The Bear and the Strawberry Tree statue is located in Madrid’s La Puerta del Sol central square.
Join us in Madrid to celebrate our 20th Annual Congress

Dear Colleagues,

The beginning of the next EULAR Annual European Congress of Rheumatology is only 1 month away, taking place 12-15 June 2019 in Madrid. This 20th annual congress will again be the major event in the calendar of world rheumatology, unique for the exchange of scientific, clinical, and patient-focused information on a global basis. In 2019, we will be delighted in particular to celebrate our close cooperation with paediatric colleagues – thus our congress will be jointly organised with the Paediatric Rheumatology European Society (PReS), assimilating knowledge across the spectrum of the “decades of life.”

We will offer a platform to facilitate interaction among physicians, scientists, patients of all ages and their families, health professionals, and professionals representing the pharmaceutical industry, from across Europe and around the world. Moreover, we will proudly disseminate the latest progress in our exciting and increasingly diverse array of EULAR- and PReS-supported activities, all focused on improving the well-being of people with, or affected by, rheumatic and musculoskeletal diseases.

EULAR Congresses arouse tremendous interest in terms of participation reflected by the remarkable quality of contributions. This year, we are again expecting 14,000 participants from more than 120 countries in Europe and around the world. We have received 4,900 abstract submissions. Overall, 45% have been accepted for presentation and another 30% for publication. More than 350 were accepted as oral presentations this year, and the congress features over 125 sessions and poster tours with more than 500 speakers.

Possibilities for new treatments as well as the impact, burden, and cost of rheumatic and musculoskeletal diseases for the individual and society will remain our focus. EULAR Congress 2019 will address once again a wide range of topics including innovation in population, health service, clinical, translational, and basic science research. Sessions dedicated to People with Arthritis and Rheumatism in Europe (PARE) and Health Professionals in Rheumatology (HPR) will feature prominently! High-quality healthcare industry sessions providing in-depth and focused insights will again be offered.

Our poster presentations and poster tours will offer a highly interactive exchange of knowledge and solutions amongst participants. Out of the 2,226 poster displays plus 10 late-breaking posters spread over 3 days, 425 posters will be explained in 36 themed poster tours.

Our programme increasingly reflects the participation of the EULAR EMEUNET (Emerging EULAR Network) organisation of young rheumatologists that continues to attract young colleagues to the meeting and thus offer an exciting vision for our discipline. Finally, the unique opportunity to create our congress together with PReS, enabling interaction and stimulation of both fields, is especially invigorating. Paediatric rheumatology encompasses many fascinating, recently recognised autoinflammatory diseases that directly inform (adult) rheumatologists. Mutual knowledge exchange is assured and will be of undoubted benefit to all!

The opening plenary session will once again be the first event of the congress on the afternoon of Wednesday, 12 June. This session will bring you the latest EULAR news and will honor the winners of the best abstracts, the Stene Prize, new honorary members, the meritorious service award, and FOREUM awards. It will finish with a surprising TED talk.

We are very happy to visit the city of Madrid again. In recent years, we have enjoyed this vibrant city with its remarkable history, architecture, galleries, museums (consider the breathtaking Prado, Museo Nacional Centro de Arte Reina Sofia, and Museo Thyssen-Bornemisza), ambience (Plaza de Cibeles, Puerta del Sol, Plaza Mayor), and delicious food, all of which will once again provide an excellent background for clinical exchanges, international collaborations, and renewal of friendships.

We will take great pleasure in welcoming physicians, including our paediatric colleagues, patients, their families, health professionals, and representatives of the pharmaceutical industry to EULAR 2019, and hope that their stay in Madrid will be informative, educational, and thoroughly enjoyable.

Johannes W.J. Bijlsma
EULAR President
Metacognition in RA: Thinking about our thinking in RA management

EULAR 2019 | Madrid
Wednesday 12 June 2019
18:15–19:45
Hall 7 B, IFEMA, Feria de Madrid

Could we think differently about our thinking and practices in RA management?

A Sanofi Genzyme Regeneron sponsored satellite symposium

<table>
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<tr>
<th>Time</th>
<th>Topic</th>
<th>Presenter</th>
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| 18:15–18:25| Introduction: Is it possible to achieve better disease control in RA?                                            | Leonard Calabrese
Professor of Medicine, Lerner College of Medicine, and Director of the RJ Fasenmeyer Center for Clinical Immunology, Cleveland Clinic, USA |
| 18:25–18:40| The role of patient beliefs in RA adherence and therapy optimisation                                          | John Weinman
Professor of Psychology as applied to Medicines, Institute of Pharmaceutical Science, King’s College London, UK |
| 18:40–18:55| The ideal vs the norm: What does Minimally Important Difference mean and why is this important in management of RA today? | Daniel Aletaha
Associate Professor of Medicine and Consultant Rheumatologist, Division of Rheumatology, Medical University of Vienna, Austria |
| 18:55–19:10| Changes in daily RA practice: Dealing with loss vs gain in switching vs cycling                               | Andrea Rubbert-Roth
Deputy Hospital Director, Department of Rheumatology, Kantonsspital St. Gallen, Switzerland |
| 19:10–19:20| Holistic care of patients with RA                                                                            | Leonard Calabrese |
| 19:20–19:40| Q&A                                                                                                             | All, moderated by Leonard Calabrese |
| 19:40–19:45| Close                                                                                                           | Leonard Calabrese |
Mutual knowledge exchange central to this year’s scientific programme

Delegates attending this year’s EULAR Congress in Madrid can expect to take their pick from a dynamic scientific programme that promises to deliver the latest research across a wide spectrum of paediatric and adult rheumatologic diseases.

Chair of this year’s scientific programme, Prof. Thomas Dörner, a rheumatologist at Charité University Hospitals, Berlin, said one key difference from previous years is that this year’s Congress is a joint initiative between EULAR and the Paediatric Rheumatology European Society (PReS).

