

Cover Page



Universiteit Leiden



The handle <http://hdl.handle.net/1887/35586> holds various files of this Leiden University dissertation

**Author:** Markusse, Iris

**Title:** Long-term outcomes of targeted treatment in early rheumatoid arthritis

**Issue Date:** 2015-09-30

## STELLINGEN

*behorend bij het proefschrift*

# Long-term outcomes of targeted treatment in early rheumatoid arthritis

1. The holy grail of medicine, tailored treatment, is not yet feasible for rheumatoid arthritis, as we are currently not able to identify a subgroup of patients with early rheumatoid arthritis that achieves similar clinical improvement on initial monotherapy as on combination therapy (this thesis).
2. Despite similar clinical outcomes after either initial monotherapy or combination therapy followed by ten years of targeted treatment in patients with early rheumatoid arthritis, all patients deserve to receive initial combination therapy (this thesis).
3. Excess mortality in patients with rheumatoid arthritis will be history if all patients with early and active disease receive promptly initiated and effective treatment (this thesis).
4. Each disease activity flare justifies treatment intensification, as flares are associated with worse long-term outcomes, even in patients with well suppressed disease activity over time (this thesis).
5. The fact that radiographic progression according to the Sharp/ van der Heijde score becomes rare with present therapeutic opportunities, does not change the need for this assessment in studying the efficacy of new treatment (strategies) (i.a. Uhlig & Kvien, *Nat Rev Rheumatol* 2009;5:461-4).
6. Finding a balance between sensitivity and specificity in the very early detection of (future) patients with rheumatoid arthritis is a big challenge, but essential to avoid creating patients without a disease (i.a. Aletaha *et al*, *Ann Rheum Dis* 2010;69:1580-8).
7. If the progress of last decades in the treatment of rheumatoid arthritis will be continued, one day rheumatoid arthritis will be a curable disease (i.a. Bykerk & Schoels, *Curr Opin Rheumatol* 2013;25:375-83).
8. Focus should be on the complementary value of generalists and specialists, rather than choosing one over the other (Advies naar nieuwe zorg en zorgberoepen: de contouren, [www.zorginstituutnederland.nl](http://www.zorginstituutnederland.nl), April 2015).
9. Health care can be easily improved by ameliorating the collaboration between doctors and nurses (*Medisch Contact* 14, April 2008).
10. Writing a thesis is like riding a bicycle in Amsterdam: after a lot of speed bumps, bridges, flat tyres, traffic lights, evading tramway tracks and tourists, you finally reach your destination.
11. Keep your eyes on the stars and your feet on the ground (Theodore Roosevelt, 1858 – 1919).
12. In matters of style, swim with the current; in matters of principle, stand like a rock (Thomas Jefferson, 1743 – 1826).