



What do you want to talk about?

Arthritis affects you. The disease has mayor consequences for your daily life, work and relationships. Talking about this with your doctor or nurse is not always easy but important. Medication can help you to have less trouble with these symptoms in your life. Together, you can look at which medication is available and which one suits you best. We call this Shared Decision Making.

Medication has its advantages and disadvantages. To make the right choice in type of medication, a number of questions are important to discuss: What is arthritis?, What types of medication are there to treat arthritis?, What do we know about medication against arthritis?, Who are you?, and How do you feel about medication? For each question, we have created a conversation aid. This conversation aid is about 'Groups of medication'. About aspects with regard to groups of medication, that are important to discuss with your doctor or nurse. That way you both know everything important has been covered.

How to use this conversation aid?

Below are topics on different 'Groups of medication' for arthritis. Each type of medication has its own characteristics. Check the boxes of topics you think are important and which you definitely want to discuss. Are topics, that you think are important, not included? Write them down for yourself.



Painkiller

- Reduces pain
- Tablet** or **plaster**
- Rapid** relief
- Varying** side effects
- For example:** paracetamol
- Other painkillers** include: opioids & cannabis



Painkiller, which inhibits inflammation (NSAID)

- Reduces **pain** and **inflammation**
- Tablet** or **ointment**
- Rapid** relief
- Varying** side effects
- Abbreviation **NSAID**: Non Steroid Anti Inflammatory Drug
- For example:** Naproxen, Diclofenac, Ibuprofen, Meloxicam, Celecoxib



Conventional arthritis inhibitor (csDMARD)

- Inhibits **the immune system**
- Tablet** or **injection**
- Slow** mode of action
- Increased risk of **infections**
- Abbreviation **csDMARD**: Conventional Synthetic Disease Modifying Anti Rheumatic Drug
- For example:** Methotrexate (MTX), Leflunomide, Sulfasalazine, Hydroxychloroquine, Azathioprine, Cyclophosphamide



Biological/Biosimilar (bDMARD)

- Inhibits **specific part** of the **immune system**
- Injection** or **infusion**
- Slow** mode of action
- Increased risk of **infections**
- Abbreviation **bDMARD**: Biological Disease Modifying Anti Rheumatic Drug
- For example:** Adalimumab, Etanercept, Certolizumab pegol, Golimumab, Infliximab, Abatacept, Rituximab, Tocilizumab



JAK inhibitor (tsDMARD)

- Inhibits **specific part** of the **immune system**
- Tablet**
- Slow** mode of action
- Increased risk of **infections**
- Abbreviation **tsDMARD**: Targeted Synthetic Disease Modifying Anti Rheumatic Drug
- For example:** Upadacitinib, Filgotinib, Baricitinib, Tofacitinib



Corticosteroid

- Reduces **inflammation**
- Tablet** and **injection**
- Fast** mode of action
- Increased risk of **infections**
- For example:** Prednisone, Prednisolone, Methylprednisolone