What is the Corrona RA Registry?

The Corrona RA Registry was founded in 2000 by leading rheumatologists and researchers. The registry has collected questionnaires containing important disease-related information from over 400 participating U.S. doctors and approximately 40,000 patients with Rheumatoid Arthritis (RA), Spondyloarthritis (i.e., psoriatic arthritis, ankylosing spondylitis), or similar types of arthritis.

Information collected helps researchers, patients, and the RA community to understand more about arthritis and the safety and effectiveness of medications used to treat it.

If you have any questions about the Corrona RA Registry, please see your Provider. The Joint Count Patient Newsletter is for distribution by Corrona Registry sites only, following Institutional Review Board (IRB) approval. IRBs review clinical research programs to help ensure the safety and well-being of study participants.

“I believe that the Corrona forms help physicians better understand and care for their patients.”

—Joel M. Kremer MD
Founder and Chief Medical Officer, Corrona LLC

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Corrona and Patient-Reported Outcomes (PROs)

Corrona has been collecting, analyzing, and publishing patient reported outcomes, as it relates to Rheumatoid Arthritis (RA), for the past 16 years. Patient Reported Outcomes (PROs) are data that are defined by the FDA as “any report of the status of a patient’s health condition that comes directly from the patient, without interpretation of the patient’s response by a clinician or anyone else”¹ This means that the information is collected directly from the patient.

Some of the PROs that Corrona collects include overall patient perception of how RA disease affects him/her, pain, fatigue, morning stiffness, and the Health Assessment Questionnaire (HAQ). Registry patients’ perception of their disease, pain, fatigue, and morning stiffness are collected using a Visual Analog Scale (VAS) scale where patients mark a scale with a single line to indicate how they feel about their condition. For example, marking zero would indicate no pain or fatigue, while marking one-hundred would mean the most severe pain or fatigue.

The Health Assessment Questionnaire (HAQ)

An important tool for evaluating PROs is the Health Assessment Questionnaire (HAQ). The HAQ asks questions about how well RA patients function. Patients are asked to rate their abilities for everyday physical tasks and select the degree of difficulty, if any, involved with a particular task. Some examples from the HAQ include:

Are you able to:
- dress yourself, including tying shoelaces and doing buttons;
- walk outdoors on flat ground; and
- bend down to pick up clothing from the floor.

Depending on the current level of RA disease activity, the patients would indicate if they had no difficulty, some difficulty, or extreme difficulty on the form. Corrona has published several studies that evaluate PROs and how treatment affects the quality of life and day-to-day functioning for those with RA who choose to participate in the Corrona RA Registry.

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Did You Know?

Curcumin is a key element found in spices like turmeric and cumin. While you may be familiar with the taste and yellow hues of those spices, did you know that curcumin also may have positive benefits for people who have RA?

A small study conducted in 2012 with patients whose RA was active concluded that a type of curcumin product reduced joint pain and swelling better than diclofenac sodium, a non-steroidal anti-inflammatory drug (NSAID).¹

Have you ever cooked with those spices? If the answer is “No”, then try your hand at this fantastic recipe, Golden Turmeric Latkes with Applesauce, which incorporates both turmeric and cumin for a tasty meal that is both sweet and a little spicy. See pages 3 and 4 for complete recipe and instructions. Bon Appetit!

Reference

Golden Turmeric Latkes with Applesauce

These crispy-on-the-outside-and-tender-on-the-inside latkes are delicious paired with a subtly spicy clove-scented applesauce.

Makes: 6 servings, 2 latkes each

Active Time: 45 minutes

Total Time: 45 minutes

Ingredients

Sauce
1 tablespoon canola oil
2 teaspoons grated fresh ginger
1/2 teaspoon ground turmeric
1/2 teaspoon ground cloves
1 cup unsweetened applesauce

Latkes
2 cups shredded peeled russet potatoes
1 small onion, finely chopped
1-2 fresh green serrano chillies, stemmed and finely chopped
3 tablespoons finely chopped fresh cilantro leaves and tender stems
1/2 cup chickpea flour or unbleached all-purpose flour
1 teaspoon ground cumin
1 teaspoon kosher or sea salt
1/2 teaspoon ground turmeric
2 large eggs, slightly beaten
2 tablespoons canola oil, divided

Preparation
1. To prepare sauce: Heat 1 tablespoon oil in a small skillet over medium-high heat. Add ginger and cook, stirring, until light brown and aromatic, 30 seconds to 1 minute. Stir in turmeric and cloves. Cook until the spices are fragrant, 30 seconds to 1 minute more. Scrape the spices into the applesauce in a small bowl and stir well to combine.
2. Preheat oven to 200°F. Place a baking sheet in the oven.
3. To prepare latkes: Thoroughly mix potatoes, onion, chillies to taste, cilantro, flour, cumin, salt, turmeric and eggs in a large bowl.

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Disease Activity and Depression

Corrona recently presented an example of how PROs may be used in Rome, Italy at the European League Against Rheumatism (EULAR). The research showed an association between RA disease activity and depression. Depression can be a common condition for patients with RA; however, the way depression may affect disease severity is not well known. The study examined 19,001 patients from the Corrona RA registry that did not have a history of depression at enrollment. PROs such as patient pain perception, other PROs and clinical measures, as well as coexisting illnesses (or other medical conditions that patients might have) were evaluated. Disease activity was measured using two common clinical rheumatology assessments which include the measure of actual joint counts performed by your rheumatologist. This study found that patients with higher disease activity also had more new reports of depression.

Treat-to-Target (T2T)

Another interesting study by Corrona looked at PROs and their relationship with an ever increasingly popular treatment program called Treat-to-Target (T2T). Briefly, physicians using T2T recommendations, treat RA patients until no clinical symptoms of their disease are evident or low disease activity (LDA) exist. The T2T treatment goal is based on a shared decision between the patient and his or her physician. This Corrona research included patients who began a new biologic medication, and did not achieve total relief from symptoms, but did have a significant clinical response to their medication. There were greater improvements from baseline measurements in the PROs (patient global assessment, pain, fatigue and others) among those who achieved lower disease activity as a result of the treat to target treatment program. Information that you and other willing registry participants contributed to the RA Registry helped to shape the T2T goals and the important shared decisions made by physicians and their patients.

In summary, the Corrona forms you complete allow rheumatologists treating arthritis to better understand patient needs.

References

1. www.nihcollaboratory.org

Golden Turmeric Latkes with Applesauce

4. Heat 1 tablespoon oil in a large nonstick skillet or griddle over medium heat. Place a heaping tablespoon of the potato mixture in the skillet and flatten with a spatula into a disk roughly 3 inches in diameter. Form as many latkes as you can in the pan without overcrowding. Cook until golden brown and crispy on the bottom, 3 to 5 minutes. Flip and continue cooking until the other side is golden brown and crispy, 3 to 5 minutes. Briefly drain on a paper towel-lined plate, then transfer to the oven to keep warm. Repeat with the remaining oil and potato mixture.

5. Serve the latkes with the seasoned applesauce.