“We wanted to demonstrate a consistency between paediatric and adult rheumatology because most children will need to transition into adult rheumatology services. Both fields have some differences and similarities from pathogenic aspects, diagnostic approaches through treatment modalities,” Prof. Dörner explained in an interview.

According to Prof. Dörner, another exciting element of this year’s programme is that it offers – perhaps for the first time in a long time – a balance of the speed of recent developments across the entire domain of diseases, including infrequent (orphan) diseases that fall under the umbrella of rheumatology.

“This year we have 38 topic domains, and delegates will get to learn about not only new developments in inflammatory arthritis, psoriatic arthritis, and ankylosing spondylitis but also in systemic autoimmune diseases such as lupus, Sjögren’s syndrome, antiphospholipid syndrome, and systemic sclerosis,” he said.

“We will also see advances in such areas as osteoarthritis, osteoporosis, and fracture prevention. This is good … we don’t have such an imbalanced programme, where one area makes progress and the other is left behind,” he added.

Just under 5,000 abstracts were received this year by the Abstract Selection Committee. Of these, approximately 360 (7%) will be presented in oral sessions.

“Because of the link with PReS, there were many high-scoring abstracts relating to paediatric rheumatology, as well as abstracts on systemic sclerosis, myositis, lupus, and Sjögren’s syndrome. … Epidemiological aspects of rheumatic diseases also made a strong showing this year,” said Prof. John Isaacs, who is Chair of the Abstract Selection Committee.

Around 45% of the abstracts received will be presented as poster communications across all themes included in the EULAR scientific programme, said Prof. Isaacs, who is also professor of clinical rheumatology and director of the Institute of Cellular Medicine at Newcastle University, Newcastle upon Tyne, United Kingdom.

“There is something for everyone, as there is at least one poster tour for each category of submitted abstracts. Poster tours are very popular, so delegates will need to register early to obtain one of the limited places,” he added.

A high point of the scientific programme is Wednesday’s opening plenary abstract session featuring this year’s top-scoring abstracts hand-picked by the scientific committee.

Prof. Isaacs’s highlights from this session include the latest results from the SENSCIS trial on nintedanib in patients with systemic sclerosis-associated interstitial lung disease; and the gastrointestinal, liver, renal, and cardiovascular adverse effects of paracetamol; and a potential epigenetic therapeutic target for osteoarthritis.

This year delegates also can look forward to even more high-quality abstracts presented in a late-breaking oral session early Saturday morning.

“Last year we introduced the submission of late-breaking abstracts, which was a little bit underused, but this year, we had almost 30 abstract submissions that were of very high quality,” Prof. Dörner said.

One study to look for at this session includes 24-week results from the use of the monoclonal antibody tanezumab in osteoarthritis.

Other late-breaker topics of note, according to Prof. Isaacs, include the first phase 3 results of filgotinib, the results of an implantable vagus nerve stimulator in RA patients, and a randomised, controlled trial of “ultralow” doses of rituximab for re-treatment cycles in RA.

A notable clinical session also taking place on Wednesday is the What Is New (WIN) session presented by Prof. Francis Berenbaum of France on osteoarthritis management, Prof. Dörner said.

“In previous years, progress in the management and treatment of osteoarthritis has been at a slower pace, compared to other diseases, but this year the programme has several exciting sessions relating to progress in the field, particularly in terms of medical treatment,” he said.

Also on Wednesday, Prof. Berenbaum will chair a clinical science session on the pharmaceutical pipeline in osteoarthritis along with Prof. Philip
TOPICS

Exploring Advanced Therapeutic Options in Rheumatoid Arthritis (RA) and Psoriatic Arthritis (PsA): A Case-Driven Approach

WEDNESDAY 12 JUNE 2019, 18:15—19:45
Hall 7A, IFEMA – Feria de Madrid

Chaired by:
Juan Gómez-Reino, MD
Clinical Research Center on Chronic Diseases (CICEC)
Santiago de Compostela, Spain

PANEL
James Galloway, MD
King’s College London,
United Kingdom
Janet Pope, MD
University of Western Ontario,
Canada
Douglas Veale, MD
University College Dublin,
Ireland

Inadequate response to csDMARDs in RA
Comorbidities in RA and PsA

Monotherapy in RA
Joint symptoms and fatigue in PsA

Refreshments will be available before the symposium

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PP-PFE-EUR-0030. Date of preparation: May 2019
HPR sessions to explore body image and behaviour, orthotics, and exercise

Presenters at EULAR Congress 2019 will examine questions that are top of mind for health professionals in rheumatology (HPR).

Prof. Tanja A. Stamm, vice president of EULAR representing HPR, highlighted a few of the pertinent and provocative topics in HPR sessions this year.

"Are exercises a wonder drug or even the best drug ever? How should we best address body image and sexuality in young patients? What are the evidence-based means to support patients with fibromyalgia in changing their behaviour? These questions are addressed in this year’s HPR programme," Prof. Stamm said.

An HPR welcome session on Wednesday, 12 June, and an HPR highlight session on Saturday, 15 June, bookend the meeting. "We will also cover topics like how to support patients with smoking cessation, discuss whether orthotic treatment is in or out, and have an interactive debate on pros and cons of qualitative and quantitative research methods," Prof. Stamm said. "We will have numerous opportunities to network and meet with the large European HPR ‘family,’ including all kinds of health professionals, nonphysician clinicians, researchers, and students."

As always, the EULAR Congress promises to be a fantastic opportunity for clinicians and researchers to meet “interesting and enthusiastic colleagues and see their research before it gets published,” said Rikke Helene Moe, PhD, chair of the EULAR Standing Committee of HPR.

Dr. Moe noted that two sessions in particular represent newer topics for the HPR programme.

On Thursday, “How not to smoke like a chimney” will assess the consequences of smoking and how to support patients’ smoking cessation efforts, as well as help attendees understand how it feels to quit smoking.

On Friday, “Teenage look in the mirror (sexuality and body image meeting healthcare)” will discuss

Continued // 8

G. Conaghan of the United Kingdom. Attendees will learn about the effect of liraglutide on body weight and pain in the treatment of overweight and knee osteoarthritis, manipulating signalling pathways for treating OA, and the use of biotherapies.

