

The influence of obesity on clinical efficacy of TNF-inhibitors

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Abstract: Obesity is associated with many pathological conditions including inflammatory rheumatic diseases. A number of studies have investigated the effect of weight or body mass index (BMI) on the efficacy of tumor necrosis factor (TNF) inhibitors, in the treatment of RA, PsA, AS and ax-SpA. Some studies demonstrated that BMI did not affect the response to TNF- α inhibitors and that differences in efficacy were not clinically significant. However, majority of studies concluded that a higher BMI affects the clinical response of TNF inhibitors. Although the infliximab (IFX) dosage is based on body weight this was especially true for that drug. Also, in one study a successful dietary intervention achievement (regardless of the type of diet) was a strong, independent predictor of achieving minimal disease activity in PsA (after adjusting for all the other clinical and laboratory variables).

In conclusion, obesity may impair the clinical response of RA, PsA, AS / axSpA patients to anti-TNF treatment. Stratifying the achieving of a good clinical response is preferable in each case and for each patient and obesity might be one of the predictors of treatment efficacy with TNF inhibitors.

Key words: obesity, efficacy rheumatoid arthritis psoriatic arthritis, ankylosing spondylitis, axial spondyloarthritis, TNF inhibitors