

Dr. med. Peer Aries

mit Ana González y Fandiño

Rheuma

Wissen statt Mythen – rheumatische Erkrankungen verstehen und in den Griff bekommen

Quellenangaben

Allgemeine Mythen

«Rheuma ist eine Volkskrankheit»

Albrecht K, Binder S, Minden K, Poddubnyy D, Regierer AC, Strangfeld A, Callhoff J (2023): Systematic review to estimate the prevalence of inflammatory rheumatic diseases in Germany. Zeitschrift für Rheumatologie. 7. Februar 2023. DOI: 10.1007/s00393-022-01302-5

Cross M et al. (2014): Global burden of disease study. Annals of the Rheumatic Diseases, Band 73, Ausgabe 7, Seiten 1323–30. DOI: 10.1136/annrheumdis-2013-204763

Deutsche Gesellschaft für Rheumatologie e. V. (Hrsg., 2021): Rheuma in Zahlen. Betroffene Menschen in Deutschland. Link ohne DOI: <https://dgrh.de/Start/DGRh/Presse/Daten-und-Fakten/Rheuma-in-Zahlen.html>

Fuchs J, Kuhnert R, Scheidt-Nave C (2017): 12-Monats-Prävalenz von Arthrose in Deutschland. Journal of Health Monitoring, Band 2, Ausgabe 3, Seiten 55–60. DOI: 10.17886/RKI-GBE-2017-054

Robert Koch-Institut (RKI) (Hrsg., 2012): Daten und Fakten: Ergebnisse der Studie «Gesundheit in Deutschland aktuell 2010». ISBN: 978-3-89606-213-0

Zink A, Albrecht K (2015): Wie häufig sind muskuloskeletale Erkrankungen in Deutschland? Zeitschrift für Rheumatologie, Band 75, Ausgabe 4, Seiten 346–353. DOI: 10.1007/s00393-016-0094-2

«Rheuma? Da kann man leider nichts machen.»

Aletaha D, Eberl G, Nell V P K, Machold K P, Smolen J S (2002): Practical progress in realisation of early diagnosis and treatment of patients with suspected rheumatoid arthritis: results from two matched questionnaires within three years. Annals of the Rheumatic Diseases, Band 61, Ausgabe 7, Seiten 630–634. DOI: 10.1136/ard.61.7.630

Detert J, Bastian H, Listing J, Weiß A, Wassenberg S, Liebhaber A, Rockwitz K, Alten R, Krüger K, Rau R, Simon C, Gremmelsbacher E, Braun T, Marsmann F, Höhne-Zimmer V, Egerer K, Buttgereit F, Burmester G-R (2013): Induction therapy with adalimumab plus methotrexate for 24 weeks followed by methotrexate monotherapy up to week 48 versus methotrexate therapy alone for DMARD-naïve patients with early rheumatoid arthritis: HIT HARD, an investigator-initiated study. Annals of the Rheumatic Diseases, Band 72, Ausgabe 6, Seiten 844–850. DOI: 10.1136/annrheumdis-2012-201612

«Rheuma ist unheilbar, und im Normalfall werden eh nur die Symptome behandelt»

Studenic P, Aletaha D, de Wit M, Stamm TA, Alasti F, Lacaille D, Smolen JS, Felson DT (2023): American College of Rheumatology / EULAR remission criteria for rheumatoid arthritis: 2022 revision. Annals of the Rheumatic Diseases, Band 82, Ausgabe 1, Seiten 74–80. DOI: 10.1136/ard-2022-223413

Ugarte-Gil MF, Hanly J, Urowitz M, Gordon C, Bae SC, Romero-Diaz J, Sanchez-Guerrero J, Bernatsky S, Clarke AE, J Wallace D, Isenberg DA, Rahman A, Merrill JT, Fortin PR, Gladman DD, Bruce IN, Petri M, Ginzler EM, Dooley MA, Ramsey-Goldman R, Manzi S, Jönsen A, van Vollenhoven RF, Aranow C, Mackay M, Ruiz-Irastorza G, Lim S, Inanc M, Kalunian K, Jacobsen S, Peschken C, Kamen DL, Askanase A, Pons-Estel BA, Alarcón GS (2022): Remission and low disease activity (LDA) prevent damage accrual in patients with systemic lupus erythematosus: results from the Systemic Lupus International Collaborating Clinics (SLICC) inception cohort. Annals of the Rheumatic Diseases, Band 81, Ausgabe 11, Seiten 1541–1548. DOI: 10.1136/ard-2022-222487

Fernández-Carballido C, Collantes-Estévez E, Gratacós J, Juanola X, Zarco P (2021): Remission in axial spondyloarthritis: Developing a consensus definition. Reumatología Clínica (English Edition), Band 17, Ausgabe 7, Seiten 380–387. DOI: 10.1016/j.reumae.2020.01.008

Morgensteifigkeit ist ein sicheres Zeichen für Rheuma

Arnbak B, Jurik AG, Jensen TS, Manniche C (2018): «Association Between Inflammatory Back Pain Characteristics and Magnetic Resonance Imaging Findings in the Spine and Sacroiliac Joints». Arthritis care & research, Band 70, Ausgabe 2, Seiten 244–251. DOI: 10.1002/acr.23259

Hazes JM, Hayton R, Silman AJ (1993): «A reevaluation of the symptom of morning stiffness». The Journal of rheumatology, Band 20, Ausgabe 7, Seiten 1138–1142. PMID: 8371206

van Nies JA, Alves C, Radix-Bloemen AL et al. (2015): «Reappraisal of the diagnostic and prognostic value of morning stiffness in arthralgia and early arthritis: results from the Groningen EARC, Leiden EARC, ESPOIR, Leiden EAC and REACH». Arthritis research & therapy, Band 17, Ausgabe 1, Seite 108. DOI: 10.1186/s13075-015-0616-3

Sokka T, Mäkinen H, Hannonen P, Pincus T (2007): «Most people over age 50 in the general population do not meet ACR remission criteria or OMERACT minimal disease activity criteria for rheumatoid arthritis». Rheumatology (Oxford),

Band 46, Ausgabe 6, Seiten 1020–1023. DOI: 10.1093/rheumatology/kem051

Westhoff G, Buttgereit F, Gromnica-Ihle E, Zink A (2008): «Morning stiffness and its influence on early retirement in patients with recent onset rheumatoid arthritis». Rheumatology (Oxford), Band 47, Ausgabe 7, Seiten 980–984. DOI: 10.1093/rheumatology/ken137

Yazici Y, Erkan D, Peterson MG, Kagen LJ (2001): «Morning stiffness: how common is it and does it correlate with physician and patient global assessment of disease activity?». The Journal of rheumatology, Band 28, Ausgabe 6, Seiten 1468–1469, PMID: 11409149

Yazici Y, Pincus T, Kautiainen H, Sokka T (2004): «Morning stiffness in patients with early rheumatoid arthritis is associated more strongly with functional disability than with joint swelling and erythrocyte sedimentation rate». The Journal of rheumatology, Band 31, Ausgabe 17, Seiten 23–6. PMID: 15338490

«Bei Rheuma muss erst mal eine neue Matratze her!»

Caggiari G, Talesa GR, Toro G, Jannelli E, Monteleone G, Puddu L (2021): What type of mattress should be chosen to avoid back pain and improve sleep quality? Review of the literature. Journal of Orthopaedics and Traumatology, Band 22, Ausgabe 1, Seite 51. DOI: 10.1186/s10195-021-00616-5

Penzel T, RKI (Hrsg., 2005): Schlafstörungen. Gesundheitsberichterstattung des Bundes, Ausgabe 27. ISBN: 978-3-89606-159-1

Saidi O, Rochette E, Bourdier P, Ratel S, Merlin E, Pereira B, Duché P (2022): Sleep in children and adolescents with juvenile idiopathic arthritis: a systematic review and meta-analysis of case-control studies. Sleep, Band 45, Ausgabe 2, Seiten zsab233. DOI: 10.1093/sleep/zsab233

Thakur B, Pathak M, Singh P, Padhan P (2021): Prevalence of obstructive sleep apnea among patients with rheumatoid arthritis and its association with age and body mass index: A systematic review and meta-analysis. International Journal of Rheumatic Diseases, Band 24, Ausgabe 11, Seiten 1354–1361. DOI: 10.1111/1756-185X.14178

«Ist der Rheumafaktor negativ, ist es kein auch Rheuma»

Aggarwal A (2014): Role of autoantibody testing. Best Practice & Research Clinical Rheumatology, Band 28, Ausgabe 6, Seiten 907–920. DOI: 10.1016/j.berh.2015.04.010

