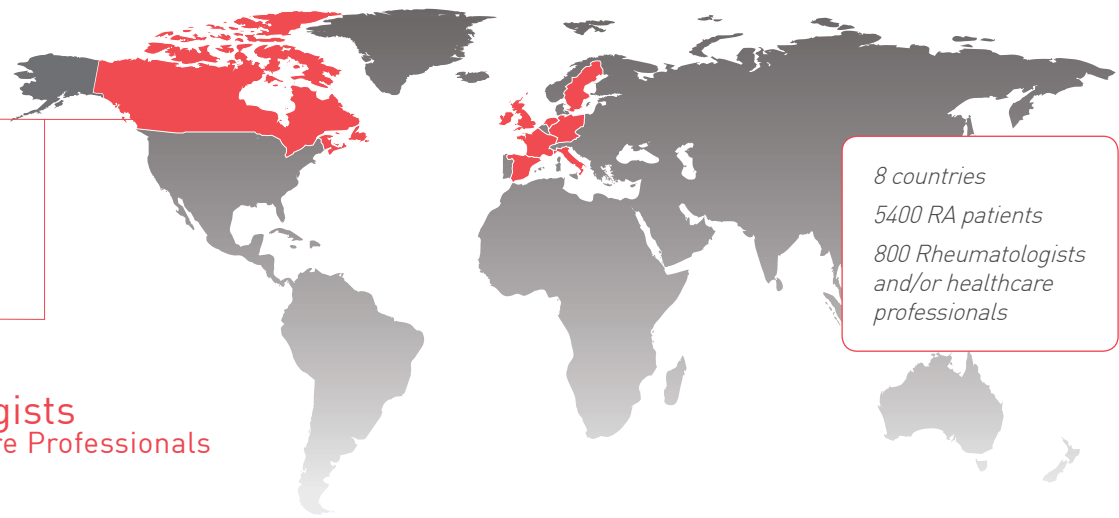


RA Matters is one of the largest international surveys conducted in people living with Rheumatoid Arthritis (RA).

809
Canadians
Living with RA

60
Rheumatologists
and/or Healthcare Professionals



8 countries
5400 RA patients
800 Rheumatologists
and/or healthcare
professionals

Key Findings

73% of the Canadians that were surveyed reported feeling frustrated over having their activities affected by RA.



Exercise (63%) and housework (50%) were cited as being the most difficult activities to take part in.



Washing/personal grooming (20%) was also cited as being difficult to complete.



Relationships

Three areas of relationships that were most negatively impacted by RA were:

- Sex life and intimacy
- Inclusion in family or social events
- Quality of time spent with others



Work

46% of Canadians completing the survey indicated that their career progression had slowed or that they had been forced to retire due to their RA.



The biggest challenges to completing work cited by the survey respondents included: use of their hands (49%); fatigue (46%); and pain (45%).



Aspirations

53% of people surveyed wish that others had a better understanding of the physical impact of their RA.

12% of people surveyed felt comfortable or at ease with the changes to their life as a result of their condition.

Shining a light on the visible and unseen struggles for people living with RA in Canada and talking about them is an important step. Only by acknowledging the physical burdens as well as the feelings of frustration and anxiety, and understanding what matters most to people living with RA, can we work towards helping them live happier lives. To learn more, visit www.ramatters.ca.