

Arthritis Awareness Month: Spotlight on Biologic Therapies That Transform Lives

Each September, Arthritis Awareness Month highlights the 60+ million Americans living with arthritis, aiming to raise awareness and empower patients with knowledge of advanced treatments. Among the most transformative options are biologic therapies—targeted medications that modulate the immune system to reduce inflammation and slow disease progression.

Rheumatoid arthritis (RA), one of the most debilitating forms, is a chronic autoimmune disease where the immune system attacks joint linings, causing swelling, stiffness, and damage to cartilage and bone. RA often affects joints symmetrically and can involve organs like the lungs, heart, and eyes. Symptoms include prolonged morning stiffness, fatigue, and low-grade fever. Without treatment, RA can lead to permanent joint deformity, making early diagnosis and intervention essential.

Biologic therapies have revolutionized care for RA, **psoriatic arthritis (PsA)**, and other autoimmune conditions. These include:

- **Actemra** (tocilizumab) – Blocks IL-6 receptors to reduce inflammation in RA, juvenile arthritis, and giant cell arteritis.
- **Cimzia** (certolizumab pegol) – A TNF-alpha inhibitor offering rapid relief for RA, PsA, Crohn's disease, and juvenile arthritis.
- **Orencia** (abatacept) – Modulates T-cell activation to prevent joint damage in RA and PsA.
- **Remicade** (infliximab) – A TNF-alpha inhibitor often paired with methotrexate to halt joint erosion.
- **Rituxan** (rituximab) – Targets CD20 on B cells, used in RA patients unresponsive to TNF inhibitors.
- **Simponi Aria** (golimumab) – An IV TNF-alpha inhibitor approved for RA, PsA, and juvenile arthritis.



- **Skyrizi** (risankizumab) – Blocks IL-23, offering a newer option for PsA, plaque psoriasis, and Crohn's disease.

These therapies offer targeted action with fewer systemic side effects, modify disease progression, and significantly improve quality of life. Patients report better mobility, reduced fatigue, and improved ability to perform daily tasks.

Arthritis Awareness Month is a time to advocate for early diagnosis, share stories of resilience, and educate communities about personalized treatment plans. For those seeking expert care, **Sage Infusion** provides biologic therapies in a serene, boutique setting across Florida. Their team coordinates with referring physicians, manages insurance authorizations, and ensures financial transparency. Infusions are administered by experienced clinicians who prioritize safety and comfort.

Whether newly diagnosed or exploring new options, Sage Infusion helps patients reclaim mobility, reduce pain, and restore quality of life—one infusion at a time.