Griesmacher A, Peichl P (2001): Autoantibodies associated with rheumatic diseases. Clinical Chemistry and Laboratory Medicine, Band 39, Ausgabe 3, Seiten 189–208. DOI: 10.1515/CCLM.2001.031

Shmerling RH, Delbanco TL (1992): How useful is the rheumatoid factor? An analysis of sensitivity, specificity, and predictive value. Archives of Internal Medicine, Band 152, Ausgabe 12, Seiten 2417–2420. PMID: 1456851

«Wer Rheuma hat, sollte sich schonen»

Arbeitsgemeinschaft der Wissenschaftlichen Medizinischen Fachgesellschaften (AWMF) e. V. (2019): S3-Leitlinie Management der frühen rheumatoiden Arthritis, Link ohne DOI: <https://register.awmf.org/de/leitlinien/detail/060002>

Mayoux Benhamou MA (2007): Reconditioning in patients with rheumatoid arthritis, Annales de Réadaptation et de Médecine Physique, Band 50, Ausgabe 6, Seiten 382–385. DOI: 10.1016/j.annrmp.2007.03.023

Pfaff EM, Derad I, Feldkamp T, Nitschke M, Görg S, Ziemann M (2021): Appearance of new CDC-reactive antibodies in patients waiting for kidney transplantation, Transplant Immunology, Band 69, Seite 101449. DOI: 10.1016/j.trim.2021.101449

Rausch Osthoff AK, Niedermann K, Braun J, Adams J, Brodin N, Dagfinrud H, Duruoz T, Appel Esbensen B, Günther KP, Hurkmans E, Bogh Juhl C, Kennedy N, Kiltz U, Knittle K, Nurmohamed M, Pais S, Severijns G, Swinnen TS, Ptsillidou IA, Warburton L, Yankov Z, Vliet Vlieland TPM (2018): 2018 EULAR recommendations for physical activity in people with inflammatory arthritis and osteoarthritis, Annals of the Rheumatic Diseases, Band 77, Ausgabe 9, Seiten 1251–1250. DOI: 10.1136/annrheumdis-2018-213585

«Kein Zwicken, kein Zwacken, also auch kein Rheumaschub»

keine Quellen

«Kinderwunsch bei Rheuma – ist das nicht völlig unrealistisch?»

Fischer-Betz R & Späthling-Mestekemper S (2020): Schwangerschaft bei rheumatischen Erkrankungen. Pregnancy and rheumatic diseases. Zeitschrift für Rheumatologie, Band 79, Ausgabe 1, Seiten 55–73. DOI: 10.1007/s00393-019-00736-8

«Rheuma und Herzinfarkt – das sind zwei völlig verschiedene Paar Schuhe»

Johnson TM, Sayles HR, Baker JF, George MD, Roul P, Zheng C, Sauer BC, Liao KP, Anderson DR, Mikuls TR, England BR (2021): Investigating changes in disease activity as a mediator of cardiovascular risk reduction with methotrexate use in rheumatoid arthritis. Annals of the Rheumatic Diseases, Band 80, Ausgabe 11, Seiten 1385–1392, DOI:

10.1136/annrheumdis-2021-220125

Ozisler D, Kaplanoglu H, Sandikci SC, Ozisler Z (2022): Evaluation of subclinical atherosclerosis by ultrasound radiofrequency data technology in patients with psoriatic arthritis. *Revista da Associação Médica Brasileira*, Band 68, Ausgabe 12, 1645–1650, DOI: 10.1590/1806-9282.20220416

Ridker PM, Everett BM, Thuren T, MacFadyen JG, Chang WH, Ballantyne C, Fonseca F, Nicolau J, Koenig W, Anker SD, Kastelein JJP, Cornel JH, Pais P, Pella D, Genest J, Cifkova R, Lorenzatti A, Forster T, Kobalava Z, Vida-Simiti L, Flather M, Shimokawa H, Ogawa H, Dellborg M, Rossi PRF, Troquay RPT, Libby P, Glynn RJ, CANTOS Trial Group (2017): Antiinflammatory Therapy with Canakinumab for Atherosclerotic Disease. *New England Journal of Medicine*, Band 377, Ausgabe 12, Seiten 1119–1131, DOI: 10.1056/NEJMoa1707914

Mythen zu den Ursachen

«Rheuma haben nur alte Leute»

Karmacharya P, Chakradhar R, Ogdie A (2021): The epidemiology of psoriatic arthritis: A literature review. *Best Practice & Research Clinical Rheumatology*, Band 35, Ausgabe 2, Seite 101692. DOI: 10.1016/j.berh.2021.101692

Minden K (2015): «Classification and epidemiology of juvenile idiopathic arthritis». Hochberg MC, Silman AJ, Smolen JS, Weinblatt ME, Weisman MH (Hrsg.) (2015): *Rheumatology* (6th edition), Philadelphia (Elsevier), 2015:826–832, DOI: 10.1016/B978-0-323-09138-1.00100-5

Rabenberg M. (2013): Gesundheitsberichterstattungen des Bundes, Ausgabe 54, «Arthrose», RKI, DOI: 10.25646/3166

Rietschel C & Latta K (2012): «Rheumatische Gelenkerkrankungen im Kindes- und Jugendalter». *Zeitschrift für Rheumatologie*, Band 71, Seiten 403–16, DOI: 10.1007/s00393-012-0994-8

Sieper J. (2013): «Axial spondyloarthropathies». Watts RA, Conaghan PG, Denton C, Foster H, Isaacs J, Müller-Ladner U (Hrsg.): *Oxford Textbook of Rheumatology* (4th ed.), Chapter 113. Oxford (Oxford University Press), DOI: 10.1093/med/9780199642489.003.0113_update_001

Symmons DPM. (2013): «Epidemiology and the rheumatic diseases». Watts RA, Conaghan PG, Denton C, Foster H, Isaacs J, Müller-Ladner U (Hrsg.): *Oxford Textbook of Rheumatology* (4th ed.), Chapter 27. Oxford (Oxford University Press), DOI: 10.1093/med/9780199642489.003.0027

Tian J, Zhang D, Yao X, Huang Y, Lu Q (2022): Global epidemiology of systemic lupus erythematosus: a comprehensive systematic analysis and modelling study. *Annals of the Rheumatic Diseases*, DOI: 10.1136/ard-2022-223035

«Rheuma ist natürlich vererblich»

Block SR (2006): «A brief history of twins». *Lupus*, Band 15, Ausgabe 2, Seiten 61–64, DOI: 10.1191/0961203306lu2263ed

Crowson CS, Matteson EL, Myasoedova E, Michet CJ, Ernste FC, Warrington KJ, Davis JM 3rd, Hunder GG, Thernau TM, Gabriel SE (2011): «The lifetime risk of adult-onset rheumatoid arthritis and other inflammatory autoimmune rheumatic diseases». *Arthritis & Rheumatism*, Band 63, Ausgabe 3, Seiten 633–639. DOI: 10.1002/art.30155

Deapen D, Escalante A, Weinrib L, Horwitz D, Bachman B, Roy-Burman P, Walker A, Mack TM (1992): «A revised estimate of twin concordance in systemic lupus erythematosus». *Arthritis & Rheumatology*, Band 35, Ausgabe 3, Seiten 311–318. DOI: 10.1002/art.1780350310

Gateva V, Sandling JK, Hom G, Taylor KE, Chung SA, Sun X, Ortmann W, Kosoy R, Ferreira RC, Nordmark G, Gunnarsson I, Svenungsson E, Padyukov L, Sturfelt G, Jönsen A, Bengtsson AA, Rantapää-Dahlqvist S, Baechler EC, Brown EE, Alarcón GS, Edberg JC, Ramsey-Goldman R, McGwin G Jr, Reveille JD, Vilá LM, Kimberly RP, Manzi S, Petri MA, Lee A, Gregersen PK, Seldin MF, Rönnblom L, Criswell LA, Syvänen AC, Behrens TW, Graham RR (2009): «A large-scale replication study identifies TNIP1, PRDM1, JAZF1, UHRF1BP1 and IL10 as risk loci for systemic lupus erythematosus». *Nature Genetics*, Heft 41, Band 11, Seiten 1228–1233. DOI:10.1038/ng.468

Fries JF, Wolfe F, Apple R, Erlich H, Bugawan T, Holmes T, Bruce B (2002): «HLA-DRB1 genotype associations in 793 white patients from a rheumatoid arthritis inception cohort: frequency, severity, and treatment bias». *Arthritis & Rheumatology*, Band 46, Ausgabe 9, Seiten 2320–2329. DOI: 10.1002/art.10485

