Highlights of 2023 EULAR Recommendations for the Management of SLE¹

Each patient journey is unique, so care should be individualized and consider patient preferences and costs to patient and society

The 2023 EULAR task force formulated 5 overarching principles and 13 recommendations for SLE management

Early Diagnosis

Delays in diagnosis negatively affect disease activity, organ damage accrual, and quality of life²



Non-Pharmalogical Interventions Sun protection
Smoking cessation



Exercise

Treatment

Prompt initiation and **strict adherence** underpin treatment success

Antimalarials

For all patients unless contraindicated, with dose individualized based on risk for flare and renal toxicity

Monitor blood levels to guide optimal dose and check for possible non-adherence

Corticosteroids

Maintenance dose $\leq 5 \text{ mg/day}$

Use as a 'bridging therapy' i.e., lowest possible dose for the shortest possible period, and withdraw when possible

Immunosuppressants and / or Biologics

If antimalarials are not sufficient to control disease activity with a corticosteroid maintenance dose of $\leq 5 \text{ mg/day}$

Conventional immunosuppressant use is **not required prior to biologic initiation**

Earlier use of biologics should be considered in patients with SLE to control disease, reduce flares, and facilitate corticosteroid tapering



Assessed at every visit using validated tools (e.g., SLEDAI-2K, BILAG)



Aim for Remission

or LLDAS

Assessed **at least annually** using validated tools (e.g., SDI)

Treatment targets of remission (DORIS criteria) or LLDAS should be adopted to guide management, as these are proven to reduce organ damage risk³

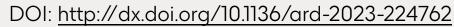
Abbreviations

BILAG, British Isles Lupus Assessment Group index; DORIS, definition of remission in SLE; EULAR, European Alliance of Associations for Rheumatology; LLDAS, low-level disease activity state; SDI, systemic lupus international collaborating clinics American College of Rheumatology Damage index; SLE, systemic lupus erythematosus; SLEDAI-2K, Systemic Lupus Erythematosus Disease Activity Index 2000.

References

- 1. Fanouriakis A, et al. Ann Rheum Dis. Epub ahead of print: doi:10.1136/ard-2023-224762;
- 2. Kernder A, et al. Lupus. 2021;30(3):431-438;
- 3. Petrie M, Magder LS. Arthritis Rheumatol. 2018;70(11):1790-1795

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