

Ankylosing Spondylitis (AS)

AS is a type of **inflammatory arthritis** that affects the **spine and the joints connecting the spine and pelvis**. As AS is an autoimmune condition, your immune system becomes overactive and begins to target healthy tissues, leading to inflammation. Over time, the constant targeting of the healthy tissues by the immune system can lead to **chronic back pain** and can cause the bones of the spine (vertebrae) to “grow together” or fuse, making your **back rigid and stiff**.¹



AS afflicts around **300,000** Canadians.¹



of AS cases begin **before age 45**.²

Diagnosing AS takes a **LONG TIME**.



It can take between **7-10 YEARS** for Canadians with AS to be diagnosed after the onset of symptoms.³

MECHANICAL VS. INFLAMMATORY BACK PAIN

Approximately **6.5 million Canadians** experience chronic mechanical back pain.¹

People with AS experience something different – **inflammatory back pain**.¹

SYMPTOMS OF AS INFLAMMATORY BACK PAIN INCLUDE:



Chronic low back pain that can **flare up** and **go away** for no apparent reason.¹



Pain and stiffness that are **worse in the morning** but can improve with stretching and exercise.¹



Back pain that persists for **weeks** or **months**.¹

SYMPTOMS

AS symptoms can vary from person to person, but typically appear between the ages of **17** and **45**. Some people might experience more severe symptoms, while others will have mild ones. The symptoms can also **worsen (flare up)** or **improve (remission)** intermittently. AS symptoms can include:⁴

- Lower back pain and stiffness
- Hip pain
- Joint pain
- Neck pain
- Loss of appetite and unexplained weight loss
- Abdominal pain and diarrhea
- Skin rash
- Vision problem

OTHER ASSOCIATED CONDITIONS



ENTHESITIS

Many people with AS have tenderness where the bone meets the tendon. This is called enthesitis.⁵ Between **34%** and **74%** of people with AS have enthesitis.⁶



UVEITIS

AS sometimes causes inflammation in the eye muscles and tissues, leading to swelling. This condition is called uveitis. Up to **50%** of people with AS will get uveitis at some point.^{7,8}



OSTEOPOROSIS

Osteoporosis is a weakening of the bone that can lead to fractures. Up to **50%** of people with AS will get osteoporosis.^{7,9}



PSORIASIS

Psoriasis is a chronic inflammatory skin condition that involves red elevated patches and flaking silvery scales that may also crack and bleed.¹⁰ About **10%** of people with AS have psoriasis.¹¹



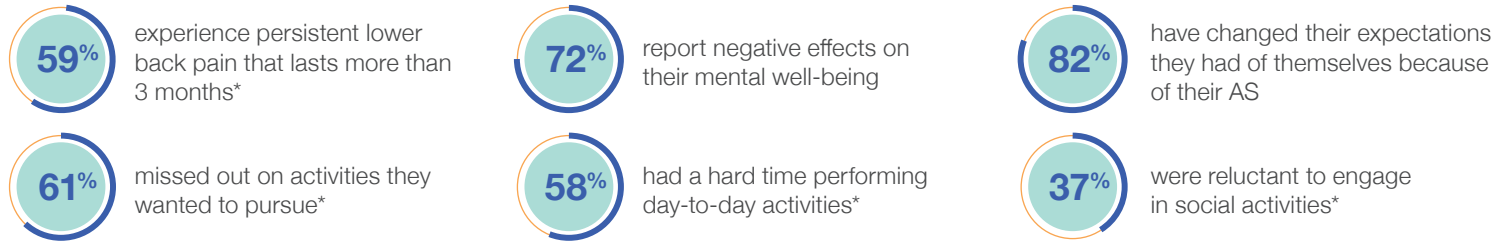
INFLAMMATORY BOWEL DISEASE

IBD includes ulcerative colitis and Crohn's disease. These are diseases of the digestive system that cause chronic inflammation in the intestines. Symptoms include abdominal pain, diarrhea, gas and bloating, loss of appetite or unexplained weight loss, mucus or blood in stool and upset stomach. Between **5%** and **10%** of people with AS have IBD, and as many as 60% of people with AS who have no gastrointestinal symptoms have some measure of gut inflammation.^{8,12,13}

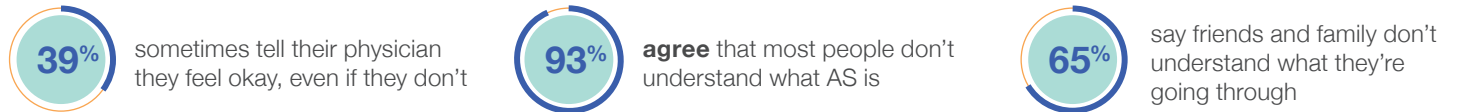
IMPACT ON QUALITY OF LIFE¹⁴

A survey of 83 Canadian patients living with AS reveals:

NEGATIVE IMPACTS ON QUALITY OF LIFE



HONEST DIALOGUE IS IMPORTANT



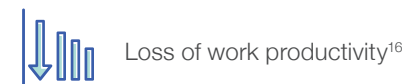
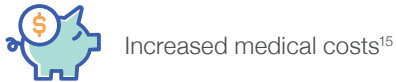
SYMPTOMS MAY NOT BE CONTROLLED



* Results include respondents answering "constantly" or "often".

SOCIOECONOMIC BURDEN

AS is associated with:



The economic burden reported in a Canadian study of 545 patients with AS:¹⁶

Average annual cost of AS: **\$9,008** per person → Annual cost can range from **\$5,000** to **\$30,000**

- **33%** of total cost is out-of-pocket patient expenses.
- Patients with heavy disease burden can spend up to **6x** more.
- **19%** were unemployed or in retirement.
- **9.5%** had to reduce their working time.

MANAGING THE DISEASE

If you suffer from AS, it is important that you **have the information you need. Talk to your health care professional team** to help determine the right disease management plan for you. **There are options available for AS treatment.**

Brought to you by one of Canada's leading biopharmaceutical research-based companies.

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