Jiang X, Askling J, Saevarsdottir S, Padyukov L, Alfredsson L, Viatte S, Frisell T (2016): «A genetic risk score composed of rheumatoid arthritis risk alleles, HLA-DRB1 haplotypes, and response to TNFi therapy – results from a Swedish cohort study». *Arthritis research & therapy*, Band 18, Ausgabe 1, Seite 288. DOI: 10.1186/s13075-016-1174-z

Mattey DL, Dawes PT, González-Gay MA, García-Porrúa C, Thomson W, Hajeer AH, Ollier WE (2001): «HLA-DRB1 alleles encoding an aspartic acid at position 70 protect against development of rheumatoid arthritis». *The Journal of rheumatology*, Band 28, Ausgabe 2, Seiten 232–239, PMID: 11246655

Mohamed RH, Pasha HF, El-Shahawy EE (2012): Influence of TRAF1 / C5 and STAT4 genes polymorphisms on susceptibility and severity of rheumatoid arthritis in Egyptian population. *Cellular Immunology*, Band 273, Ausgabe 1, Seiten 67–72. DOI: 10.1016/j.cellimm.2011.11.005

Viatte S, Plant D, Lunt M, Fu B, Flynn E, Parker BJ, Galloway J, Solymosy C, Worthington J, Symmons DPM, Dixey JJ, Young A, Barton A (2013): Investigation of rheumatoid arthritis genetic susceptibility markers in the early rheumatoid arthritis study further replicates the TRAF1 association with radiological damage. The Journal of Rheumatology, Band 40, Ausgabe 2, Seiten 144–56, DOI: 10.3899/jrheum.121034

de Vries N, Tijssen H, van Riel PLCM, van de Putte LBA (2002): «Reshaping the shared epitope hypothesis: HLA-associated risk for rheumatoid arthritis is encoded by amino acid substitutions at positions 67–74 of the HLA-DRB1 molecule». Arthritis & Rheumatology, Band 46, Ausgabe 4, Seiten 921–928. DOI: 10.1002/art.10210

van der Woude D, Lie BA, Lundström E, Balsa A, Feitsma AL, Houwing-Duistermaat JJ, Verduijn W, Nordang GB, Alfredsson L, Klareskog L, Pascual-Salcedo D, Gonzalez-Gay MA, Lopez-Nevot MA, Valero F, Roep BO, Huizinga TW, Kvien TK, Martín J, Padyukov L, de Vries RR, Toes RE (2010): «Protection against anti-citrullinated protein antibody-positive rheumatoid arthritis is predominantly associated with HLA-DRB1* 1301: a meta-analysis of HLA-DRB1 associations with anti-citrullinated protein antibody-positive and anti-citrullinated protein antibody-negative rheumatoid arthritis in four European populations». Arthritis and Rheumatology, Heft 62, Band 5, Seiten 1236–1245. DOI: 10.1002/art.27366

«Wer Rheuma hat, ist selbst schuld»

Asoudeh F, Jayedi A, Kaviani Z, Ebrahimi-Mousavi S, Nielsen SM, Mohammadi H (2021): A systematic review and meta-analysis of observational studies on the association between animal protein sources and risk of rheumatoid arthritis. Clinical Nutrition, Band 40, Ausgabe 7, Seiten 4644–4652, DOI: 10.1016/j.clnu.2021.05.026

Brennan DN, Ungprasert P, Warrington KJ, Koster MJ (2018): Smoking as a risk factor for giant cell arteritis: A systematic review and meta-analysis. Seminars in Arthritis and Rheumatism, Band 48, Ausgabe 3, Seiten 529–537, DOI: 10.1016/j.semarthrit.2018.07.001

Gómez-Puerta JA, Gedmintas L, Costenbader KH (2013): The association between silica exposure and development of ANCA-associated vasculitis: Systematic review and meta-analysis. Autoimmunity Reviews, Band 12, Ausgabe 12, Seiten 1129–1135. DOI: 10.1016/j.autrev.2013.06.016

Hatami E, Aghajani M, Pourmasoumi M, Haeri F, Boozari B, Nezamoleslami S, Clark CCT, Nezamoleslami S, Ghiasvand R (2022): The relationship between animal flesh foods consumption and rheumatoid arthritis: a case-control study. Nutrition Journal, Band 21, Ausgabe 1, Seite 51. DOI: 10.1186/s12937-022-00800-1

Mankia K, Siddle H, Di Matteo A, Alpizar-Rodríguez D, Kerry J, Kerschbaumer A, Aletaha D, Emery P (2021): A core set of risk factors in individuals at risk of rheumatoid arthritis: a systematic literature review informing the EULAR points to consider for conducting clinical trials and observational studies in individuals at risk of rheumatoid arthritis. RMD Open, Band 7, Ausgabe 3, Seite e001768, DOI: 10.1136/rmdopen-2021-001768

Morotti A, Sollaku I, Franceschini F, Cavazzana I, Fredi M, Sala E, De Palma G (2022): Systematic Review and Meta-analysis on the Association of Occupational Exposure to Free Crystalline Silica and Rheumatoid Arthritis. Clinical Reviews in Allergy & Immunology, Band 62, Ausgabe 2, Seiten 333–345. DOI: 10.1007/s12016-021-08846-5

Nielen MMJ, van Schaardenburg D, Reesink HW, van de Stadt RJ, van der Horst-Bruinsma IE, de Koning MHMT, Habibuw MR, Vandenbroucke JP, Dijkmans BAC (2004): Specific autoantibodies precede the symptoms of rheumatoid arthritis: A study of serial measurements in blood donors. Arthritis & Rheumatology, Band 50, Ausgabe 2, Seiten 380–386. DOI: 10.1002/art.20018

Pattison DJ, Harrison RA, Symmons DPM (2004): The role of diet in susceptibility to rheumatoid arthritis: a systematic review. The Journal of Rheumatology, Band 31, Ausgabe 7, Seiten 1310–1319. PMID: 15229949

«Rauchen und Rheuma haben doch gar nichts miteinander zu tun»

Arnsen Y, Shoenfeld Y, Amital H (2010): Effects of tobacco smoke on immunity, inflammation and autoimmunity. Journal of Autoimmunity, Band 34, Ausgabe 3, Seiten J258–65. DOI: 10.1016/j.jaut.2009.12.003

Barbhaiya M, Tedeschi SK, Lu B, Malspeis S, Kreps D, Sparks JA, Karlson EW, Costenbader KH. 2018. «Cigarette Smoking and the Risk of Systemic Lupus Erythematosus, Overall and by Anti-Double Stranded DNA Antibody Subtype, in the Nurses' Health Study Cohorts». Annals of the Rheumatic Diseases 77(2):196–202. DOI: 10.1136/annrheumdis-2017-211675.

Brennan DN, Ungprasert P, Warrington KJ, Koster MJ (2018): Smoking as a risk factor for giant cell arteritis: A systematic review and meta-analysis. Seminars in Arthritis and Rheumatism, Band 48, Ausgabe 3, Seiten 529–537. DOI: 10.1016/j.semarthrit.2018.07.001

Brusca SB, Abramson SB, Scher JU (2014): Microbiome and mucosal inflammation as extra-articular triggers for rheumatoid arthritis and autoimmunity. Current Opinion in Rheumatology, Band 26, Ausgabe 1, Seiten 101–107. DOI: 10.1097/BOR.0000000000000008

Chang K, Yang SM, Kim SH, Han KH, Park SJ, Shin JI (2014): Smoking and rheumatoid arthritis. International Journal of Molecular Sciences, Band 15, Ausgabe 12, Seiten 22279–22295. DOI: 10.3390/ijms151222279