On Thursday, a clinical abstract session on psoriatic arthritis (PsA) explores the use of old and new drugs and how to deal with them.

“This year we have a lot of news in the PsA area. We have new data on ixekizumab, compared to adalimumab in PsA. We will also have results from the first study on the use of tildrakizumab, a high-affinity humanised IgG1k antibody targeting interleukin 23 p19. ... it works well in psoriasis, but this is the first trial in PsA,” Prof. Dörner said.

Topics in Thursday’s PsA abstract session, chaired by Prof. Laura C. Coates of the United Kingdom and Dr. Kurt de Vlam of Belgium, will address phase 2 data on the efficacy of filgotinib in active PsA, phase 3 data from a trial exploring methotrexate and etanercept as monotherapy or in combination for treating PsA, and general and sex-specific predictors of PsA among patients with psoriasis.

On Friday afternoon, a bench-to-bedside session will tackle whether cannabis has a role to play in the treatment of arthritis. Prof. David Finn of Ireland will present on the science of cannabinoids, Prof. Serge Perrot of France will answer whether the benefits of cannabis to joints are hype or hope, and Dr. Steve Alexander of the United Kingdom will tackle the ethical issues surrounding its use in medicine.

“There has been continuous interest in the use of cannabis in some of the pain-related disorders such as osteoarthritis and fibromyalgia. It is not widely used, and it’s not ready for use in clinical practice, but there is some interest. ... this session should give us some answers,” Prof. Dörner said.

On Saturday morning from 9:00 am on, delegates can learn about the latest updates to EULAR recommendations on the management of SLE, Sjögren’s syndrome, adult antiphospholipid syndrome, large-vessel vasculitis management, and finally, an update on EULAR recommendations on RA and PsA.

Later on Saturday afternoon, delegates can catch up on the abstract sessions they may have missed while attending the scientific highlights session.

Prof. Tadej Avcin of Slovenia will deliver the basic and translational highlights from the congress and rheumatologist and clinical epidemiologist Prof. Loreto Carmona of Spain will present the clinical highlights.
At Gilead, we’re investigating more about the JAK-STAT pathway in proinflammatory cytokine signaling and clinical manifestations of rheumatoid arthritis.

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Please visit us at EULAR 2019 – BOOTH #45
the importance of body image and sexuality in young patients and how health professionals can address these aspects of patient care.

Health professionals suggested the various themes as ones that deserve focus. “The diversity in the programme reflects some of the HPR areas in which new knowledge is needed,” Dr. Moe said.

A project session on Friday, “Jewels in the crown of health professionals,” is an opportunity for attendees “to learn about recent findings from the EULAR project on core competencies of HPRs and what different health professionals are especially brilliant at,” Dr. Moe said. With talks that cover nursing, occupational therapy, and physical therapy perspectives, the session will highlight “some of the complexity of HPR core competencies” and facilitate multidisciplinary collaboration, she added.

The overarching objective of the HPR programme is to provide patients with the best evidence-based care, Dr. Moe said.

To that end, a joint session of HPR and People with Arthritis and Rheumatism in Europe (PARE) on Thursday will evaluate the evidence for various nondrug aspects of treatment, including nutrition, self-management, and psychological well-being. The session, “Treatment is more than drugs,” will examine the extent to which nutrition may influence inflammatory processes, outline elements of self-management, discuss the psychological impact of rheumatic and musculoskeletal diseases (RMDs), and share support strategies.

“As the amount of people diagnosed with RMDs is rapidly increasing … along with an increasing evidence base for the beneficial effect of nonpharmacological treatments, it is natural to focus on what we can do to help people with RMDs in the best possible way,” said Dr. Moe, cochair of the joint session. In general, all people with RMDs stand to benefit from education and physical activity, some need pharmacologic and nonpharmacologic treatments, and a few need surgery.

“We need to use the EULAR conference to focus on the best possible evidence-based contributions by HPR to fight RMDs and the RMD burden. This is what is in the forefront of our minds when we plan the EULAR Congress.”

Satish Partha
Roche-sponsored satellite symposium at EULAR 2019

Putting New Evidence into Clinical Practice in GCA and RA – Together We Dare

Thursday 13 June 2019, 08:15–09:45
Hall 7B, IFEMA – Feria de Madrid

Chair: Prof John Stone, USA
Faculty: Prof Frank Buttgereit, Germany

A complimentary breakfast will be provided
PARE sessions underscore collaborative strategies to diminish effects of RMDs

Patient participation in the EULAR Congress through the People with Arthritis and Rheumatism in Europe (PARE) programme is a fundamental piece of the annual event. While new strategies discussed during the congress offer the potential for incremental progress in the control of rheumatic and musculoskeletal diseases (RMDs) and their effects on daily life, the dialogue among patients, clinicians, and health professionals keeps the focus on what matters to those being treated.

This year, the dialogue will be particularly relevant to young people with RMDs. EULAR and the Paediatric Rheumatology European Society (PReS) has created an integrated agenda in collaboration with PARE, as well as other relevant partners such as the European Network of Children with Arthritis (ENCA), to consider clinical issues in the young patient. This is reflected in the PARE programme.

“There are two specific PARE sessions regarding young people with RMDs,” reported Nele Caeyers, Chair of the Standing Committee for PARE and a delegate from Belgium. One of these involves the transition to adult care as young patients age. The other regards comorbidities.

“Over the years, there has been growing attention to the comorbidities that can adversely affect outcomes in patients with RMDs, and we know that these often begin in children. The focus on young patients is an important opportunity to consider how intervening early might be important for avoiding future complications,” Ms. Caeyers said in an interview.

While progress in drug therapies for RMDs is an important part of the EULAR Congress this year – as it has been every year – more emphasis has been placed on nondrug strategies to improve the quality of life of patients with RMDs. This is reflected in the PARE programme, in which patients have opportunities to interact with health professionals about what matters to them.

