Secukinumab as a treatment for psoriatic arthritis predominantly affecting the joints of the back and neck (axial joints)

Feld J, et al. Secukinumab 300 mg and 150 mg for the treatment of psoriatic arthritis predominantly affecting the joints of the back and neck: the MAXIMISE trial. Rheumatology (Oxford). Published online June 2021.

Why was this study done?

To evaluate whether secukinumab is a safe and effective treatment for psoriatic arthritis that predominantly affects the back and neck.

Who sponsored this study?

Novartis Pharma AG, Basel, Switzerland sponsored both this study and the writing of this plain language media summary.

Why does this matter?

Medicines that treat psoriatic arthritis can help to reduce inflammation in the body. This study adds to the evidence that secukinumab can help to improve symptoms in people with psoriatic arthritis that mainly affects the back and neck.

What did this study find?

Significantly more people in the secukinumab groups had a 20% improvement in symptom severity (ASAS20 response) than those who received placebo. This was true at 12 weeks (3 months) and up to 52 weeks (1 year).

Secukinumab did not cause any unexpected side effects.

Inflammation on MRI

At the start of the study, over half of patients had inflammation on MRI. After 12 weeks, people with psoriatic arthritis with axial disease predominantly affecting the joints of the back and neck (axial disease) were less likely to show signs of inflammation on MRI if they received secukinumab compared to placebo.

What did this study look at?

The study looked at how many patients with psoriatic arthritis showing axial manifestations had a 20% improvement in symptom severity (ASAS20 response).

The patients in this study had previously tried to relieve their symptoms with at least two different medicines (a class of medicines called non-steroidal anti-inflammatory drugs [NSAIDs]).

To check if any improvement was because of secukinumab, results were compared with how many patients in the placebo group had a 20% improvement in symptom severity.

Inflammation on MRI was assessed using a technique called magnetic resonance imaging (MRI).

How was the study done?

This was a randomised, double-blind, placebo-controlled study (MAXIMISE). Participants were randomised to receive the following injections:

- Secukinumab 300 mg
- Secukinumab 150 mg
- Placebo

In the MAXIMISE study, people were randomised to receive either secukinumab 300 mg, secukinumab 150 mg or placebo injections during the study.

The study continued for 52 weeks (1 year). To continue with further research, patients who were still receiving secukinumab treatment were offered the option to stay on the treatment for two more years.

Information on MRI

In the study, information on MRI was collected from all the participants who received secukinumab or placebo. This was done at the start of the study (baseline) and at the end of the study.

How do I know if secukinumab is right for me?

This study showed that secukinumab improved symptoms and inflammation in people with psoriatic arthritis that mainly affects the back and neck. If you have psoriatic arthritis that mainly affects the back and neck, you may want to talk to your doctor about whether secukinumab is right for you.

Further information

More on the MAXIMISE study can be found here: https://www.rheumatology.org/I-Am-A/Patient-Caregiver/Diseases-Conditions/Psoriatic-Arthritis/Plain-Language-Media-Summary/

References

Caregiver/Diseases-Conditions/Psoriatic-Arthritis [Last accessed: June 2020].

Feld J, et al. Secukinumab 300 mg and 150 mg for the treatment of psoriatic arthritis predominantly affecting the joints of the back and neck: the MAXIMISE trial. Rheumatology (Oxford). Published online June 2021.