- England BR, Mikuls TR (2021): Epidemiology of, risk factors for, and possible causes of rheumatoid arthritis. UpToDate. Link ohne DOI: <https://www.uptodate.com/contents/epidemiology-of-risk-factors-for-and-possible-causes-of-rheumatoid-arthritis>
- Eder L, Shanmugarajah S, Thavaneswaran A, Chandran V, Rosen CF, Cook RJ, Gladman DD (2012): The association between smoking and the development of psoriatic arthritis among psoriasis patients. *Annals of the Rheumatic Diseases*, Band 71, Ausgabe 2, Seiten 219–24. DOI: 10.1136/ard.2010.147793
- Di Giuseppe D, Discacciati A, Orsini N, Wolk A (2014): Cigarette smoking and risk of rheumatoid arthritis: a dose-response meta-analysis. *Arthritis Research & Therapy*, Band 16, Ausgabe 2, Seiten R61. DOI: 10.1186/ar4498
- Glossop JR, Dawes PT, Matthey DL (2006): Association between cigarette smoking and release of tumour necrosis factor alpha and its soluble receptors by peripheral blood mononuclear cells in patients with rheumatoid arthritis. *Rheumatology*, Band 45, Ausgabe 10, Seiten 1223–1229, DOI: 10.1093/rheumatology/kei094
- Hedström AK, Stawiarz L, Klareskog L, Alfredsson L (2018): Smoking and susceptibility to rheumatoid arthritis in a Swedish population-based case-control study. *European Journal of Epidemiology*, Band 33, Ausgabe 4, Seiten 415–423. DOI: 10.1007/s10654-018-0360-5
- Hedström AK, Klareskog L, Alfredsson L (2018a): Exposure to passive smoking and rheumatoid arthritis risk: results from the Swedish EIRA study. *Annals of the Rheumatic Diseases*, Band 77, Ausgabe 7, Seiten 970–972. DOI: 10.1136/annrheumdis-2018-212973
- Hyrich KL, Watson KD, Silman AJ, Symmons DPM; British Society for Rheumatology Biologics Register (2006): Predictors of response to anti-TNF-alpha therapy among patients with rheumatoid arthritis: results from the British Society for Rheumatology Biologics Register. *Rheumatology (Oxford)*, Band 45, Ausgabe 12, Seiten 1558–1565, DOI: 10.1093/rheumatology/kei149
- Khan T, Jose RJ, Renzoni EA, Mouyis M (2021): A Closer Look at the Role of Anti-CCP Antibodies in the Pathogenesis of Rheumatoid Arthritis-Associated Interstitial Lung Disease and Bronchiectasis. *Rheumatology and Therapy*, Band 8, Ausgabe 4, Seiten 1463–1475. DOI: 10.1007/s40744-021-00362-4
- Nielen MM, van Schaardenburg D, Reesink HW, van de Stadt RJ, van der Horst-Bruinsma IE, de Koning MHMT, Habibuw MR, Vandenbroucke JP, Dijkmans BAC (2018): Specific autoantibodies precede the symptoms of rheumatoid arthritis: a study of serial measurements in blood donors. *Arthritis & Rheumatology*, Band 50, Ausgabe 2, Seiten 380–6. DOI: 10.1002/art.20018
- Shi J, van de Stadt LA, Levarht EW, Huizinga TW, Hamann D, van Schaardenburg D, Toes REM, Trouw LA (2014): Anti-carbamylated protein (anti-CarP) antibodies precede the onset of rheumatoid arthritis. *Annals of the Rheumatic Diseases*, Band 73, Ausgabe 4, Seiten 780–783. DOI: 10.1136/annrheumdis-2013-204154
- Sugiyama D, Nishimura K, Tamaki K, Tsuji G, Nakazawa T, Morinobu A, Kumagai S (2010): Impact of smoking as a risk factor for developing rheumatoid arthritis: a meta-analysis of observational studies. *Annals of the Rheumatic Diseases*, Band 69, Ausgabe 1, Seiten 70–81, DOI: 10.1136/ard.2008.096487
- Villaverde-García V, Cobo-Ibáñez T, Candelas-Rodríguez G, Seoane-Mato D, Campo-Fontecha PDD, Guerra M, Muñoz-Fernández S, Cañete JD (2017): The effect of smoking on clinical and structural damage in patients with axial spondyloarthritis: A systematic literature review. *Seminars in Arthritis and Rheumatism*, Band 46, Heft 5, Seiten 569–583. DOI: 10.1016/j.semarthrit.2016.11.004
- Wu J, Peters BA, Dominianni C, Zhang Y, Pei Z, Yang L, Ma Y, Purdue MP, Jacobs EJ, Gapstur SM, Li H, Alekseyenko AV, Hayes RB, Ahn J (2016): Cigarette smoking and the oral microbiome in a large study of American adults. *The ISME Journal*, Band 10, Ausgabe 10, Seiten 2435–46. DOI: 10.1038/ismej.2016.37

«Rheuma kommt von den Amalgamfüllungen in den Zähnen»

- Chen KH, Yu HC, Chang YC. (2021): Analysis of dental amalgam fillings on primary Sjögren's syndrome: A population-based case-control study in Taiwan. *Medicine (Baltimore)*, Band 100, Ausgabe 47, Seite e28031. DOI: 10.1097/MD.00000000000028031
- Geier DA & Geier MR (2021): Dental Amalgams and the Incidence Rate of Arthritis among American Adults. *Clinical Medicine Insights: Arthritis and Musculoskeletal Disorders*, Band 14, Seiten 1–11. DOI: 10.1177/11795441211016261
- Karataş GK, Tosun AK, Karacehennem E, Sepici V. (2002): Mercury Poisoning: An Unusual Cause of Polyarthritis. *Clinical Rheumatology*, Band 21, Ausgabe 1, Seiten 73–75. DOI: 10.1007/s100670200018
- Pedersen LM & Permin H (1988): Rheumatic disease, heavy-metal pigments, and the Great Masters. *The Lancet*, Band 4, Ausgabe 1 (8597), Seiten 1267–1269. DOI: 10.1016/s0140-6736(88)92082-x

«Dass Impfungen Rheuma auslösen, kommt gar nicht so selten vor»

- Chang R, Yen-Ting Chen T, Wang SI, Hung YM, Chen HY, Wei CCJ (2023): Risk of autoimmune diseases in patients with COVID-19: A retrospective cohort study. *EClinicalMedicine*, Band 56, Seite 101783. DOI: 10.1016/j.eclinm.2022.101783
- Chen Y, Xu Z, Wang P, Li XM, Shuai ZW, Ye DQ, Pan HF (2022): New-onset autoimmune phenomena post-COVID-19

vaccination. *Immunology*, Band 165, Ausgabe 4, Seiten 386–401. DOI: 10.1111/imm.13443

Jara LJ, García-Collinot G, Medina G, Cruz-Dominguez M, Vera-Lastra O, Carranza-Muleiro RA, Saavedra MA (2017): *Immunologic Research*, Band 65, Ausgabe 1, Seiten 8–16. DOI: 10.1007/s12026-016-8811-0

L'Huillier A, Ren G, Shi Y, Zhang J (2012). A two-hit model of autoimmunity: lymphopenia and unresponsiveness to TGF- β signaling. *Cellular & Molecular Immunology*, Band 9, Ausgabe 5, Seiten 369–370. DOI: 10.1038/cmi.2012.25

«Rheuma? Das kann auch die Folge einer Borreliose sein»

Nadelman RB, Nowakowski J, Forseter G, Goldberg NS, Bittker S, Cooper D, Agüero-Rosenfeld M, Wormser GP (1996): The clinical spectrum of early Lyme borreliosis in patients with culture-confirmed erythema migrans. *The American Journal of Medicine*, Band 100, Ausgabe 5, Seiten 502–508. DOI: 10.1016/s0002-9343(95)99915-9

Steere AC & Sikand VK (2003): The presenting manifestations of Lyme disease and the outcomes of treatment. *The New England Journal of Medicine*, Band 348, Ausgabe 24, Seiten 2472–2474. DOI: 10.1056/NEJM200306123482423

Zoschke DC, Skemp AA, Defosse DL (1991): Lymphoproliferative responses to *Borrelia burgdorferi* in Lyme disease. *Annals of Internal Medicine*, Band 114, Ausgabe 4, Seite 285, DOI: 10.7326/0003-4819-114-4-285

«Mein Rheuma kommt vom nasskalten Wetter»

Abasolo L, Tobías A, Leon L, Carmona L, Fernandez-Rueda JL, Fernandez-Gutierrez B, Jover JA (2013): Weather conditions may worsen symptoms in rheumatoid arthritis patients: the possible effect of temperature. *Reumatología Clínica*, Band 9, Ausgabe 4, Seiten 226–228. DOI: 10.1016/j.reuma.2013.03.002

Jamison RN, Anderson KO, Slater MA (1995): Weather changes and pain: perceived influence of local climate on pain complaint in chronic pain patients. *Pain*, Band 61, Ausgabe 2, Seiten 309–315. DOI: 10.1016/0304-3959(94)00215-Z

Ng J, Scott D, Taneja A, Gow P, Gosai A (2004): Weather changes and pain in rheumatology patients. *APLAR Journal of Rheumatology*, Band 7, Ausgabe 3, Seiten 204–206. DOI: 10.1111/j.1479-8077.2004.00099.x

Rosemann T, Laux G, Szecsenyi J, Wensing M, Grol R (2008): Pain and osteoarthritis in primary care: factors associated with pain perception in a sample of 1,021 patients. *Pain Medicine*, Band 9, Ausgabe 7, Seiten 903–910. DOI: 10.1111/j.1526-4637.2008.00498.x

Savage EM, McCormick D, McDonald S, Moore O, Stevenson M, Cairns AP (2015): Does rheumatoid arthritis disease activity correlate with weather conditions? *Rheumatology International*, Band 35, Ausgabe 5, Seiten 887–890. DOI: 10.1007/s00296-014-3161-5

