

척추관절염의 최신 치료 경향

Recent Advances in the Treatment of Spondyloarthritis

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Dae - Hyun Yoo, M.D.

Department of Internal Medicine

Hanyang University College of Medicine & Hospital for Rheumatic Disease

E - mail : dhyoo@hanyang.ac.kr

Abstract

Spondyloarthritis is a chronic inflammatory disease involving axial joints and peripheral joints, and finally induces ankylosis of the spine. Treatment of spondyloarthritis including ankylosing spondylitis has many limitations. Nonsteroidal anti-inflammatory drugs have played an important role in the control of pain and stiffness, however, could not inhibit the development of axial joint deformity. Although disease-modifying antirheumatic drugs, such as sulfasalazine, methotrexate, and cyclosporine, are currently used in the clinic, clinical data supporting their efficacy from randomized controlled studies are still not enough. Also the efficacy of pamidronate, thalidomide, or other potential therapeutic agents needs to be confirmed by randomized controlled trials. Lately the introduction of inhibitors of tumor necrosis factor alpha in the rheumatic diseases has made a great advance in the management of spondyloarthritis. Here I review the conventional and newly introduced options in the management of spondyloarthritis.

Keywords : Ankylosing spondylitis;
Psoriatic arthritis; DMARD;
Pamidronate; Treatment;
Tumor necrosis factor alpha

: ; ;
; ;

가

, 가

HLA - B27

가

가

12

(1).

(2~9).

가

가

axial joint pain, , .

1.

가

가

가

가

가

가

, 가 sulfasalazine,
가

가

indomethacin 가

가 가

가 가

(11). COX - 2

가

, COX - 2

가 가 ACR20, 50, 70 out-
come measure

가 BASDAI(Bath AS
disease activity index), BASFI(Bath AS functional
index), BSARI(Bath AS radiologic index), BASGI
(Bath AS global index), BASMI(Bath AS metrology
index), ASAS(Assessment in ankylosing spondyli-
tis)

2.

가

가

(10).

. 가

가

(13). methotrexate

4.

가 (10, 12). cytokine

3. 가 가 가

가 (10, 12). 가

1) 가 가 (14, 15). 50% 가

가 , C - 가

가 (30~40 mg/kg)

2) Methotrexate

가 etanercept(Enbrel) 1 2 , 25 mg

, infliximab(Remicade) 5 mg/Kg

Remicade 0, 2, 6 1

methotrexate open 3~5 mg/Kg

study() 가 가

, methotrexate

infliximab 가 PPD
 (2~9). 60~70%
 , C - 30% PPD
 , 1~2 . 가
 가 5 mm
 (16). .
 가 가
 가 가
 가 가
 가 가
 , 가
 .
 chimeric antibody infliximab (Re- pyrimidine
 micade) methotrexate
 가 (10, 12).
 가 가 가
 가 ,
 B
 HBe
 6. Pamidronate 가
 가 , pamidronate 가
 IL - 1 TNF -
 . Pamidronate
 가 (17~
 20% 50% 19). 84
 가 60 mg, 10 mg 60 mg
 가 , C -

BASDAI가 25% 가 63.4% 10 mg

30.2% 가
(19).

가

가

0, 2, 14, 28, 56

50%

acetaminophen

가 (20).

가

open study

outcome

7. Thalidomide

measure

가

가

가

가

,

, open study

Behcet

가

(21).

(24, 25).

6 ~ 12

200 mg/1

open

가 가

label study

50

가

69%

가

19%

(22). 30

open label study

가

80%

가

가

TNF - , IL - 1

가

C -

가

(23).

1.

가

가

(26).

2.

methotrexate

가 .

3. Sulfasalazine

methotrexate, cyclosporine

가

Sulfasalazine

open study

가

가

(24, 25).

4. Methotrexate

가

thotrexate

가 ,

가

5. Cyclosporine

Cyclosporine

sulfasalazine

Open study

6.

Etanercept 60

87%가

23% 가

가

(27), Infliximab open study

가

adalimumab

, IL - 1Ra

(28).

7.

Leflunomide open study

가

methotrexate, sulfasalazine

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