



A Flowchart For Understanding Ankylosing Spondylitis Management Recommendations of Asas/Eular

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Abstract

Ankylosing spondylitis (AS) is one of the most frequently seen rheumatic diseases in clinical practice. Its treatment is defined by the Assessment of SpondyloArthritis international Society (ASAS)/European League Against Rheumatism (EULAR). A flowchart is designed to easily understand this treatment strategy.

Keywords

Ankylosing spondylitis, Management, ASAS, EULAR, Flowchart

Letter

Ankylosing spondylitis (AS) is one of the most frequently seen rheumatic diseases in clinical practice [1,2]. Its treatment strategy is determined by the consensus opinion of the Assessment of SpondyloArthritis international Society (ASAS)/European League Against Rheumatism (EULAR) [3,4]. A flowchart was designed reflecting

these ASAS/EULAR recommendations clearly (Figure 1). The direction of the disease progression is given by an arrow containing the important progression criteriae. Step by step the treatment approach is given: After the diagnosis, all the patients should be educated about the disease nature, possible clinical courses and treatment options. The basic exercises should be taught and the recommendation of life long exercise must be emphasized. The NSAIDs are shown in the second step of the figure as the first line drug treatment and it is highlighted by typing it in bold letters. As recommended, the analgesics, opioids and local steroids may be used when the NSAID therapy is not enough for pain and they take place in the third step. Sulphasalazine is the next step if there is peripheral SpA. At the last step if the disease is not under control with the previos treatments anti -TNF treatment must be used. The surgery is not added to the figure since it can be done at any step in the selected patients.

In conclusion, this flowchart describes the ASAS/ EULAR recommendations clearly and it is easily solvable.

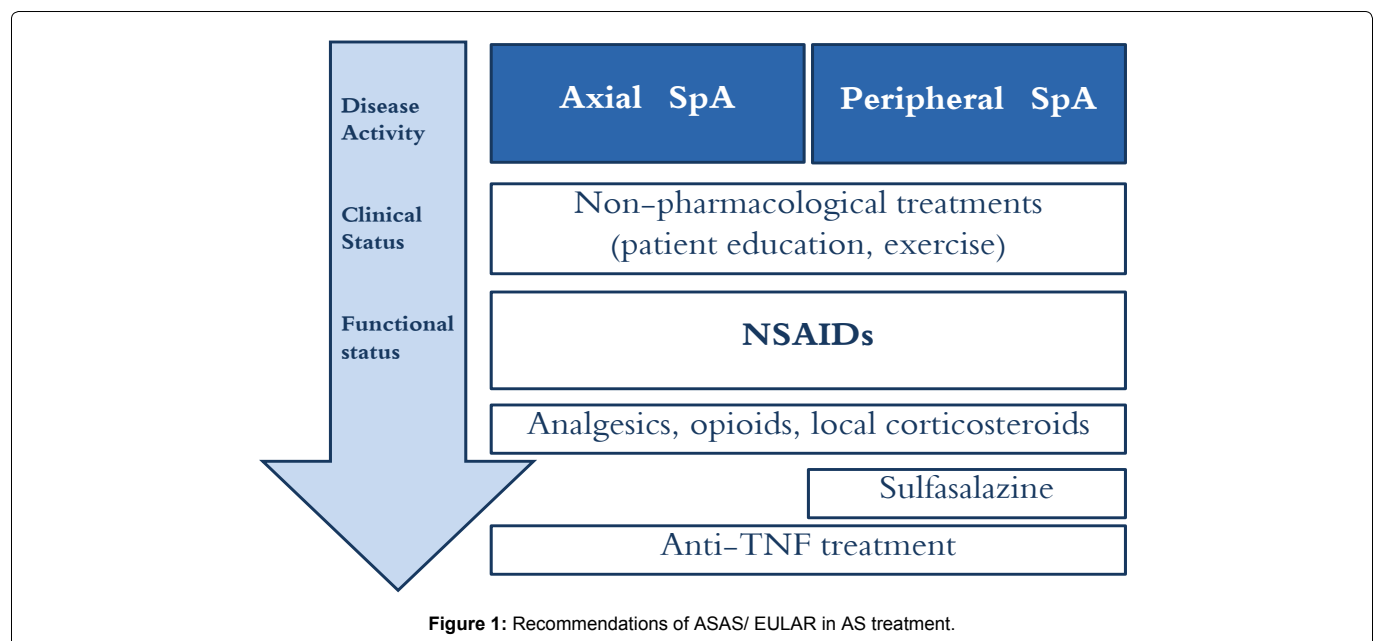


Figure 1: Recommendations of ASAS/ EULAR in AS treatment.

References

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