Smedslund G, Mowinckel P, Heiberg T, Kvien TK, Hagen KB (2009): Does the weather really matter? A cohort study of influences of weather and solar conditions on daily variations of joint pain in patients with rheumatoid arthritis. *Arthritis Care & Research*, Band 61, Ausgabe 9, Seiten 1243–1247. DOI: 10.1002/art.24729

Strusberg I, Mendelberg RC, Serra HA, Strusberg AM (2002): Influence of weather conditions on rheumatic pain. *The Journal of Rheumatology*, Band 29, Ausgabe 2, Seiten 335–338. PMID: 11838853

Ziadé N, Bouzamel M, Mrad-Nakhlé M, Abi Karam G, Hmamouchi I, Abouqal R, Farah W (2021): Prospective correlational time-series analysis of the influence of weather and air pollution on joint pain in chronic rheumatic diseases. *Clinical Rheumatology*, Band 40, Ausgabe 10, Seiten 3929–3940. DOI: 10.1007/s10067-021-05735-2

«Stillen verursacht Rheuma»

De Carolis S, Moresi S, Rizzo F, Monteleone G, Tabacco S, Salvi S, Garufi C, Lanzone A (2019): Autoimmunity in obstetrics and autoimmune diseases in pregnancy. *Best Practice & Research Clinical Obstetrics & Gynaecology*, Band 60, Seiten 66–76. DOI: 10.1016/j.bpobgyn.2019.03.003

Kim MY, Kim HJ, Noh JH, Kim SA, Hwang DS, Lee CH, Ha IH (2020): Relationship of Breastfeeding Duration with Joint Pain and Knee Osteoarthritis in Middle-aged Korean Women: A Cross-sectional Study using the Korea National Health and Nutrition Examination Survey. Preprint. DOI: 10.21203/rs.3.rs-15727/v1

Mythen zu den Therapien

«Eine Therapie braucht man bei Rheuma erst dann, wenn die Beschwerden nicht mehr auszuhalten sind»

De Cock D, Meyfroidt S, Joly J, Van der Elst K, Westhovens R, Verschueren P; CareRA study group (2014): A detailed analysis of treatment delay from the onset of symptoms in early rheumatoid arthritis patients. *Scandinavian Journal of Rheumatology*, Band 43, Ausgabe 1, Seiten 1–8. DOI: 10.3109/03009742.2013.805242

van Jaarsveld CH, Jacobs JW, van der Veen MJ, Blaauw AA, Kruize AA, Hofman DM, Brus HL, van Albada-Kuipers GA, Heurkens AH, ter Borg EJ, Haanen HC, van Booma-Frankfort C, Schenk Y, Bijlsma JW (2000): Aggressive treatment in early rheumatoid arthritis: a randomised controlled trial. On behalf of the Rheumatic Research Foundation Utrecht, The Netherlands. *Annals of the Rheumatic Diseases*, Band 59, Ausgabe 6, Seiten 468–477. DOI: 10.1136/ard.59.6.468

Tang C, Godfrey T, Stawell R, Nikpour M (2012): Hydroxychloroquine in lupus: emerging evidence supporting multiple beneficial effects. Internal Medicine Journal, Band 42, Ausgabe 9, Seiten 968–978. DOI: 10.1111/j.1445–5994.2012.02886.x

«Bei Rheuma kann man auch selbst etwas machen»

Deyle GD, Henderson NE, Matekel RL, Ryder MG, Garber MB, Allison SC (2000): Effectiveness of manual physical therapy and exercise in osteoarthritis of the knee. A randomized, controlled trial. Annals of Internal Medicine, Band 132, Ausgabe 3, Seiten 173–181. DOI: 10.7326/0003–4819–132–3–200002010–00002

DGE (2017): Vollwertig essen und trinken nach den 10 Regeln der DGE. Link ohne DOI:

<https://www.dge.de/ernaehrungspraxis/vollwertige-ernaehrung/10-regeln-der-dge>

Gwinnutt JM, Wiecek M, Balanescu A, Bischoff-Ferrari HA, Boonen A, Cavalli G, de Souza S, de Thurah A, Dorner TE, Moe RH, Putrik P, Rodríguez-Carrio J, Silva-Fernández L, Stamm T, Walker-Bone K, Welling J, Zlatković-Švenda MI, Guillemin F, Verstappen SMM (2023): 2021 EULAR recommendations regarding lifestyle behaviours and work participation to prevent progression of rheumatic and musculoskeletal diseases. Annals of the Rheumatic Diseases, Band 82, Ausgabe 1, Seiten 48–56. DOI: 10.1136/annrheumdis-2021–222020

Nelligan RK, Hinman RS, Kasza J, Crofts SJC, Bennell KL (2021): Effects of a Self-directed Web-Based Strengthening Exercise and Physical Activity Program Supported by Automated Text Messages for People With Knee Osteoarthritis: A Randomized Clinical Trial. JAMA Internal Medicine, Band 181, Ausgabe 6, Seiten 776–785. DOI: 10.1001/jamainternmed.2021.0991

WHO (2020): Healthy diet, Link ohne DOI: <https://www.who.int/news-room/fact-sheets/detail/healthy-diet>

«Eine Medikamentenpause ab und an ist für den Körper gesünder als die regelmäßige Einnahme»

Costedoat-Chalumeau N, Houssiau F, Izmirly P, Le Guern V, Navarra S, Jolly M, Ruiz-Irastorza G, Baron G, Hachulla E, Agmon-Levin N, Shoenfeld Y, Dall'Ara F, Buyon J, Deligny C, Cervera R, Lazaro E, Bezanahary H, Leroux G, Morel N, Viallard JF, Pineau C, Galicier L, Van Vollenhoven R, Tincani A, Nguyen H, Gondran G, Zahr N, Pouchot J, Piette JC, Petri M, Isenberg D (2019): A Prospective International Study on Adherence to Treatment in 305 Patients With Flaring SLE: Assessment by Drug Levels and Self-Administered Questionnaires. Clinical Pharmacology & Therapeutics, Band 103, Ausgabe 6, Seiten 1074–1082. DOI: 10.1002/cpt.885

Costedoat-Chalumeau N, Pouchot J, Guettrot-Imbert G, Le Guern V, Leroux G, Marra D, Morel N, Piette JC (2013): Adherence to treatment in systemic lupus erythematosus patients. Best Practice & Research Clinical Rheumatology, Band 27, Ausgabe 3, Seiten 329–340. DOI: 10.1016/j.berh.2013.07.001

Costedoat-Chalumeau N, Amoura Z, Hulot JS, Aymard G, Leroux G, Marra D, Lechat P, Piette JC (2007): Very low blood hydroxychloroquine concentration as an objective marker of poor adherence to treatment of systemic lupus erythematosus. Annals of the Rheumatic Diseases, Band 66, Ausgabe 6, Seiten 821–824. DOI: 10.1136/ard.2006.067835

Durcan L, Clarke WA, Magder LS, Petri M (2015): Hydroxychloroquine Blood Levels in Systemic Lupus Erythematosus: Clarifying Dosing Controversies and Improving Adherence. The Journal of Rheumatology, Band 42, Ausgabe 11, Seiten 2092–2097. DOI: 10.3899/jrheum.150379

Pasma A, den Boer E, van 't Spijker A, Timman R, van den Bemt BJF, Busschbach JJV, Hazes JMW (2016): Nonadherence to disease modifying antirheumatic drugs in the first year after diagnosis: comparing three adherence measures in early arthritis patients. Rheumatology, Band 10, Ausgabe 55, Seiten 1812–1819. DOI: 10.1093/rheumatology/kew247

Greenberg RN (1984): Overview of patient compliance with medication dosing: a literature review. Clinical Therapeutics, Band 6, Ausgabe 5, Seiten 592–599. PMID: 6383611

Hashmi F, Haroon M, Ullah S, Asif S, Javed S, Tayyab Z (2022): Stress at Home and Female Gender Are Significantly Associated With Non-adherence and Poor Illness Perception Among Patients With Rheumatoid Arthritis. Cureus, Band 14, Ausgabe 6, Seite e25835. DOI: 10.7759/cureus.25835

Katchamart W, Narongroeknawin P, Sukprasert N, Chanapai W, Srisomnuek A (2012): Rate and causes of noncompliance with disease-modifying antirheumatic drug regimens in patients with rheumatoid arthritis. Clinical Rheumatology, Band 40, Ausgabe 4, Seiten 1291–1298. DOI: 10.1007/s10067–020–05409–5

de Klerk E, van der Heijde D, Landewé R, van der Tempel H, Urquhart J, van der Linden S (2003): Patient compliance in rheumatoid arthritis, polymyalgia rheumatica, and gout. The Journal of Rheumatology, Band 30, Ausgabe 1, Seiten 44–54. PMID: 12508389

de Klerk E, van der Heijde D, Landewé R, van der Tempel H, van der Linden S (2003a): The compliance-questionnaire-rheumatology compared with electronic medication event monitoring: a validation study. Journal of Rheumatology, Band 30, Ausgabe 11, Seiten 2469–2475. PMID: 14677194

