

# Apremilast for treating active psoriatic arthritis

Information for the public

Published: 22 February 2017

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## What has NICE said?

Apremilast (Otezla), given alone or with drugs called DMARDs, is recommended. It is a possible treatment for people with psoriatic arthritis if:

- they have arthritis in their arms or legs, with 3 or more tender joints and 3 or more swollen joints and
- they have already tried at least 2 DMARDs, taken separately or together, but they haven't worked.

Treatment with apremilast should be stopped after 16 weeks if it is not working well enough.

### What does this mean for me?

If you have psoriatic arthritis, and your doctor thinks that apremilast is the right treatment, you should be able to have it on the NHS.

Apremilast should be available on the NHS within 3 months.

If you are not eligible for treatment as described above, you should be able to continue taking apremilast until you and your doctor decide it is the right time to stop.

### **The condition and the treatment**

Psoriatic arthritis is caused by inflammation, which results in painful, swollen or stiff joints. It usually develops in people who already have the skin condition psoriasis.

DMARDs are disease-modifying antirheumatic drugs, which are commonly used to treat different kinds of arthritis.

Apremilast is a different type of drug which helps to reduce inflammation. This leads to less swelling and tenderness in the joints.

[NHS Choices](#) may be a good place to find out more.

These organisations can give you advice and support:

- [British Skin Foundation](#), 0207 391 6341
- [Psoriasis Association](#), 01604 251620
- [Psoriasis Help Organisation](#), 0300 030 1015
- [Psoriasis and Psoriatic Arthritis Alliance](#), 01923 672837

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ISBN: 978-1-4731-2349-6

## Accreditation