“Best practice in RMDs involves more than identifying the best drugs. I think there has been a growing appreciation of the role of nutrition, exercise, and other components of a healthy lifestyle to improve wellbeing,” said Dieter Wiek, Vice President of EULAR representing PARE and a delegate from Germany.

Whether the topic is new pharmacologic agents or the opportunity for lifestyle modifications to improve health, Mr. Wiek emphasised that PARE sessions not only provide patients with access to evidence-based information but also with a chance for dialogue with clinician scientists.

“Patients attending the PARE programme at EULAR have the opportunity to be part of the discussion,” said Mr. Wiek, noting that this is fundamental to the three-pillar concept. With health professionals and scientific societies representing two of the pillars of EULAR, PARE specifically includes patients into the vital collaboration with which priorities are set for best practice in RMD management.

A debate scheduled for Friday afternoon is an example of the opportunity for dialogue. A first-time event for the PARE programme, the topic focuses on what information patients expect and need from their care provider. According to Ms. Caeyers, there is room for discussion about whether, for example, all patients seek detailed information about the risk of rare adverse events or expect genetic counselling to evaluate the risk for their children to develop a RMD.

“This will be a debate between scientists and patients regarding these disclosures, and it provides those with different views [a way] to understand other perspectives,” according to Ms. Caeyers.

The debate is a new event, but it is consistent with the goals and direction of PARE.

“The PARE programme at the EULAR Congress this year is not substantially changed from that of recent annual meetings, but there has been an effort to increase audience participation. Many of the sessions have been designed to be more interactive,” Mr. Wiek said.

PARE has its own agenda outside of the EULAR Congress, meeting annually each year to discuss priorities and develop strategies to improve awareness of RMDs, access to care, and quality of care. The 2019 annual PARE meeting was held in April 2019. Representatives from PARE organisations across Europe gathered in the Czech Republic to discuss a variety of PARE initiatives, particularly strategies to launch the 2019-2020 Time2Work phase of the “Don’t Delay, Connect Today” campaign. (See article on page 20.) This is the latest twist in a campaign to introduce more patients with RMDs to appropriate care.

Information on the Time2Work phase of the “Don’t Delay, Connect Today” campaign and other PARE initiatives will be available in the PARE section of the EULAR Village in the

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Addressing **Real-World Practice Gaps** in the Management of RA

**FRIDAY, 14 JUNE 2019 / ROOM N117+118**

**www.RMEI.com/EULAR2019**

**ACCREDED PROGRAM AGENDA**

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| 18:00 – 18:10 | Welcome and Introductions  
Paul Emery, MA, MD, FRCP, FMedSci                                                        |
| 18:10 – 18:20 | Data from EULAR 2018: What Do Current Gaps Mean for Patients?  
Paul Emery, MA, MD, FRCP, FMedSci                                                        |
| 18:20 – 18:30 | Panel Discussion #1: Pathologic Mechanisms in RA and Implications for Management  
All Faculty                                                                                   |
| 18:30 – 18:40 | Q&A Session with Attendees                                                                |
| 18:40 – 18:50 | Panel Discussion #2: Standards for Disease Monitoring to Guide Treatment  
All Faculty                                                                                   |
| 18:50 – 19:00 | Q&A Session with Attendees                                                                |
| 19:00 – 19:20 | Panel Discussion #3: Switching versus Cycling and the Role of New Treatment Options  
All Faculty                                                                                   |
| 19:20 – 19:30 | Closing Remarks                                                                           |

**NEW FOR THE 2019 SYMPOSIUM**

✓ Interactive, Smartphone/Audio-enabled Posters On-Site During Reception

**ACCREDITATION STATEMENT**

An application has been made to the UEMS EACCME® for CME accreditation of this event.

Jointly provided by RMEI Medical Education and Advancing Knowledge in Healthcare.

**FUNDING SUPPORT** Supported by an educational grant from Sanofi Genzyme and Regeneron Pharmaceuticals.
EULAR School of Rheumatology expands learning opportunities

Now in the third year of the School of Rheumatology, EULAR is fully committed to further developing and enhancing users’ experiences with the online school in new courses and updated information and modules, according to Prof. Annamaria Iagnocco, current EULAR treasurer.

EULAR maintains a long tradition of providing the quality educational opportunities to explore the latest information in the field of rheumatic diseases, not only for physicians and health professionals but also for patients and their families.

“EULAR has traditionally been a preeminent supplier of education in rheumatology for different target populations worldwide,” Prof. Iagnocco said in an interview.

In response to the rapidly changing products and technological tools for learning, EULAR leadership established the EULAR School of Rheumatology in 2017. The online school takes advantage of the latest technology and provides a forum for learners across the international rheumatology community to access a range of material regardless of geographic location.

“The EULAR School of Rheumatology was launched with the aim of offering various types of outstanding educational material for its three pillars: physicians, health professionals in rheumatology, and people with rheumatic and musculoskeletal diseases,” said Prof. Iagnocco, who also has served as chair of the EULAR Standing Committee on Education and Training.

Prof. Iagnocco described the development of the EULAR School of Rheumatology as a “complex process” that has involved additions to the rich collection of educational materials already available from EULAR.

“With the support of different teams of experts, the whole system has been changed and enriched. The use of a new learning platform gives facilitated access to the educational material,” she said.

At this year’s Congress, attendees can learn more about the EULAR School of Rheumatology, including how to access the wealth of educational material.

“By becoming a member of the School, learners will easily log in and have access to their profile and all educational offerings at a glance,” Prof. Iagnocco explained. “In addition, members will have complimentary access to the School app, including the new Spanish version, with updated and improved functions.”

The popular EULAR School of Rheumatology app is easy to use and offers members quick and easy access to a range of information. App users can browse the latest EULAR recommendations, as well as diagnostic tools such as classification criteria, outcome measures, and imaging libraries.

Looking ahead to the School’s third year, Prof. Iagnocco emphasised EULAR’s continuing commitment to the program, with the addition of even more resources. Features to look for include new courses enhanced with updated information and modules, as well as additional live courses.

