

Treat-to-Target (T2T): The Roadmap to RA Remission!

T2T is a proactive strategy prioritizing clinical remission through frequent monitoring and treatment adjustments, proven to prevent joint damage.



DEFINE THE TARGET

Primary Goal:
Set clinical remission.
Fallback:
Low disease activity.

REMISSION THRESHOLDS



DAS28 < 2.6
(28 joint counts + ESR/CRP + Patient Global)



CDAI ≤ 2.8
(Clinical only: Joint counts + Patient/Physician Global)



SDAI ≤ 3.3
(CDAI components + CRP)

T2T Management Cycle



PROACTIVE ESCALATION

Promptly adjust or escalate therapy if target is not met.

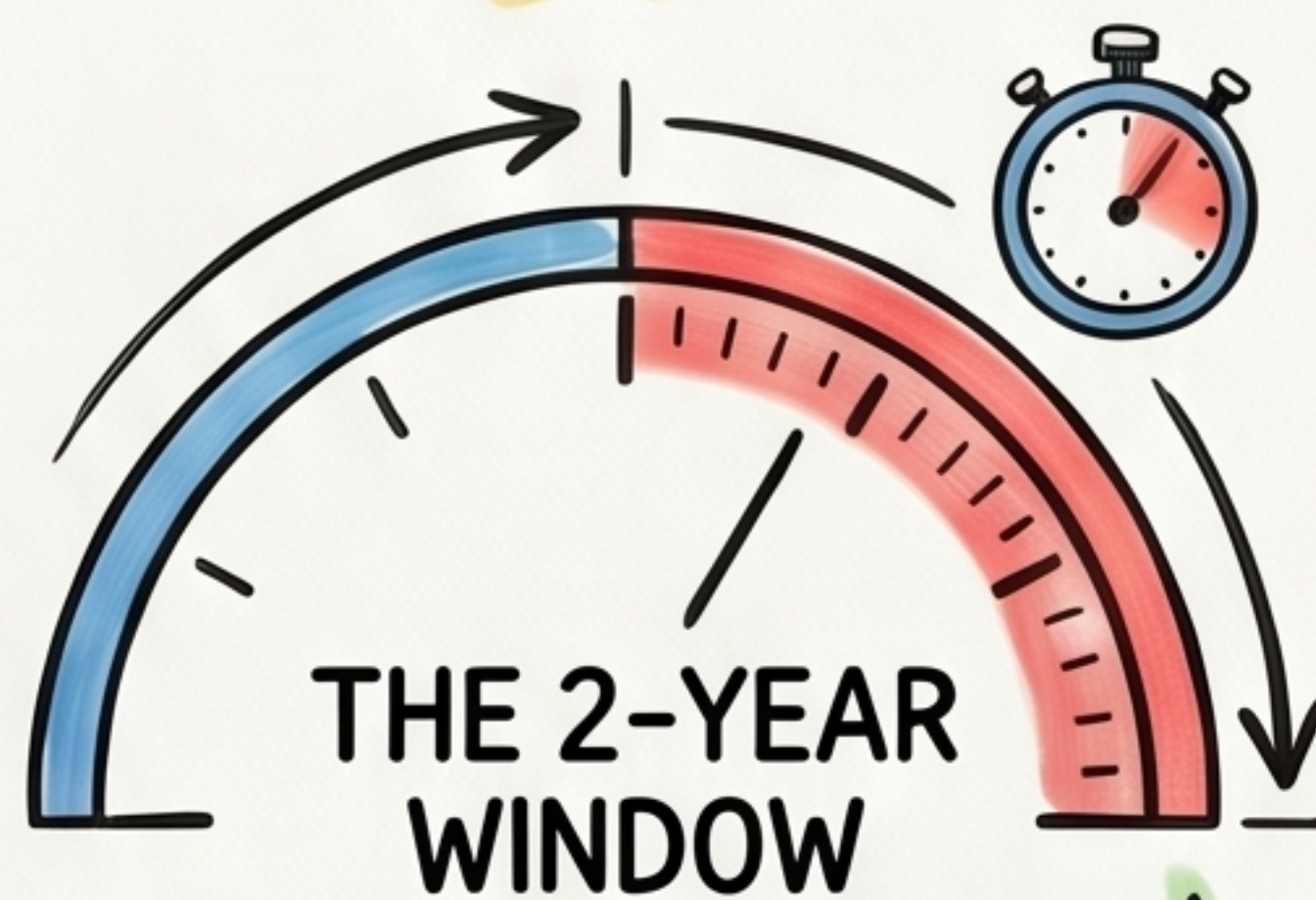
MEASURE FREQUENTLY

3 months



Assess disease activity every 1–3 months until target achieved.

CLINICAL IMPACT & THE “WINDOW OF OPPORTUNITY”



Aggressive treatment in the first 24 months prevents irreversible joint & functional damage.

JOINT PRESERVATION



LOWER DISEASE ACTIVITY



HIGHER DISEASE ACTIVITY

Lower disease activity scores correlate directly with significantly less radiographic joint erosion.

40%

TAPERING SUCCESS

Nearly half of patients in sustained remission can successfully taper biologics with monitoring.

