

What is axial Spondyloarthritis?



What is axial Spondyloarthritis (axSpA) and who does it affect?

axSpA is a **painful, progressive** and **chronic inflammatory rheumatic disease**

primarily affecting the **spine** and **sacroiliac joints** – the joint between the pelvis and the base of the spine.¹



The disease is believed to affect up to **1 in 150** of the global population²



Symptoms of axSpA typically first emerge between the age of **20 and 40**⁴



This suggests there could be up to **56 million** people living with axSpA across the globe.³

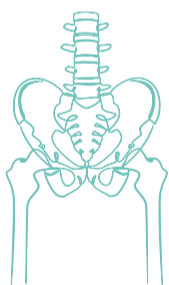
axSpA is now recognised to be **equally common in men and women**

(although the disease may present differently between the sexes).⁵

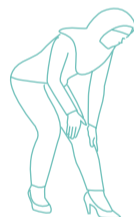


Signs and symptoms of axSpA

Gradual onset of pain and stiffness in the **lower back, buttocks and hips** are typically the first symptoms of axSpA.⁶



Other common indications of axSpA are:^{4,6}



Stiffness, especially after extended periods of rest



Pain and stiffness that often get better **with movement** and worse with rest



Fatigue



Typical symptom onset **before the age of 40**

References:

1. Sieper J, Poddubnyy D. Axial spondyloarthritis. 2017. Lancet; 390(10089):73-84
2. Jacquemin C, Maksymowych WP, Boonen A, et al. Patient-reported Flares in Ankylosing Spondylitis: A Cross-sectional Analysis of 234 Patients. 2017. J Rheumatol; 44(4):425-430.
3. Stolwijk C, van Onna M, Boonen A, et al. Global Prevalence of Spondyloarthritis: A Systematic Review and Meta-Regression Analysis. 2016. Arthritis Care Res; 68(9):1320-31.
4. Siebert S, Sengupta R, Tsoukas A. Axial Spondyloarthritis. 2016. Oxford Rheumatological Library. Oxford University Press.
5. Zhao S, Pittam B, Harrison N et al. Diagnostic delay in axial spondyloarthritis: a systematic review and meta-analysis. 2021. Rheumatology
6. Magrey, M.N., Danve, A.S., Ermann, J. and Walsh, J.A. (2020). Recognizing Axial Spondyloarthritis: A Guide for Primary Care.

Think axSpA

AxSpA is under-recognised and under-diagnosed. If you encounter gradual onset of pain and stiffness in the **lower back, buttocks and hips**, think axSpA.

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