

LiiRA @ Rheumatology Annual Meeting

This Friday, rheumatologists from all over the United States and the world will meet in Atlanta, GA to discuss ways we can improve care of patients with rheumatic diseases and share our latest research findings.

Approximately 16,000 people attend the American College of Rheumatology Annual Meeting each year and the number is growing.



The LiiRA team will be presenting data from our first 50 enrollees and we'd like to share our results with you.

We only examined data at the first visit, also called "baseline" data. Keeping in line with most trials, we do not analyze data from the final visit until the study is complete.

Some facts from our study:

Average age **55 years**

% women **83%**

Average years since diagnosis of RA **9 years**

Next, we calculated a measure of RA disease activity called the CDAI. CDAI stands for Clinical Disease Activity Index. A low number means your RA is not active, while a high number means you have active disease. Not surprisingly, most of you had active disease.

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We then compared the CDAI number against how well the small blood vessels are functioning in the heart (this is also calculated as a number from the pictures taken of your heart).

In short, we found that patients with more RA disease activity tended to have more dysfunction in the small vessels of the heart. While these vessels are not the ones directly involved in a heart attack, we believe making sure they are healthy is important for overall heart health.

We anticipate that control of inflammation with RA treatments can improve the small vessel function and overall heart health. We will have our answer to this among other questions when we complete the study.

Would you like to see something in our next newsletter? Contact us!

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Enrollment Numbers

Enrolled: 62

Completed: 49

Target: 75 patients over 3 years
(We have <1 year to go)



Team Spotlight



Erin has been a research liaison with the LiiRA study for the past year. She helps us manage all of our biological samples! Erin loves to watch Disney movies and pamper her Labrador Retriever, Koda. In addition to the LiiRA study, her current big projects are applying to medical school and planning her grandma's 90th birthday party!

Meet the rest of the team here:
<http://www.liira.org/the-team.html>