“New materials have been produced in the last year, and they are all of the highest quality,” she said. “All materials are offered following an innovative educational model that reflects the changing needs of the learners, the number of whom is constantly increasing.”

Find out more about the EULAR School of Rheumatology at the “Challenging projects in education and training” session on 13 June when Prof. Iagnocco will present further updates on EULAR education.

Continued from // 10

Exhibit hall. The EULAR Village also will have an update about the efforts to strengthen the EULAR PARE Engagement Programme, which supports national organisations in becoming more effective advocates for patients with RMDs. Earlier this year, the Engagement Programme sent representatives to a meeting of the Liga Reumatológica Española (LIRE) to help that organisation with outreach to patients. Previously, the Engagement Programme sent representatives to Turkey and Portugal.

“In Portugal, there was a problem with access to care because of an uneven geographic distribution of specialists. After our campaign, the different stakeholders developed ways of sending rheumatologists on a rotating schedule to poorly served areas,” Mr. Wiek said.

One of the PARE sessions this year that is emblematic of PARE’s role in improving patient health “will include information about digital health, which involves the use of smartphones in monitoring and managing disease,” Ms. Caeyers said. Although smartphone apps that monitor joint pain and accompanying symptoms, such as fatigue, do not cure disease, they do allow patients to follow and gain a sense of control over their condition, she said.
Transforming the course of immuno-inflammatory inflammation to help people Live The Best Day, Every Day.

Immune-mediated inflammatory diseases are responsible for a significant health burden to patients and society.¹ That’s why our research is primarily centred around the biology of the immune system. Our aim is to develop immune-based therapies that have the potential to alter the course of inflammatory disease.

From Today’s Reality, to Tomorrow’s Vision for Lupus

As part of our commitment to help people with lupus, hear from the “Vision for Lupus*” Steering Committee as they highlight inconsistencies in care and outline key calls to action, providing insights into the implementation of multidisciplinary care.

Friday, June 14th 8h15-9h45


* GSK conceived, developed and led this report in collaboration with a Global Steering Committee who received a fee for their services. GSK had editorial input into this document.
Integration of paediatrics into scientific programme shows in joint PReS congress

ew insights into the treatment and management of juvenile idiopathic arthritis (JIA) and its associated comorbidities and other paediatric rheumatic disorders, as well as bigger picture looks at the status of global paediatric rheumatology and adolescents’ transition from child to adult care, are some of the highlights of the paediatric portion of this year’s congress, which is being held in conjunction with the Paediatric Rheumatology European Society (PReS).

“This congress is a special moment in our close and strong partnership between PReS and EULAR going back many years, to have a truly integrated program,” said Prof. Michael W. Beresford, a member of the Congress Programme Committee, professor of child health at the University of Liverpool (England), and part of the PReS Executive Council. “Our PReS 2025 mission and strategic programme challenges us all, healthcare professionals, scientists, patients, and parent groups, to advance the care and improve the health and well-being of children and young people with rheumatic conditions. In this endeavor we will be meeting and working together with a simple common goal: to make a difference for our patients.

“This year, we’ve completely changed how the paediatric program is devised, and the walls between the paediatric and adult program at the congress have come down. Shared experience from the paediatric rheumatology is visible and integrated throughout the full congress programme, and the paediatric sessions themselves will highlight learning from both paediatric and adult practice and science that will make these exciting and important sessions relevant to everyone.”

The Opening Plenary Abstract Session on Wednesday, 12 June, kicks off the scientific programme with a report about a study investigating whether the best choice for a second biologic treatment for JIA patients who have failed their first tumour necrosis factor (TNF) inhibitor is to start a second TNF inhibitor or switch to a different class of biologic.

Another two talks during a PReS abstract session on Wednesday focus on the overall long-term safety of the TNF inhibitor etanercept and the risk for developing inflammatory bowel disease during treatment with etanercept in JIA patients. Other talks during a Friday JIA treatment session report on studies of the early use of anakinra, the value of periarticular glucocorticoid injections, the efficacy of a reduced-dose or a prolonged-dose interval of canakinumab without concomitant glucocorticoids and methotrexate, and the maintenance of clinical response in children treated with subcutaneous abatacept.

The lone paediatric rheumatology abstract in Saturday’s late-breaking abstract session features results of a phase 2 trial that tested whether adding tocilizumab to methotrexate will prevent the serious complications of JIA-associated uveitis in patients who were refractory to TNF inhibitors.

“Our efforts today are intended to offer our patients the very best chance to follow their dreams and aspirations tomorrow. The advances in clinical care and translational science that will be presented in all of the paediatric oral abstract and poster sessions offers a kaleidoscope of learning that will be of interest and inform adult and paediatric colleagues alike. As the PReS President and incoming EULAR President will be discussing together in our clinical Science session on Thursday afternoon: Whilst everything starts in childhood, growing up changes everything, and our responsibility is to get it right for our patients!” Prof. Beresford observed.

The need for global solutions to the challenges in paediatric rheumatology faced by many countries will be addressed in a EULAR Projects in Paediatric Rheumatology session on Wednesday. One talk will describe a Paediatric Task Force organised in 2018 as part of the Global Alliance for Musculoskeletal Health with the aims of bringing awareness of the many unmet needs across the world in paediatric musculoskeletal health and investing in models of practice and clinical care, workforce education and training, research to inform best practices, and advocacy.

Going hand in hand with the need to further develop paediatric rheumatology globally is the training of the next generation of translational scientists and leaders in paediatric rheumatology. In the EULAR Projects session, the attendees will hear about the latest initiatives and collaborations of young paediatric rheumatologist trainees and scientists in EMERGE (EMErging Rheumatologist and rEsearchers), all of which aim to support the next generation of the PReS community.

“There is now a clear recognition that much more must be done to address the unmet needs of children and young people in low- and middle-income countries,” Prof. Beresford explained. “Together, we need to address the significant challenges faced in these countries in trying to improve the care and well-being of children and young people with rheumatic conditions. We will therefore be announcing three new Task Forces aimed at engaging multilaterally with the global paediatric rheumatology community to achieve this goal.”

