

Understanding Axial Spondyloarthritis (axSpA)

Back Pain and Flares

Living with Axial Spondyloarthritis (axSpA), a condition causing chronic back pain, can be challenging. Unfortunately, diagnosing this inflammatory arthritis is also difficult. It's not always visible in imaging tests, making it a 'hidden' disease for many. Young adults often endure debilitating back pain and stiffness that significantly affects their quality of life before a diagnosis is even made.¹

Axial Spondyloarthritis

What Happens During a Flare^{1,2,3}



Back pain & stiffness



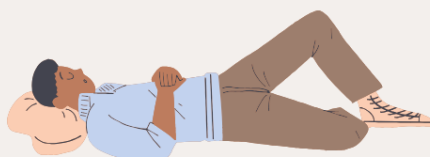
Psoriasis



Heel pain



Fatigue



Increased pain with rest

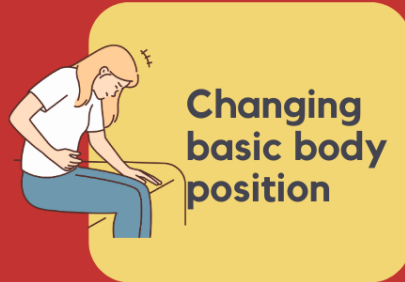


Relief with exercise



Commonly Affected Activities & Functions in axSpA^{1,3,4}

Functions in AxSpA



See a Rheumatologist if you are experiencing any of these.

References:

1. Garrido-Cumbers et al. The European Map of Axial Spondyloarthritis. Capturing the Patient Perspective - an Analysis of 2846 Patients Across 13 Countries. Current Rheumatology Reports 2019-21-19.
2. A Winkler, et al. Update on Axial Spondyloarthritis. Mo Med. 2022 Jan-Feb; 119(1): 79–83.
3. R Barnett, et al. Understanding flare in axial spondyloarthritis: novel insights from daily self-reported flare experience. Rheumatol Adv Pract. 2021; 5(3): rkab082.
4. Max MH Teuwen, et al. Functional limitations of people with rheumatoid arthritis or axial spondyloarthritis and severe functional disability: a cross-sectional descriptive study. Rheumatol Int. 2024; 44(1): 129–143.

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REFERENCE:

1. J.A. Walsh, et al. Clinical Manifestations and Diagnosis of Axial Spondyloarthritis. J Clin Rheumatol. 2021 Dec 1;27(8):e547-e560.

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1. Garrido-Cumbers et al. The European Map of Axial Spondyloarthritis. Capturing the Patient Perspective - an Analysis of 2846 Patients Across 13 Countries. Current Rheumatology Reports 2019-21-19
2. A Winkler, et al. Update on Axial Spondyloarthritis. Mo Med. 2022 Jan-Feb; 119(1): 79–83.
3. R Barnett, et al. Understanding flare in axial spondyloarthritis: novel insights from daily self-reported flare experience. Rheumatol Adv Pract. 2021; 5(3): rkab082.
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