WHO (Hrsg., 2003): Adherence to long-term therapies: evidence for action. DOI: <https://apps.who.int/iris/handle/10665/42682?locale-attribute=de&>

«Methotrexat führt zur Bildung von Rheumaknoten»

Kaushik P, Solomon DH, Greenberg JD, Anderson JT, Reed G, Pala O, Sumbul-Yuksel B, Kadam P, Kremer JM; CORONA investigators (2015): Subcutaneous nodules are associated with cardiovascular events in patients with rheumatoid arthritis: results from a large US registry. *Clinical Rheumatology*, Band 34, Ausgabe 10, Seiten 1697–1704. DOI: 10.1007/s10067-015-3032-9

Patatanian E, Thompson DF: A review of methotrexate-induced accelerated nodulosis (2002): *Pharmacotherapy*, Band 22, Ausgabe 9, Seiten 1157–1162. DOI: 10.1592/phco.22.13.1157.33525

«Die Entwicklung von Psoriasis zu Psoriasis-Arthritis ist einfach unaufhaltbar»

Acosta Felquer ML, LoGiudice L, Galimberti ML, Rosa J, Mazzuoccolo L, Soriano ER (2021): Treating the skin with biologics in patients with psoriasis decreases the incidence of psoriatic arthritis. *Annals of the Rheumatic Diseases*, Band 81, Ausgabe 1, Seiten 74–79. DOI: 10.1136/annrheumdis-2021-220865

Gisondi P, Bellinato F, Targher G, Idolazzi L, Girolomoni G (2022): Biological disease-modifying antirheumatic drugs may mitigate the risk of psoriatic arthritis in patients with chronic plaque psoriasis. *Annals of the Rheumatic Diseases*, Band 81, Ausgabe 1, Seiten 68–73. DOI: 10.1136/annrheumdis-2021-219961

Merola JF, Ogdie A (2021): Does psoriasis treatment affect PsA development? *Nature Reviews Rheumatology*, Band 17, Ausgabe 12, Seiten 708–709. DOI: 10.1038/s41584-021-00706-y

«Bei Rheuma kann man auch erst mal die Ernährung umstellen, bevor man an medikamentöse Therapien denkt»

Dong Y, Zhu H, Chen L, Huang Y, Christen W, Cook NR, Copeland T, Mora S, Buring JE, Lee IM, Costenbader KH, Manson JE (2022): Effects of Vitamin D3 and Marine Omega-3 Fatty Acids Supplementation on Biomarkers of Systemic Inflammation: 4-Year Findings from the VITAL Randomized Trial. *Nutrients*, Band 14, Ausgabe 24, Seite 5307. DOI: 10.3390/nu14245307

Grübler MR, Gängler S, Egli A, Bischoff-Ferrari HA (2021): Effects of vitamin D3 on glucose metabolism in patients with severe osteoarthritis: A randomized double-blind trial comparing daily 2000 with 800 IU vitamin D3. *Diabetes, Obesity and Metabolism*, Band 23, Ausgabe 4, Seiten 1011–1019. DOI: 10.1111/dom.14307

Jin X, Ding C, Hunter DJ, Gallego B (2022): Effectiveness of vitamin D supplementation on knee osteoarthritis – A target trial emulation study using data from the Osteoarthritis Initiative cohort. *Osteoarthritis Cartilage*, Band 30, Ausgabe 11, Seiten 1495–1505. DOI: 10.1016/j.joca.2022.06.005

MacFarlane LA, Cook NR, Kim E, Lee IM, Iversen MD, Gordon D, Buring JE, Katz JN, Manson JE, Costenbader KH (2020): The Effects of Vitamin D and Marine Omega-3 Fatty Acid Supplementation on Chronic Knee Pain in Older US Adults: Results From a Randomized Trial. *Arthritis Rheumatology*, Band 72, Ausgabe 11, 1836–1844. DOI: 10.1002/art.41416

Mischoulon D, Dunlop BW, Kinkead B, Schettler PJ, Lamon-Fava S, Rakofsky JJ, Nierenberg AA, Clain AJ, Mletzko Crowe T, Wong A, Felger JC, Sangermano L, Ziegler TR, Cusin C, Fisher LB, Fava M, Rapaport MH (2022): Omega-3 Fatty Acids for Major Depressive Disorder With High Inflammation: A Randomized Dose-Finding Clinical Trial. *The Journal of Clinical Psychiatry*, Band 83, Ausgabe 5, Seite 21m14074. DOI: 10.4088/JCP.21m14074

Shen S, Yan G, Cao Y, Zeng Q, Zhao J, Wang X, Wang P (2023): Dietary supplementation of n-3 PUFAs ameliorates LL37-induced rosacea-like skin inflammation via inhibition of TLR2 / MyD88 / NF-κB pathway. *Biomedicine & Pharmacotherapy*, Band 157, Seite 114091. DOI: 10.1016/j.biopha.2022.114091

Sköldstam L, Hagfors L, Johansson G (2003): An experimental study of a Mediterranean diet intervention for patients with rheumatoid arthritis. *Annals of the Rheumatic Diseases*, Band 62, Ausgabe 3, Seiten 208–214. DOI: 10.1136/ard.62.3.208

So J, Asztalos BF, Horvath K, Lamon-Fava S (2022): Ethyl EPA and ethyl DHA cause similar and differential changes in plasma lipid concentrations and lipid metabolism in subjects with low-grade chronic inflammation. *Journal of Clinical Lipidology*, Band 16, Ausgabe 6, Seiten 887–894. DOI: 10.1016/j.jacl.2022.10.002

Turesson Wadell A, Bärebring L, Hulander E, Gjertsson I, Hagberg L, Lindqvist HM, Winkvist A (2021): Effects on health-related quality of life in the randomized, controlled crossover trial ADIRA (Anti-inflammatory Diet In Rheumatoid Arthritis). *PLoS One*, Band 16, Ausgabe 10, Seite 0258716. DOI: 10.1371/journal.pone.0258716

«Ausreichend Vitamin D verhindert die Entstehung von Rheuma»

Hahn J, Cook NR, Alexander EK, Friedman S, Walter J, Bubes V, Kotler G, Lee IM, Manson JE, Costenbader KH. 2022. Vitamin D and marine omega 3 fatty acid supplementation and incident autoimmune disease: VITAL randomized controlled trial. *BMJ*. Band 376, Seite e066452. Doi: 10.1136/bmj-2021-066452.

Costenbader KH, Cook NR, Lee IM, Hahn J, Walter J, Bubes V, Kotler G, Yang N, Friedman S, Alexander EK, Manson JAE (2022): Vitamin D and Marine n-3 Fatty Acid Supplementation for Prevention of Autoimmune Disease in the VITAL Randomized Controlled Trial: Outcomes over 7 Years. *Arthritis & Rheumatology*, Band 74, Suppl. 9. www.tinyurl.com/y4dbh6mu

Niedermaier T, Gredner T, Kuznia S, Schöttker B, Mons U, Lakerveld J, Ahrens W, Brenner H; PEN-Consortium (2022): Vitamin D food fortification in European countries: the underused potential to prevent cancer deaths. *European Journal of*

«Cannabis wirkt effektiv gegen Rheuma und ist dabei auch noch natürlich»