Continued // 16
EULAR Online Courses

**NEW** EULAR Online Course on *Systemic Lupus Erythematosus*

2nd EULAR Online Course on *Imaging in RMDs*

4th EULAR Online Course for *Health Professionals*

5th EULAR Online Course in *Paediatric Rheumatology*

7th EULAR Online Introductory *Ultrasound Course*

8th EULAR Online Course on *Systemic Sclerosis*

10th EULAR Online Course on *Connective Tissue Diseases*

13th EULAR Online Course on *Rheumatic Diseases*

Individual course cost: EUR 150; reduced prices available for EULAR School of Rheumatology members and low, middle income countries.

esor.eular.org

The courses start in 14th October 2019

Please watch out for the individual registration deadlines from 12th June to 30th November
RA and PsA recommendations to be unveiled at standing committee session

The Saturday morning Standing Committee on Clinical Affairs (ESCCA) session is a must-attend for all EULAR delegates as they will get to witness the first unveiling of the latest updates to EULAR recommendations, especially for both RA and psoriatic arthritis (PsA).

“This is really a unique situation; it will be a complete surprise as to what’s in them. No one has seen the complete presentation before. The reason delegates should go to this flagship session is that they will not get any more recent information on RA and PsA than at this session,” Chair of the committee Prof. Ulf Müller-Ladner said in an interview.

The number of recommendations to be presented by the committee this year is unprecedented, with the committee also set to present four other recommendations on systemic lupus erythematosus (SLE), Sjögren’s syndrome, large vessel vasculitis, and adult antiphospholipid antibody syndrome.

“Usually we present about four recommendations, but this year because of the accumulation of recommendations and the strong will of the committee to have them all presented this year, we will be presenting six in total,” said Prof. Müller-Ladner, who is a rheumatologist at the Kerckhoff Klinik in Bad Nauheim, Germany.

There won’t be many “surprises” in the lupus recommendations because they have recently been published in Annals of the Rheumatic Diseases, noted Prof. Müller-Ladner, although attendees are likely to have read the article intensively and come up with a lot of questions addressing the details. Similarly, the other recommendations will provide delegates with information that will definitively change clinical practice.

The session on Sjögren’s management recommendations, presented by Prof. Manuel Ramos-Casals from Spain, has “taken the whole disease and broken it down into little pieces” to address the individual issues with specific recommendations, Prof. Müller-Ladner said.

“The recommendations will address all individual organ dysfunctions starting with oral dryness, ocular drugs, and then arthritis, glandular involvement, and general immunosuppression. ... This will truly change clinical practice because there will be much more detailed support for the rheumatologist than before – a frequent request to ESCCA, which we are happy to address,” he said.

The large vessel vasculitis management recommendations, which will be presented by Prof. Bernhard Hellmich from Germany, are also likely to attract a lot of interest because, while it is not a disease rheumatologists see often, its consequences, if left untreated, can be catastrophic for the patient, according to Prof. Müller-Ladner.

Compared against previous iterations, these recommendations cover not only how to treat the disease but are more specific for the different stages of the disease.

“In particular, the recommendations redefine the role of glucocorticoids in the disease; which dose, for what duration. ... They also address how to taper glucocorticoids, which is one of the most difficult things to do and is something that everybody does a little differently,” Prof. Müller-Ladner said.

The recommendations will also tackle the use of newly licensed drugs with or without glucocorticoids.

During the session, Dr. Maria Tek-Continued on next page

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The Congress will also feature talks on evidence for the importance of modifying early environmental exposures in childhood and adolescence, or the biological pathways involved, to reduce the burden of paediatric rheumatic disease, as well as how ageing shapes the emergence and clinical impact of immune-mediated inflammatory diseases through examples of the similarities and differences in the presentation of inflammatory arthritis in children and adults. In addition, a number of presentations scattered through paediatric sessions on Thursday and Friday will examine the molecular pathways and phenotypes of macrophages and lymphocytes involved in the cytokine storm that leads to the development of macrophage activation syndrome and hemophagocytic lymphohistiocytosis in both children and adults and how these new insights have provided new therapeutics opportunities that are already making a significant difference to our patients.

A combined People with Arthritis and Rheumatism in Europe and PReS European Network for Children with Arthritis session on Thursday aims to show how a multidisciplinary team can use principles of patient-centered care to facilitate patients’ smooth transition from paediatric care to adult care.

A final session on Saturday will examine the spectrum of inflammatory bone disorders in children and adults, centering on chronic nonbacterial osteomyelitis and chronic recurrent multifocal osteomyelitis in children and SAPHO (synovitis, acne, pustulosis, hyperostosis, osteitis) syndrome in adults.
Standing Committee on Epidemiology and Health Services Research
The Friday afternoon session from the Standing Committee on Epidemiology and Health Services Research will review remission in three diseases and also is worth watching out for this year, according to committee chair Prof. Laure Gossec of the Pitié Salpêtrière Hospital in Paris.

It will be chaired by Dr. Sofia Ramiro from the Netherlands and Prof. Bernard Combe from France and will open with a presentation by Dr. Daniel Aletaha from Austria on whether the definition of remission in RA matters. Next, Prof. Pedro Machado from the United Kingdom will talk about remission in axial spondyloarthritis, and Prof. Marta Mosca from Italy will address remission in SLE.

At the same session, Prof. Eric Morand from Australia will present the latest results from the definitions of remission in SLE group, and Dr. Signe Møller-Bisgaard from Denmark will present results on MRI damage progression in RA patients in clinical remission.

Standing Committee on Investigative Rheumatology
For Thursday, the Standing Committee on Investigative Rheumatology has organised a session on “Big data and the disruption of medical care.”

Prof. Harald Schmidt from the Netherlands will enlighten the crowd on how medicine as we know it – in which treatment is provided on the basis of a diagnosis – is going to turn into molecular medicine. Stunning examples of what this will look like will be provided by Prof. Anke-Hilse Maitland-van der Zee from the Netherlands and Prof. Ken Smith from the United Kingdom.

