

Living with Ankylosing Spondylitis

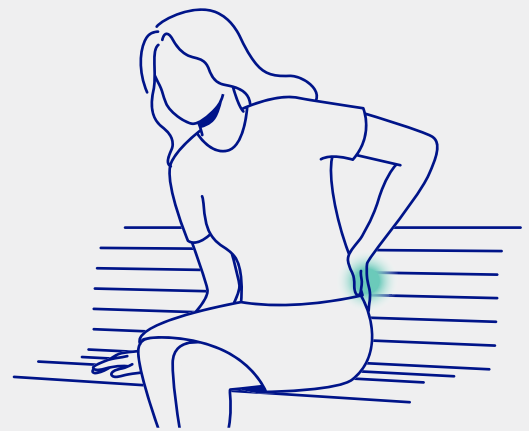
Ankylosing spondylitis (AS) is a form of arthritis that causes inflammation in the joints and ligaments of the spine.¹



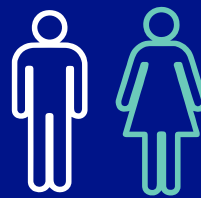
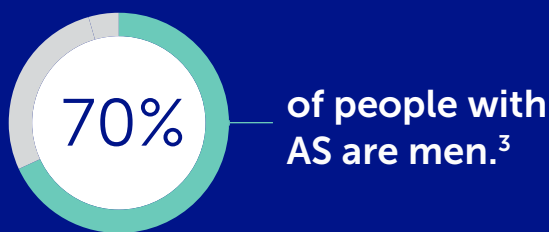
- AS belongs to the axial spondyloarthritis (axSpA) family of rheumatic inflammatory conditions.²
- AS affects the spine and the joints linking the pelvis and lower spine (sacroiliac joints), but signs and symptoms can occur in other parts of the body.²
- High disease activity can lead to irreversible structural damage to the spine and sacroiliac joints.²

Symptoms

- The most common symptom is lower back and/or hip pain and stiffness.¹
- Pain typically worsens during periods of rest or inactivity such as prolonged sitting or when sleeping.¹
- Over time, symptoms may progress to other areas of the spine or other parts of the body.¹

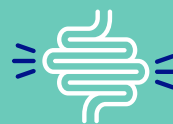


Factors that increase chances of developing AS:



Family history and genetics: Those who have a family history of AS are more likely to develop the condition.¹

Age: Most people develop the condition before age 45.¹



Comorbidities: Other chronic inflammatory and autoimmune conditions such as Crohn's disease, ulcerative colitis, and psoriasis are associated with AS.¹



There is no cure for AS. Symptom management typically includes exercise and medications to help control back pain and inflammation, improve posture and body position, and slow the progression of the disease.¹

At UCB, we strive to understand the challenges and needs of people living with chronic rheumatic diseases, including the urgent need for effective diagnostic and treatment options.

Learn more about how we are furthering our mission to meet the needs of people living with rheumatic diseases at [UCB-USA.com](https://www.ucb-usa.com).

1. National Institute of Arthritis and Musculoskeletal and Skin Diseases. Ankylosing Spondylitis. 2022 Feb. Available at: <https://www.niams.nih.gov/health-topics/ankylosing-spondylitis>. Accessed June 2023.
2. Marzo-Ortega H. Axial spondyloarthritis: coming of age. *Rheumatology (Oxford)*. 2020;59(Suppl4):iv1-iv5. Doi:10.1093/rheumatology/keaa437.
3. de Winter JJ, van Mens LJ, van der Heijde D, et al. Prevalence of peripheral and extra-articular disease in ankylosing spondylitis versus non-radiographic axial spondyloarthritis: a meta-analysis. *Arthritis Res Ther*. 2016;18(1):196. doi:10.1186/s13075-016-1093-z.