

Secukinumab effect on the severity of ankylosing spondylitis after 5 years

Full abstract title: Subcutaneous secukinumab 150 mg provides sustained relief in total and nocturnal back pain, morning stiffness, fatigue, and low disease activity in patients with active ankylosing spondylitis: End-of-study (5-year) data from the MEASURE 2 trial

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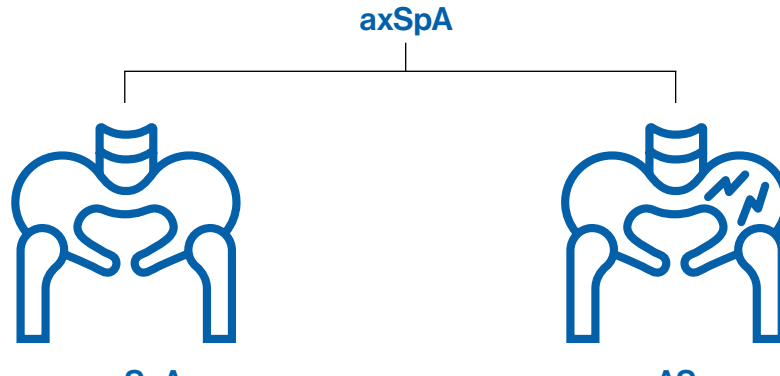
Please note that this summary only contains information from the full ACR 2020 scientific abstract and selected supporting references. The results of this study may not reflect those of other studies. This summary is not intended to provide medical advice.

Why was this study done?

To assess the 5-year effect of secukinumab treatment on the symptoms of people with ankylosing spondylitis (AS).

Axial spondyloarthritis (axSpA) is a group of long-term diseases that happen when the body's immune system is overactive (inflammation), resulting in back pain. Inflammation is one way the body fights infection, but it can also become a problem if it occurs more than needed or happens without a good reason.

The axSpA spectrum includes AS, in which joint damage is generally visible on X-ray, and non-radiographic axial spondyloarthritis (nr-axSpA), in which joint damage is not visible on X-ray.^{1,2}



axSpA symptoms can affect people's daily lives and may limit their ability to take part in normal activities, like getting themselves ready in the morning, working and enjoying time with family. The back pain caused by axSpA is one of the hardest symptoms to deal with.³

The symptoms of axSpA include:³



- pain at night that's bad enough to wake you up
- spinal pain
- fatigue
- stiffness in the morning
- difficulty functioning in daily life

There are approximately 3.4 million patients with axSpA in the top five EU countries and the US.⁴

Secukinumab is a type of medication called a biologic. It helps reduce inflammation by blocking one of the proteins that activates inflammatory cells.⁵

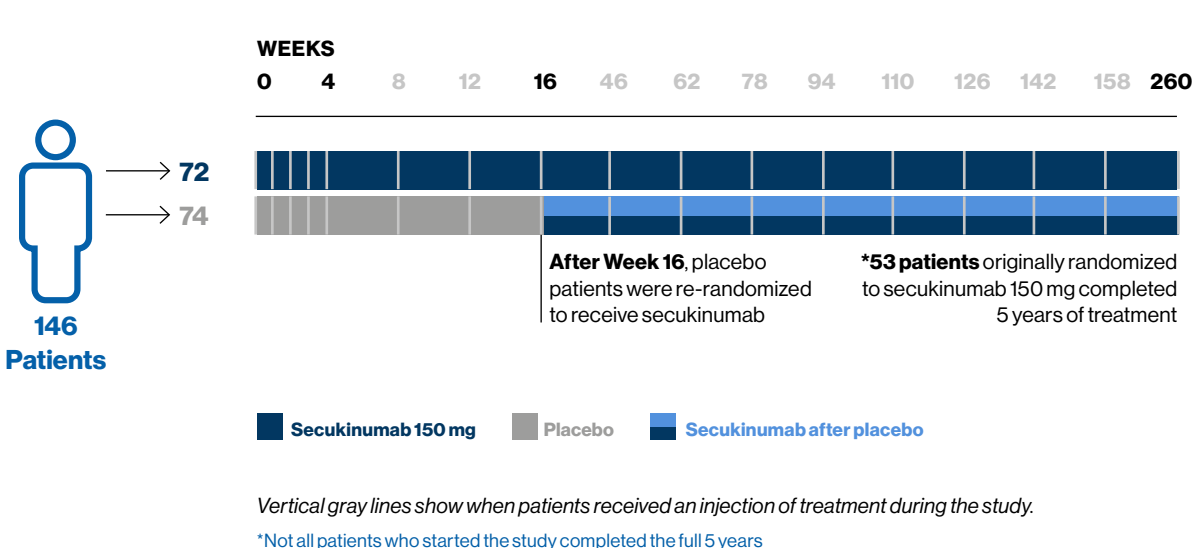
What did this study look at?

