

Chasing Absolute Zero In Rheumatoid Arthritis

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KEY TAKEAWAYS

- Treat-to-target with frequent measurement and protocol-driven escalation significantly improves radiographic and functional outcomes vs usual care (TICORA, TIGHT)
- Remission is the primary target; LDA acceptable in established disease or when remission carries significant toxicity risk
- Window of opportunity in early RA: aggressive treatment in year 1-2 prevents irreversible joint damage and HAQ deterioration not recoverable by later treatment
- Tapering biologics in sustained remission: possible in ~40% of selected patients; ACPA-negative, short disease duration, ultrasound remission predict success

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