

Six-years Outcome of NSAID-refractory Ankylosing Spondylitis after Treatment with the Step-down Bridge Protocol of Intravenous and Oral Combination of 5 Immunosuppressants.

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Abstract

Objective. To assess 6-year outcome of NSAID-refractory Ankylosing Spondylitis.

Materials and Methods. The 54 males and 25 females with NSAID-refractory Ankylosing Spondylitis were entered into a 6-years prospective observational study. The Step-down Bridge Protocol of Intravenous and Oral Combination of 5 immunosuppressants comprising Methylprednisolone+ Cyclophosphamide + Methotrexate and Cyclosporin+Methotrexate+Mycophenolate Mofetil was empirically administered when the BASDAI was > 4 , ESR > 40 mm (male > 30 mm/1 hour with CRP > 3 mg%.

Results. Remission was induced by the intravenous therapy in Immunosuppressant-naïve NSAID-refractory Ankylosing Spondylitis in 2-4 months. Remission with oral Drugs was achieved in 5.5-7.5 months after intravenous therapy was tapered off. In those with baseline BASRI < 2 , Remission without Drug was obtained in 3.5 - 4.5 years. Those with BASRI ≥ 2 remained in Remission with oral Drugs until the end of the study, except in 8.0% not immunosuppressant-naïve patients, who achieved improvement of ASAS70. Radiological outcome of the cases with BASRI < 2 and ≥ 2 was BASRI 0 and BASRI not significantly worse with healing of erosions.

Conclusion. Patients with BASRI $<$ grade 2 and BASRI \geq grade 2 in any one of the radiological views, independent of disease duration, achieve Remission without Drug and Remission with oral Drugs with healing of erosions and termination of radiological progression in Immunosuppressant-naïve-NSAID-refractory not- and calcified calcified Ankylosing Spondylitis by the Step-down Bridge Protocol of Intravenous and Oral Combination of 5 immunosuppressants.

Key Words

NSAID-refractory Ankylosing Spondylitis

Immunosuppressant-naïvety

Radiological outcome

Clinical outcome

Remission with oral drugs

Remission without drug