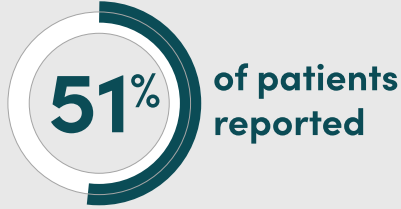


A survey of over 400 patients in the U.S. between 18 and 65 years old with rheumatoid arthritis (RA), psoriatic arthritis (PsA) and axial spondyloarthritis (axSpA) uncovered insights about conversation gaps with their rheumatologist and their care experience.

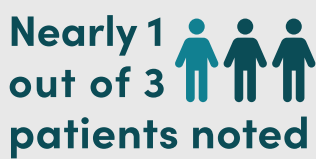
**The good news? You can play an active role in care decisions.**

**Rheum for Dialogue is a program committed to bridging these gaps and helping patients living with a rheumatic disease feel empowered to actively own their care. Join the conversation to break the silence around the unseen nature of rheumatic diseases.**

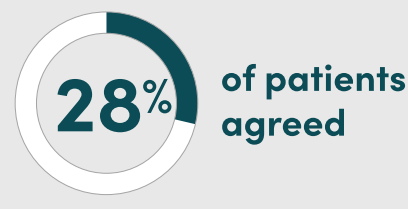
**Unspoken Concerns and the Emotional Impact**



feeling **at least one negative emotion** after leaving appointments with their rheumatologist, most commonly feeling anxious (33%) or overwhelmed (32%)



they are **afraid of being judged** by their rheumatologist



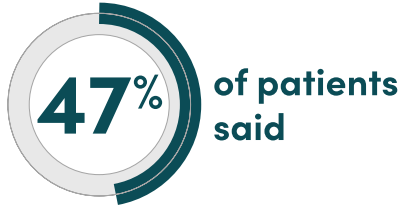
they **don't tell their rheumatologist everything** because they don't want them to think they're complaining



**Rheum for Dialogue Insight:**

Negative feelings associated with rheumatologist appointments may lead to less-than-ideal care experiences, but all patients deserve optimal care that accounts for individualized needs. **Acknowledging and addressing the emotions** you may feel are some of the first steps to personalizing your care journey with your rheumatologist.

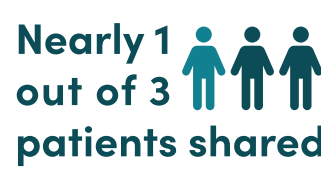
**Communication Barriers to Transparency**



they **describe their pain differently** to family and friends than they do to their rheumatologist



they **want more time during visits** to discuss needs with their rheumatologist



there are **cultural differences** that make discussing their condition with their rheumatologist difficult



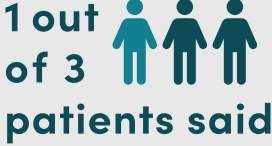
**Rheum for Dialogue Insight:**

Transparent conversations are essential in creating a relationship with your rheumatologist that enables trust and shared commitment. If your rheumatologist better understands the full scope of your personal and medical experience – **no judgement involved** – they can move beyond treating symptoms and tailor care to meet your needs and goals.

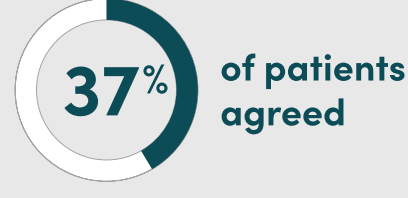
**A Passive vs. Active Role in Care**



they **rely on their rheumatologist** to bring up new treatments



they **struggle to describe challenges** they have with their treatment to their rheumatologist



they **wait for their rheumatologist** to tell them when their treatment has stopped working



**Rheum for Dialogue Insight:**

A fundamental aspect of shared decision-making is ensuring that your care goals are aligned with your rheumatologist's care goals. Through **thoughtful two-way communication** with your rheumatologist, you can advocate for your needs and play an active role in your care decisions.

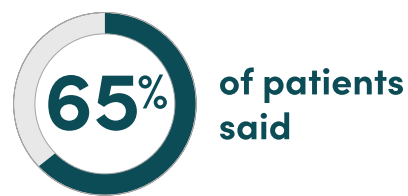
**Treatment Conversations and Considerations**



they had **changed treatments sooner**



feeling **embarrassed** if they are not able to keep up with treatment requirements



they believe their **treatment will work** if they do everything they are supposed to do



**Rheum for Dialogue Insight:**

Care journeys are not one-size-fits-all and may take some trial and error. That's why collaborating with your rheumatologist to **understand if your treatment is supporting your care goals** is key to ensuring you continue to make progress and feel empowered while doing so.



**It's time to have meaningful conversations with your rheumatologist.**

It's time for care decisions to become *joint* decisions.

Use these learnings to feel empowered to partner with your rheumatologist and talk about a care plan that works for you – **no settling for less.**

Learn more on

[rheumfordialogue.abbvie](https://rheumfordialogue.abbvie)

**About the Rheum for Dialogue Survey**

This U.S.-based survey was conducted between October 23, 2023 – January 2, 2024, and responses were obtained from 464 rheumatology patients who self-reported having been diagnosed with moderate to severe RA, PsA, AS or axSpA. The online survey was sponsored by AbbVie and conducted by Oracle Life Sciences.

This online survey is not based on a probability sample and therefore no estimate of theoretical sampling error can be calculated.

Reference:  
1. AbbVie. (2024). 2023 USPA Rheumatology Patient Insights Survey. Data on File.