- Blake DR, Robson P, Ho M, Jubbs RW, McCabe CS (2006). Preliminary assessment of the efficacy, tolerability and safety of a cannabis-based medicine (Sativex) in the treatment of pain caused by rheumatoid arthritis». *Rheumatology*, Band 45, Ausgabe 1, Seiten 50–52. DOI: 10.1093/rheumatology/kei183
- Dotsey E, Ushach I, Pone E, Nakajima R, Jasinskas A, Argueta DA, Dillon A, DiPatrizio N, Davies H, Zlotnik A, Crompton PD, Felgner PL (2017). Transient Cannabinoid Receptor 2 Blockade during Immunization Heightens Intensity and Breadth of Antigen-specific Antibody Responses in Young and Aged mice. *Scientific Reports*, Band 7, Ausgabe 1, Seite 42584. DOI: 10.1038/srep42584
- El-Gohary M, Eid MA (2004). Effect of cannabinoid ingestion (in the form of bhang) on the immune system of high school and university students. *Human & experimental toxicology*, Band 23, Ausgabe 3, Seiten 149–156. DOI: 10.1191/0960327104ht426oa
- Giorgi V, Marotto D, Batticciotto A, Atzeni F, Bongiovanni S, Sarzi-Puttini P (2021). Cannabis and Autoimmunity: Possible Mechanisms of Action. *ImmunoTargets and Therapy*, Band 10, S. 261–271. DOI: 10.2147/ITT.S267905
- Gould J (2015). Cannabis: 4 big questions. *Nature*, Band 525, Ausgabe 7570, Seite 18. DOI: 10.1038/525518a
- Jan TR, Su ST, Wu HY, Liao MH (2007). Suppressive effects of cannabidiol on antigen-specific antibody production and functional activity of splenocytes in ovalbumin-sensitized BALB / c mice». *International immunopharmacology*, Band 7, Ausgabe 6, Seiten 773–780. DOI: 10.1016/j.intimp.2007.01.015
- Fitzcharles MA, Baerwald C, Ablin J, Häuser W (2016). Efficacy, tolerability and safety of cannabinoids in chronic pain associated with rheumatic diseases (fibromyalgia syndrome, back pain, osteoarthritis, rheumatoid arthritis): A systematic review of randomized controlled trials». *Der Schmerz*, Band 30, Ausgabe 1, Seiten 47–61. DOI: 10.1007/s00482-015-0084-3
- Mammana S, Cavalli E, Gugliandolo A, Silvestro S, Pollastro F, Bramanti P, Mazzone E (2019). Could the Combination of Two Non-Psychotropic Cannabinoids Counteract Neuroinflammation? Effectiveness of Cannabidiol Associated with Cannabigerol. *Medicina*, Band 55, Ausgabe 11, Seite 747. DOI: 10.3390/medicina55110747
- Russo EB, Marcu J (2017): Cannabis Pharmacology: The Usual Suspects and a Few Promising Leads. *Advances in Pharmacology*, Band 80, Seiten 67–134. DOI: 10.1016/bs.apha.2017.03.004
- Schulze-Schiappacasse C, Durán J, Bravo-Jeria R, Verdugo-Paiva F, Morel M, Rada G (2022). Are Cannabis, Cannabis-Derived Products, and Synthetic Cannabinoids a Therapeutic Tool for Rheumatoid Arthritis? A Friendly Summary of the Body of Evidence. *Journal of clinical rheumatology: practical reports on rheumatic & musculoskeletal diseases*, Band 28, Ausgabe 2, Seiten e563–e567. DOI: 10.1097/RHU.0000000000001745

«Kastanien in der Hosentasche helfen gegen Rheuma»

- Beasley J, Ward L, Knipper-Fisher K, Hughes K, Lunsford D, Leiras C. 2019. Conservative therapeutic interventions for osteoarthritic finger joints: A systematic review. *Journal of Hand Therapy*. Band 28, Ausgabe 2, Seiten 153–164.e2. DOI: 10.1016/j.jht.2018.01.001
- Colebatch AN, Edwards CJ, Østergaard M, van der Heijde D, Balint PV, D’Agostino MA, Forslund K, Grassi W, Haavardsholm EA, Haugeberg G, Jurik AG, Landewé RB, Naredo E, O’Connor PJ, Ostendorf B, Potocki K, Schmidt WA, Smolen JS, Sokolovic S, Watt I, Conaghan PG. 2013. EULAR recommendations for the use of imaging of the joints in the clinical management of rheumatoid arthritis. *Annals of the Rheumatic Diseases*, Band 72, Ausgabe 6, Seiten: 804–814. DOI: 10.1136/annrheumdis-2012-203158
- Dziedzic K, Nicholls E, Hill S, Hammond A, Handy J, Thomas E, Hay E. 2015. Self-management approaches for osteoarthritis in the hand: a 2x2 factorial randomised trial. *Annals of the Rheumatic Diseases*, Band 74, Heft 1, Seiten 108–118. DOI: 10.1136/annrheumdis-2013-203938
- Hennig T, Hæhre L, Hornburg VT, Mowinckel P, Norli ES, Kjekshus I. 2015. Effect of home-based hand exercises in women with hand osteoarthritis: a randomised controlled trial. *Annals of the Rheumatic Diseases*, Band 74, Heft 8, Seiten 1501–1508. DOI: 10.1136/annrheumdis-2013-204808
- Kang TW, Lee JH, Park DH, Cynn HS. 2019. Effects of a finger exercise program on hand function in automobile workers with hand osteoarthritis: A randomized controlled trial. *Hand Surgery and Rehabilitation*, Band 38, Heft 1, Seiten 59–66. DOI: 10.1016/j.hansur.2018.09.007
- Kolasinski SL, Neogi T, Hochberg MC, Oatis C, Guyatt G, Block J, Callahan L, Copenhaber C, Dodge C, Felson D, Gellar K, Harvey WF, Hawker G, Herzog E, Kwoh CK, Nelson AE, Samuels J, Scanzello C, White D, Wise B, Altman RD, DiRenzo D, Fontanarosa J, Girardi G, Ishimori M, Misra D, Shah AA, Shmagel AK, Thoma LM, Turgunbaev M, Turner AS, Reston J. 2020. 2019 American College of Rheumatology/Arthritis Foundation Guideline for the Management of Osteoarthritis of the Hand, Hip, and Knee. *Arthritis & Rheumatology*. Band 72, Ausgabe 2, Seiten 220–233. DOI: 10.1002/art.41142
- Kroon FPB, Carmona L, Schoones JW, Kloppenburg M. 2018. Efficacy and safety of non-pharmacological, pharmacological

and surgical treatment for hand osteoarthritis: a systematic literature review informing the 2018 update of the EULAR recommendations for the management of hand osteoarthritis. RMD Open. Band 4, Ausgabe 2, Seite e000734. DOI: 10.1136/rmdopen-2018-000734

Lefler C, Armstrong WJ. 2004. Exercise in the treatment of osteoarthritis in the hands of elderly. Clinical Kinesiology: Journal of the American Kinesiotherapy Association, Band 58, Heft 2, Seiten 13–17, DOI: ohne

Østerås N, Kjekken I, Smedslund G, Moe RH, Slatkowsky-Christensen B, Uhlig T, Hagen KB. 2017. Exercise for hand osteoarthritis. Cochrane Database of Systematic Reviews, Band 1, Ausgabe 1, Seite CD010388. DOI: 10.1002/14651858.CD010388.pub2

Østerås N, Hagen KB, Grotle M, Sand-Svartrud AL, Mowinckel P, Kjekken I. 2014. Limited effects of exercises in people with hand osteoarthritis: results from a randomized controlled trial. Osteoarthritis and Cartilage. Band 22, Heft 9, Seiten 1224–1233. DOI: 10.1016/j.joca.2014.06.036

Poletto E, Tinazzi I, Marchetta A, Smania N, Rossato E. 2021. Hand Erosive Osteoarthritis and Distal Interphalangeal Involvement in Psoriatic Arthritis: The Place of Conservative Therapy. Journal of Clinical Medicine, Band 10, Heft 12, Seite 2630. DOI: 10.3390/jcm10122630

Rannou F, Poiraudou S, Non-pharmacological approaches for the treatment of osteoarthritis. Best Practice & Research Clinical Rheumatology, Band 24, Ausgabe 1, Seiten 93–106. DOI: 10.1016/j.berh.2009.08.013

Rogers MW, Wilder FV 2007. The effects of strength training among persons with hand osteoarthritis: A two-year follow-up study. Journal of Hand Therapy. Band 20, Ausgabe 3, Seiten 244–250. DOI: 10.1197/j.jht.2007.04.005

Stamm TA, Machold KP, Smolen JS, Fischer S, Redlich K, Graninger W, Ebner W, Erlacher L. 2002. Joint protection and home hand exercises improve hand function in patients with hand osteoarthritis: A randomized controlled trial. Arthritis Care & Research, Band 47, Ausgabe 1, Seiten 44–49. DOI: 10.1002/art1.10246

Stoffer-Marx MA, Klinger M, Luschin S, Meriaux-Kratochvila S, Zettel-Tomenendal M, Nell-Duxneuner V, Zwerina J, Kjekken I, Hackl M, Öhlinger S, Woolf A, Redlich K, Smolen JS, Stamm TA. 2018. Functional consultation and exercises improve grip strength in osteoarthritis of the hand – A randomised controlled trial. Arthritis Research & Therapy, 2018, Band 20, Ausgabe 1, Seite 253. DOI: 10.1186/s13075-018-1747-0

«Die Alternativmedizin bietet gute Optionen für den Einstieg in die Welt der Rheumamedikamente»

keine Quellen

«Bei Rheuma kann man erst mal was mit Blutegeln machen»