The study looked at how secukinumab treatment affected different types of pain and stiffness in people with AS after 16 weeks (4 months) and then through 5 years of treatment. The results reported here focus on an analysis of the 5-year results now that the full study is complete.

Scores for total pain, night-time pain, spinal pain, morning stiffness and fatigue were measured using questionnaires.

To check if any changes in these symptom scores were because of secukinumab, the results were compared with changes seen when people with AS were given an injection containing no treatment (a placebo).

Design of the study

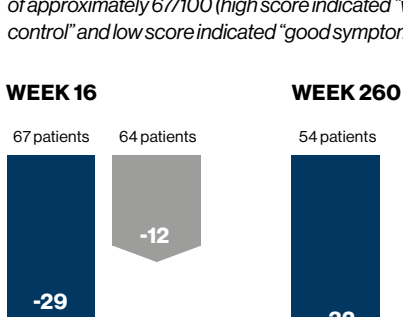


What did this study find?

Improvements were sustained from Week 16 to 5 years in patients treated with secukinumab. In the questionnaires used to assess pain, stiffness and fatigue a high score indicated "worse symptom control" and a low score indicated "good symptom control". In the questionnaire used to measure physical function a high score indicated "good symptom control" and low score indicated "worse symptom control".

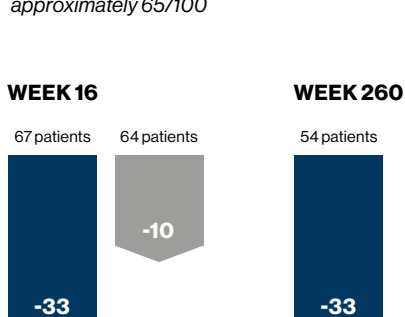
Total back pain

At the start of the study, patients had an average symptom score of approximately 67/100 (high score indicated "worse symptom control" and low score indicated "good symptom control")



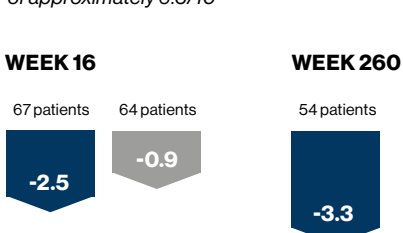
Night-time back pain

At the start of the study, patients had an average score of approximately 65/100



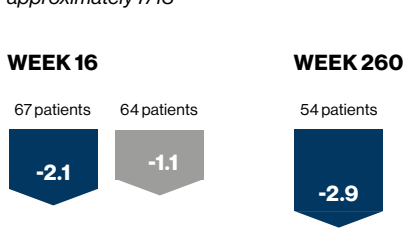
Morning stiffness

At the start of the study, patients had an average score of approximately 6.5/10



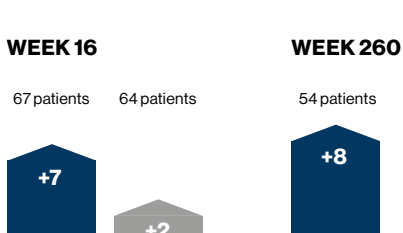
Fatigue

At the start of the study, patients had an average score of approximately 7/13



Physical function

At the start of the study, patients had an average score of approximately 34/100 (low score indicated "worse symptom control" and high score indicated "good symptom control")



Why does this matter?

This study showed that people with AS treated with 150 mg secukinumab felt less pain and stiffness even after 5 years of treatment.

Pain and stiffness are severely limiting factors in the lives of people living with AS, but there have not been many studies looking at the long-term effects of treatments.

AS is a chronic condition that people may need to manage their whole lives. On average, people are 27 when they are diagnosed, so treatments that remain effective over long periods of time are incredibly important.⁶

Glossary

Ankylosing

[an-kih-low-sing]:

abnormal stiffening and immobility of a joint due to fusion of the bones.

Axial spondyloarthritis (axSpA)

[ax-eel spon-dill-lo-ar-thri-tiss]:

a painful, chronic (long-term) inflammatory disease that primarily affects the spine and sacroiliac (where the spine joins the pelvis) joints.

Biologic:

a treatment made using living organisms, rather than being chemically synthesized.

Inflammation:

the body's immune response to an irritant, which involves a variety of cells that release different substances to help the body fight the infection. In some diseases, the immune cells can attack the body by mistake – this is known as an autoimmune disease.

Non-radiographic (nr-):

may not appear on imaging techniques, like X-rays.

Non-radiographic axial spondyloarthritis (nr-axSpA):

arthritis of the spine that does not appear on imaging techniques.

Spondylitis

[spon-dill-eye-tiss]:

inflammation of the spine or vertebrae.

Who sponsored this study?

Novartis Pharma AG, Basel, Switzerland sponsored both this study and the writing of this plain language media summary.

Further information

More on the MEASURE2 study can be found here: <https://clinicaltrials.gov/ct2/show/NCT01649375>

References

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