“This session will truly provide a glimpse into the future with regards to the daily care of patients with RMDs [rheumatic and musculoskeletal diseases],” said Prof. Timothy Radstake from the Netherlands, who is chair of the committee.

Lastly, the committee will copresent its big data project with the Standing Committee on Epidemiology and Health Services Research. According to both Prof. Gossec and Prof. Radstake, the project is a stand-out because it is the first EULAR-endorsed “points to consider” for the use of big data in RMDs.

The use of big data by artificial intelligence, computational modeling, and machine learning is a rapidly evolving field with the potential to profoundly modify RMD research and patient care, noted Prof. Gossec, who is a first author on the work.

“These points will address key issues including ethics, data sources, data storage, data analyses, artificial intelligence [such as computational modelling and machine learning], the need for benchmarking, adequate reporting of methods, and implementation of findings into clinical practice,” she said in an interview.

“Molecular profiling of RMDs and installing treatment accordingly is going to be truly transformative for the field. This session will unveil a glimpse of the future, which is closer than you think,” Prof. Radstake said.

Standing Committee on Musculoskeletal Imaging
It has also been another busy year for the Standing Committee on Musculoskeletal Imaging (ESCMI), according to its chair, Dr. Xenofon Baraliakos from Germany.

“On the one side, we have focused on the continuation and termination of the high-standard projects that were started and conducted in the previous years, and on the other side, we have started new projects that enhance the evidence level of recommendations for using imaging in RMDs,” he said in an interview.

One standout achievement by the committee was the initiation of an online imaging course that came to fruition this year in collaboration with the EULAR School of Rheumatology.

“This is the first full on-line course on a completely new learning management system, and it is setting the standards for further courses based on an online-only experience,” he said.

On Saturday, the committee will present its main projects, including the development of a standardised training model for ultrasound-guided synovial biopsies in small and large joints, EULAR recommendations for reporting in musculoskeletal ultrasound studies, and the implementation and role of modern musculoskeletal imaging in rheumatologic practice in Europe.

According to Dr. Baraliakos, the ESCMI is one of the most active committees for educational sessions during the congress, with its imaging courses available prior to the congress and many ultrasound and MRI courses also offered throughout the congress.
Happy birthday, EMEUNET! This year marks the 10th anniversary of the founding of the Emerging EULAR Network (EMEUNET).

During its first decade, the organisation has grown to more than 2,000 members, but continues with its founding principle: to help rheumatologists and rheumatology researchers who are younger than 40 years to establish productive and meaningful careers.

“This is a very important year for us,” said Dr. Alessia Alunno, of the University of Perugia (Italy) and chair of EMEUNET. “As we continue to grow and reach out to young rheumatologists, not only in Europe but also beyond, we work together to lift the excellence of rheumatology for young people all over the globe.”

As in previous years, the leadership from both EMEUNET and EULAR have collaborated on a three-session Young Rheumatologists track.

“We usually pair up experienced and younger presenters,” Dr. Alunno said. “This way, we can offer a wide view. We want to make sure that everyone leaves the sessions feeling energised and engaged and able to make their own contributions.”

Sessions include:

• **How to perform low-budget high-quality research** (12 June, 14:15-15:45). This session offers guidance and provides young rheumatologists with basic tools to organise small research units and perform quality research on a low budget. Individual lectures include “How to organise a very small research unit,” “Using available datasets to answer new research questions,” and “Your very first steps on systematic review.”
  “Young investigators really benefit from these talks, because starting out without much support is very difficult,” Dr. Alunno said.

• **Missing data in clinical research: To impute or not to impute? That is the question** (14 June, 15:30-17:00). The annual statistics session will take the form of a lively debate over how to handle missing data in clinical research. Taking the “con” side will be Prof. Maxime Dougdos of Paris Descartes University. He will question the consequences of imputation of missing data and how to minimise the issue of missing data in the first place. On the other side, Prof. Loreto Carmona of Instituto de Salud Musculoesquelética, Madrid, will describe situations in which imputation is appropriate.
  “Being a debate, this year’s statistics session is a little out of the box,” said comoderator Dr. Alexandre Sepriano of Leiden (Netherlands) University Medical Centre, and EMEUNET’s Chair-Elect. “But it will be very enjoyable.”

• **How to build a clinical scientist** (15 June, 12:00-13:30). Goals of this session are to learn about the mental health challenges associated with being a clinical scientist and to present data about knowledge necessary to build this professional profile.
  “These sessions focus on the challenges every budding clinician researcher will face as they struggle to merge clinical practice with the necessity of research,” Dr. Alunno said.

A highlight of this session will be the talk, “Difficulties are part of brilliant careers” by Prof. Iain McInnes of the University of Glasgow.

EMEUNET also will host other regular initiatives for young rheumatologists, including the EULAR-EMEUNET Ambassador Program for first- and second-time attendees and the Mentor-Mentee meetings. The EMEUNET booth in the exhibit hall will also host a meeting point for young colleagues within the EULAR Village.

In addition, some EMEUNET members selected by a competitive application process will become EULAR Congress reporters and will chronicle highlights from the scientific sessions on EULAR’s YouTube channel Thursday, Friday, and Saturday during the congress.

“We are very grateful to all the people who have been involved in EMEUNET over the last 10 years, investing their time and effort to bring our group to its current stage, and we look forward to a bright future with many more young colleagues joining our Network and being increasingly engaged in EULAR activities,” Dr. Alunno said.
The EULAR Strategic Objectives 2018 – 2023

QOC
By 2023, EULAR will deliver pre-eminent comprehensive quality of care (QOC) frameworks for the management of people with RMDs.

ESOR
By 2023, EULAR will be the leading provider of education in rheumatic and musculoskeletal diseases (RMDs).

CONGRESS
By 2023, EULAR will provide the foremost RMD congress experience, building on the heritage of our outstanding annual meeting.

ADVOCACY
By 2023, EULAR’s activities and related advocacy will have increased participation in work by people with RMDs.