Lauche R, Cramer H, Langhorst J, Dobos G (2014): A systematic review and meta-analysis of medical leech therapy for osteoarthritis of the knee. The Clinical Journal of Pain, Band 30, Ausgabe 1, Seiten 63–72. DOI: 10.1097/AJP.0b013e31828440ce

«Die Kraft der Gewürze – Rheuma lässt sich auch mit Weihrauch, Kreuzkümmel und Kurkuma heilen»

Amalraj A, Varma K, Jacob J, Divya C, Kunnumakkara AB, Stohs SJ, Gopi S (2017): A Novel Highly Bioavailable Curcumin Formulation Improves Symptoms and Diagnostic Indicators in Rheumatoid Arthritis Patients: A Randomized, Double-Blind, Placebo-Controlled, Two-Dose, Three-Arm, and Parallel-Group Study. Journal of Medicinal Food, Band 20, Ausgabe 10, Seiten 1022–1030. DOI: 10.1089/jmf.2017.3930

Javadi M, Khadem Haghighian H, Goodarzy S, Abbasi M, Nassiri-Asl M (2019): Effect of curcumin nanomicelle on the clinical symptoms of patients with rheumatoid arthritis: A randomized, double-blind, controlled trial. International Journal of Rheumatic Diseases, Band 22, Ausgabe 10, Seiten 1857–1862. DOI: 10.1111/1756-185X.13688

«Biologische Medikamente sind natürlich immer weniger riskant als chemische Therapien»

Aguilar-Lozano L, Castillo-Ortiz JD, Vargas-Serafin C, Morales-Torres J, Sanchez-Ortiz A, Sandoval-Castro C, Padilla-Ibarra J, Hernandez-Cuevas C, Ramos-Remus C (2013): Sustained clinical remission and rate of relapse after tocilizumab withdrawal in patients with rheumatoid arthritis. The Journal of Rheumatology, Band 40, Ausgabe 7, Seiten 1069–1073. DOI: 10.3899/jrheum.121427

Allaart CF, Lems WF, Huizinga TWJ (2013): The BeSt way of withdrawing biologic agents. Clinical and Experimental Rheumatology, Band 31, Ausgabe 4, Suppl 78, Seiten 14–18. PMID: 24129130

Baeten D, Sieper J, Braun J, Baraliakos X, Dougados M, Emery P, Deodhar A, Porter B, Martin R, Andersson M, Mpofu S, Richards HB; MEASURE 1 Study Group; MEASURE 2 Study Group (2015): Secukinumab, an Interleukin-17A Inhibitor, in Ankylosing Spondylitis. New England Journal of Medicine, Band 373, Ausgabe 26, Seiten 2534–2548. DOI: 10.1056/NEJMoa1505066

De Benedetti F, Brunner HI, Ruperto N, Kenwright A, Wright S, Calvo I, Cuttica R, Ravelli A, Schneider R, Woo P, Wouters C, Xavier R, Zemel L, Baildam E, Burgos-Vargas R, Dolezalova P, Garay SM, Merino R, Joos R, Grom A, Wulffraat N, Zuber Z, Zulian F, Lovell D, Martini A; PRINTO; PRCSG (2012): Randomized trial of tocilizumab in systemic juvenile idiopathic

arthritis. *New England Journal of Medicine*, Band 367, Ausgabe 25, Seiten 2385–2395. DOI: 10.1056/NEJMoa1112802

Mateen S, Zafar A, Moin S, Khan AQ, Zubair S (2016): Understanding the role of cytokines in the pathogenesis of rheumatoid arthritis. *Clinica Chimica Acta*, Band 455, Seiten 161–171. DOI: 10.1016/j.cca.2016.02.010

Listing J, Gerhold K, Zink A. The risk of infections associated with rheumatoid arthritis, with its comorbidity and treatment (2013): *Rheumatology (Oxford)*, Band 52, Ausgabe 1, Seiten 53–61. DOI: 10.1093/rheumatology/kes305

Morand EF, Furie R, Tanaka Y, Bruce IN, Askanase AD, Richez C, Bae SC, Brohawn PZ, Pineda L, Berglind A, Tummala R; TULIP-2 Trial Investigators (2020): Trial of Anifrolumab in Active Systemic Lupus Erythematosus. *New England Journal of Medicine*, Band 382, Ausgabe 3, Seiten 211–221. DOI: 10.1056/NEJMoa1912196

Redeker I, Albrecht K, Kekow J, Burmester GR, Braun J, Schäfer M, Zink A, Strangfeld A (2022): Risk of herpes zoster (shingles) in patients with rheumatoid arthritis under biologic, targeted synthetic and conventional synthetic DMARD treatment: data from the German RABBIT register. *Annals of the Rheumatic Diseases*, Band 81, Ausgabe 1, Seiten 41–47. DOI: 10.1136/annrheumdis-2021-220651

Richter A, Listing J, Schneider M, Klopsch T, Kapelle A, Kaufmann J, Zink A, Strangfeld A (2016): Impact of treatment with biologic DMARDs on the risk of sepsis or mortality after serious infection in patients with rheumatoid arthritis. *Annals of the Rheumatic Diseases*, Band 75, Ausgabe 9, Seiten 1667–1673. DOI: 10.1136/annrheumdis-2015-207838

Ruperto N, Brunner HI, Quartier P, Constantin T, Wulffraat N, Horneff G, Brik R, McCann L, Kasapcopur O, Rutkowska-Sak L, Schneider R, Berkun Y, Calvo I, Erguven M, Goffin L, Hofer M, Kallinich T, Oliveira SK, Uziel Y, Viola S, Nistala K, Wouters C, Cimaz R, Ferrandiz MA, Flato B, Gamir ML, Kone-Paut I, Grom A, Magnusson B, Ozen S, Sztajn bok F, Lheritier K, Abrams K, Kim D, Martini A, Lovell DJ; PRINTO; PRC SG (2012): Two randomized trials of canakinumab in systemic juvenile idiopathic arthritis. *New England Journal of Medicine*, Band 367, Ausgabe 25, Seiten 2396–2406. DOI: 10.1056/NEJMoa1205099

Specks U, Merkel PA, Seo P, Spiera R, Langford CA, Hoffman GS, Kallenberg CG, St Clair EW, Fessler BJ, Ding L, Viviano L, Tchao NK, Phippard DJ, Asare AL, Lim N, Ikle D, Jepson B, Brunetta P, Allen NB, Fervenza FC, Geetha D, Keogh K, Kissin EY, Monach PA, Peikert T, Stegeman C, Ytterberg SR, Mueller M, Sejismundo LP, Mieras K, Stone JH; RAVE-ITN Research Group (2013): Efficacy of remission-induction regimens for ANCA-associated vasculitis. *New England Journal of Medicine*, Band 369, Ausgabe 5, Seiten 417–427. DOI: 10.1056/NEJMoa1213277

Strangfeld A, Manger B, Eisterhues C, Krause A, Listing J, Zink A (2012): Validierung des RABBIT Risikoscores für schwerwiegende Infektionen. Kongress Deutsche Gesellschaft für Rheumatologie (DGRh). Abstract RA.09. Link ohne DOI: https://biologika-register.de/wp-content/uploads/2018/09/P38_RABBIT_Risikoscore.pdf

Stone JH, Tuckwell K, Dimonaco S, Kleerman M, Aringer M, Blockmans D, Brouwer E, Cid MC, Dasgupta B, Rech J, Salvarani C, Schett G, Schulze-Koops H, Spiera R, Unizony SH, Collinson N (2017): Trial of Tocilizumab in Giant-Cell Arteritis. *New England Journal of Medicine*, Band 377, Ausgabe 4, Seiten 317–328. DOI: 10.1056/NEJMoa1613849

Wallace DJ, Atsumi T, Daniels M, Hammer A, Meizlik P, Quasny H, Schwarting A, Zhang F, Roth DA (2002): Safety of belimumab in adult patients with systemic lupus erythematosus: Results of a large integrated analysis of controlled clinical trial data. *Lupus*, Band 31, Ausgabe 13, Seiten 1649–1659. DOI: 10.1177/09612033221131183

Wechsler ME, Akuthota P, Jayne D, Khoury P, Klion A, Langford CA, Merkel PA, Moosig F, Specks U, Cid MC, Luqmani R, Brown J, Mallett S, Philipson R, Yancey SW, Steinfeld J, Weller PF, Gleich GJ; EGPA Mepolizumab Study Team (2017): Mepolizumab or Placebo for Eosinophilic Granulomatosis with Polyangiitis. *New England Journal of Medicine*, Band 376, Ausgabe 20, Seiten 1921–1932. DOI: 10.1056/NEJMoa1702079