead a more normal lifestyle. Thanks to recently developed medications that help prevent joint damage, Madison and Dylan will not have to worry about crippling deformity that used to be a certainty with rheumatoid arthritis," says Becky.

Today, at ages ten and nine, Madison and Dylan still deal with the daily pain of arthritis, but both are active in sports, love school activities and look forward to the day when researchers find a cure.

facts about: } Arthritis

Hope for the Future:

- Researchers are exploring how to use stem cells taken from a person's own body to repair joint and cartilage damage caused by several types of arthritis.
- Scientists are researching biomarkers that will help predict a person's likelihood of developing rheumatoid arthritis. Biomarkers will aide early diagnosis and treatment of the disease, preventing further joint damage.

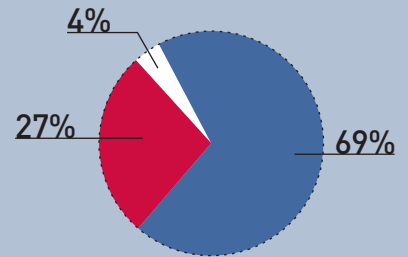
The Bottom Line:

As the nation's population ages, the number of people affected by various forms of arthritis is increasing rapidly. Relief for millions of Americans from the pain, disability and cost of arthritis will come from our nation's investment in research.

Public Support

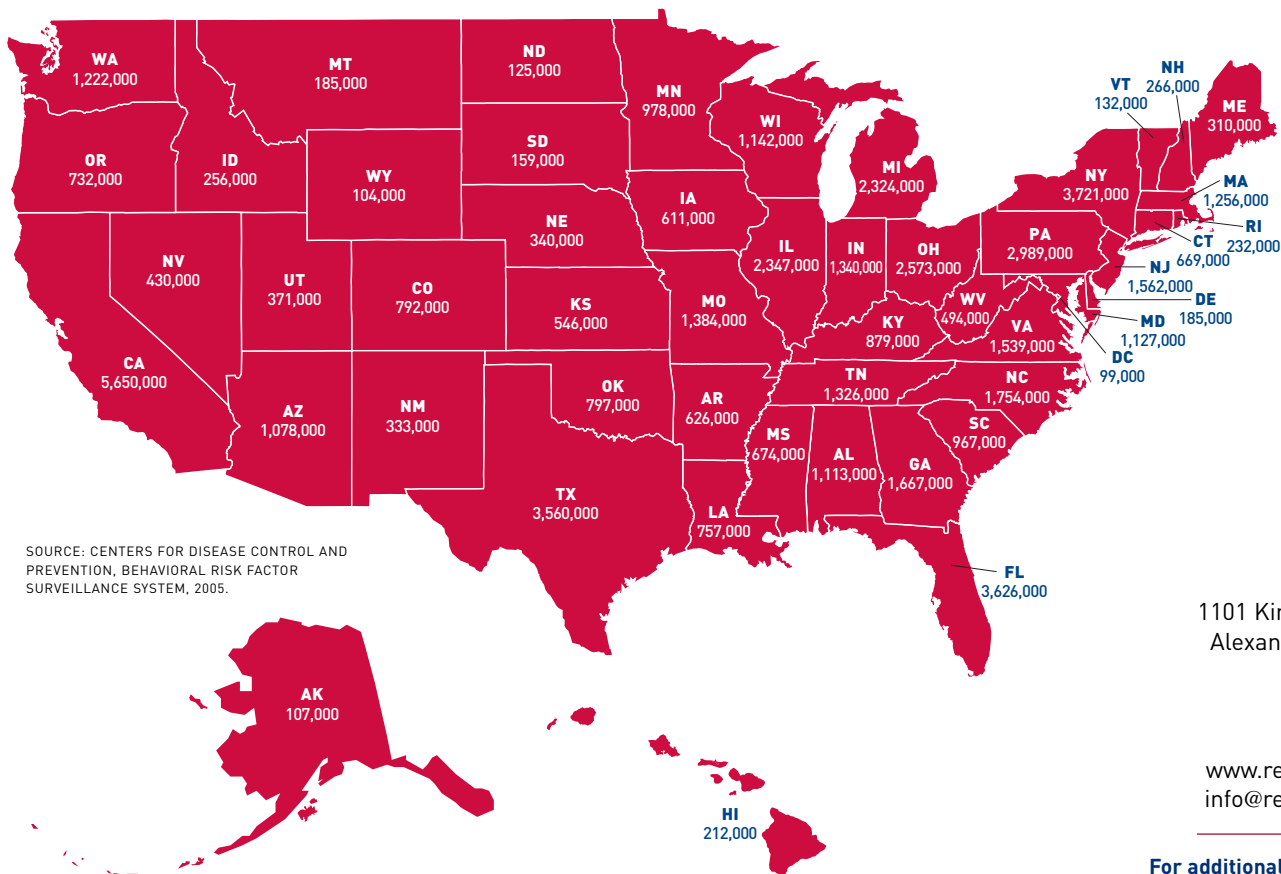
Even if it brings no immediate benefits, basic research which advances the frontiers of knowledge is necessary and should be supported by the federal government.

- Strongly/Somewhat agree
- Strongly/Somewhat disagree
- Don't know



SOURCE: YOUR CANDIDATES—YOUR HEALTH SURVEY, 2006
CHARLTON RESEARCH COMPANY FOR RESEARCH!AMERICA

Number of Adults in the U.S. with Arthritis



SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION, BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM, 2005.

Research!America

1101 King Street, Suite 520
Alexandria, Virginia 22314
703.739.2577
1.800.366.CURE
Fax 703.739.2372
www.researchamerica.org
info@researchamerica.org

For additional information, contact the Arthritis Foundation at 1.800.283.7800; www.arthritis.org

Lasker/Funding First is a founding partner in this series of fact sheets. Lasker/Funding First is the medical and health research policy program of the Mary Woodard Lasker Charitable Trust. www.laskerfoundation.org