RESEARCH
By 2023, EULAR will have established a European centre for RMD research to advance high quality collaborative research.

GOVERNANCE, INFRASTRUCTURE, FINANCIALS
By 2023, EULAR will have established governance, workflows and infrastructure to deliver the EULAR strategic objectives.
The highly successful “Don’t Delay, Connect Today” campaign, launched by EULAR in 2017 to raise awareness about rheumatic musculoskeletal diseases (RMDs), is introducing a new theme. At the 2019 EULAR Congress, the announcement of the Time2Work theme will be accompanied with newly completed videos to dramatise how people with RMDs cope with their disabilities at work.

“We selected the theme because of the evidence that RMDs cause many individuals to work less or stop work entirely and represent a major burden on patient health, social systems, and society as a whole,” explained Marios Kouloumas, president of the Cyprus League Against Rheumatism, board member of the People with Arthritis and Rheumatism in Europe (PARE), and chairman of the Don’t Delay, Connect Today Time2Work campaign.

“We know that those who leave work due to RMDs have a diminished quality of life. We are planning this campaign as a tool to draw attention to the benefits of diagnosis and treatment,” he added. Although there will be sneak previews of the day-in-the-life videos shown in the EULAR Village, Mr. Kouloumas said that the official debut is planned for World Arthritis Day on 12 October, 2019.

The EULAR Congress in Madrid, with more than 14,000 participants, provides an ideal venue to broadcast important messages of the Time2Work theme in anticipation of World Arthritis Day. From its inception, the Don’t Delay, Connect Today campaign has engaged all three EULAR pillars, which includes health professionals and scientific societies along with PARE, to reach individuals about the importance of early diagnosis and treatment of RMDs.

“Allowing patients to work or return to work is an important strategy that conveys the message that the large clinical and financial burden imposed by rheumatic diseases can be reduced,” Mr. Kouloumas added.

The documentary-style videos are expected to be a powerful tool, recounting the stories of four individuals with RMDs living in Europe. These videos provide faces to explain the challenges of living and working with RMDs, delivering a visceral message about impact of this disease.

“The videos represent one tool for our messaging and part of the larger campaign,” according to Mr. Kouloumas. In addition to handouts available in the EULAR Village, where the videos will be running throughout the 2019 congress, Mr. Kouloumas explained that 11 national member organisations of PARE have been awarded grants to build campaigns around the topic. Many of the strategies focus on World Arthritis Day. Consistent with the sharing of best practices amongst PARE organisations, each individual campaign can be adopted by other organisations. The ultimate goal is to create noise around the Time2Work initiative specifically and with the Don’t Delay, Connect Today campaign overall.

“By educating individuals with RMDs, they can be empowered. The larger goal is to ensure that patients with RMDs have access to effective care,” Mr. Kouloumas said.

The campaign has a political component. While the Don’t Delay, Connect Today was initiated to encourage undiagnosed patients with RMDs to seek care, there is an additional task of ensuring that care is available. This involves enlisting elected officials to address obstacles.

“The Time2Work messaging of the Don’t Delay, Connect Today campaign is one tool for interest groups reaching out to policymakers to make them aware of the need for action,” Mr. Kouloumas explained. The specific needs may differ by country, but the fundamental message is the same.

“Enabling people with RMDs to take part fully in activities of daily living – including work – is a core issue. More than 120 million individuals in Europe have RMDs,” Mr. Kouloumas said. “The Don’t Delay, Connect Today campaign is one way we can advocate for improved care.”

Social channels in support of the campaign have been set up on Facebook, Twitter, and Instagram, using labels that include the World Arthritis Day and #ConnectToday.
EULAR strategy for 2018-2023 embraces social media, virtual reality

The EULAR strategy for 2018-2023 recasts the perennial goals of fighting rheumatic and musculoskeletal disease (RMD) with the latest technological tools, according to EULAR President Prof. Johannes Bijlsma.

One of the unique elements of the current strategy, compared with previous plans, is the use of technology. In particular, the current strategy includes a plan to create a virtual research centre, as well as new efforts to keep patients with rheumatic and musculoskeletal diseases at work, Prof. Bijlsma said in an interview.

The current strategy for the next 5 years identifies six areas of focus. The plan “clearly brings EULAR important steps further in its goal to fight rheumatic and musculoskeletal diseases together in the identified major fields of education, research, quality of care for patients with RMDs, the annual congress, advocacy, and our internal organisation,” Prof. Bijlsma said.

Prof. Bijlsma shared some highlights from the first year of the 2018-2023 Strategy’s implementation that emphasise how progress in the six areas can expand and improve the educational and clinical experience for physicians, health professionals, and patients.

“Already at this congress, participants may experience new ways of communication about updating clinical practice and sharing research findings, with a EULAR YouTube channel, electronic poster tours, and many other new features,” he explained.

“For the quality of care, we emphasise the implementation plans of our many guidelines,” he said, and added that many different projects designed to implement guidelines were agreed upon at the EULAR meeting in March.

“In Brussels, we started in the context of our Don’t Delay, Connect Today campaign actions to keep patients with RMDs at work,” Prof. Bijlsma noted.

The Don’t Delay, Connect Today campaign was launched in 2017, but it has relevance as part of the 2018-2023 Strategy. The campaign allows organisations to submit an application for funding for public awareness programmes that help improve the lives of patients with RMDs and support them in their efforts to continue to be productive in their work environments.

In addition, a virtual research centre for RMDs is a work in progress under the current 5-year plan, and it will officially be launched in 2020, Prof. Bijlsma said. In the meantime, the Rheumamap, launched in 2017 and now in the process of updating, remains an element of the current 5-year strategy and provides a guide to help determine research needs.

The greatest challenges to achieving the goals set forth in the current strategy include engaging individuals from a variety of fields, including scientific and medical researchers, health professionals, and patients, said Prof. Bijlsma. “It is amazing to see how many people really care about the goal of EULAR: Fighting rheumatic and musculoskeletal diseases together and participate in all the needed activities. We can only be grateful for these efforts.”
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