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Hot topics on subcutaneous methotrexate in rheumatoid arthritis

medac EULAR satellite symposium in London: International experts share experiences on MTX therapy, biosimilars, cardioprotective effects and patient adherence

London / Wedel (09 June 2016). What are the current best-practice strategies using subcutaneous methotrexate in rheumatoid arthritis? Has the value of methotrexate as anchor drug changed in the age of biologicals and biosimilars? What is known about the effects and mechanisms conveyed by methotrexate (MTX) on the cardiovascular system? How can rheumatologists influence patient adherence?

These current topics in the field of rheumatology will be covered by this year's EULAR satellite symposium held by medac, the world-wide leading provider of subcutaneous methotrexate.

“We are very much looking forward to the symposium,” states Heiner Will, Managing Director of medac. “Especially due to the participation of the former ACR president, Dr. Stanley Cohen, United States, who is going to share his expertise on subcutaneous methotrexate in daily practice. It has been published that MTX remains frequently under-dosed¹; but nevertheless the potential of subcutaneous methotrexate improving RA therapy is increasingly recognized and applied in practice.”

The topic of methotrexate in the age of biosimilars and biologic drugs will be outlined by well-known Prof. Jürgen Braun, Germany. He had conducted the ground-breaking clinical trial showing that the parenteral MTX was more effective than the oral administration². Usually, MTX increases the effectiveness of biologic agents in rheumatoid arthritis³, and also its advantageous cost-effectiveness persist in the presence of biosimilars⁴.

The important aspects of patient adherence or non-adherence to therapy and the role of the rheumatologists are going to be discussed by Prof. Johanna Hazes, the Netherlands. Her publications stress the value of open and trustworthy relationships between rheumatologists and patients⁵. Good

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relationships may enable discussing non-adherence issues and thus help the patient to focus on the treatment goal.

Another important highlight of the symposium will be the input provided by Prof. Evgeny Nasonov, Russian Federation, who is going to present recent insights in the cardioprotective mechanism of MTX⁶. The inflammatory events of RA are known to contribute to cardiovascular risk factors. Various hypothetical mechanisms will be discussed how methotrexate deploys its cardioprotective effects.

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References

- 1 O'Dell JR et al., Arthritis Rheumatol. 2015; 67 (suppl 10): [ACR 2015 Abstract Number 1997](#)
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- 4 Fitzpatrick R et al., Clin Rheumatol. 2013;32:1605-1612
- 5 Pasma A et al., Arthritis Res Ther 2015;17:281
- 6 Popkova TV et al., Curr Med Chem 2015; 22:1903-1910

For further info please contact Media Spokesperson Volker Bahr (see below).

Press Contact

Media Spokesperson
Volker Bahr
Tel. +49 (0)4103 – 8006 558
Fax +49 (0)4103 – 8006 8934
press@medac.de

medac Gesellschaft für klinische Spezialpräparate mbH
Theaterstraße 6
22880 Wedel
Germany
www.medac.de

medac Gesellschaft für klinische Spezialpräparate mbH

medac is a privately held German pharmaceutical company located in Wedel, Tornesch and Hamburg. Medicinal products from medac support doctors and patients throughout the world in overcoming their acute and persistent diseases in the indication areas of oncology & haematology, urology and autoimmune disorders. In addition, medac develops and markets

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special diagnostic test systems. Since 1970, medac has been committed to unifying therapeutic and diagnostic agents under one roof.

You can find further information on the company and its products on the internet under www.medac.de.