

## Speaking with your MP: Key Points

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### Background Information on Arthritis

- In Canada, health spending is expected to reach \$219.1 B, representing approximately 10.9% of Canada's Gross Domestic Product (GDP, which is also considered the dollar value of all goods and services produced within Canada over a certain time) in 2015<sup>1</sup>.
  - This amount does not include hidden costs, such as burdens on families and caregivers
- Arthritis and musculoskeletal conditions are the most common chronic health conditions in Canada today, affecting over 4.6 million Canadians<sup>2</sup>
- Arthritis encompasses over 100 different conditions and is the leading cause of limited function and long-term disability in Canada.
- In 2000, the total cost associated with arthritis was \$6.4 billion which represents almost one third of the total costs attributed to musculoskeletal diseases, the most costly group of diseases in Canada<sup>3</sup>.
- Indirect costs (e.g., mortality, long term disability, short term disability) associated with long-term disability accounted for twice the direct (e.g., hospital care, drugs, physicians) costs of arthritis<sup>4</sup>.
- Total arthritis costs were greater in women (\$4.1 billion) than men (\$2.3 billion) because more women have arthritis than men.
- Treatment for osteoarthritis during an average hospital stay will cost approx. \$6200, and treatment for inflammatory or reactive arthritis is approx. \$5100<sup>5</sup>.
- Both treatment of osteoarthritis and inflammatory arthritis are more prevalent in older individuals (60 years and older), however both forms of arthritis were treated in young children and young adults<sup>6</sup>.

### Background on CAPA

- CAPA is a grass-roots, patient-driven, independent, national advocacy organization with members who are volunteers from all over Canada
- CAPA's fundamental belief is that the first expert on arthritis is the individual who lives with the disease, and who provides a unique perspective that is all too often absent.
- Created in 2002
- Total of 8 Steering Committee members from across the country
- Advocate for access to therapies, education and awareness about arthritis, the importance of research

### For more information:

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<sup>1</sup> National Health Expenditure Trends, 1975 to 2015, CIHI 2015, p. 6

<sup>2</sup> Impact of Arthritis, Arthritis Alliance of Canada, 2011, p. 15

<sup>3</sup> Life with Arthritis in Canada: A personal and public health challenge, Public Health Agency of Canada, 2010, p. 84

<sup>4</sup> Ibid

<sup>5</sup> Patient Cost Estimator, Canadian Institute for Health Information, 2015 [www.cihi.ca/pce](http://www.cihi.ca/pce)

<sup>6</sup> Ibid

[www.cihi.ca/pce](http://www.cihi.ca/pce) (natural language search for “arthritis”)  
<https://www.cihi.ca/en/spending-and-health-workforce/spending/national-health-expenditure-trends>  
<http://www.phac-aspc.gc.ca/cd-mc/arthritis-arthrite/lwaic-vaaac-10/index-eng.php>  
<http://www.arthritisalliance.ca/en/initiativesen/impact-of-arthritis>

### Current CAPA Projects

- Created an Arthritis Patient Charter in 2014; the patient charter was developed to provide patients and the community with a tool that states the rights and responsibilities of arthritis patients today.
  - For more info: <http://www.arthritispatient.ca/projects/arthritis-patient-charter/>
- Currently working on a project to identify patient information needs relating to pregnancy and parenting. The survey is intended for individuals living with arthritis and for people in their social support network.
- The information obtained through this survey will be analyzed and used to develop an educational resource for pregnancy and parenting with arthritis.
  - For more info: <http://www.arthritispatient.ca/projects/pregnancy-parenting/>

### Hot Issues

- Subsequent entry biologics
  - Subsequent entry biologics (SEBs, also referred to as ‘biosimilars’) are similar but not identical versions of an existing biologic medication, also called the originator, innovator, or reference drug.
  - An SEB must not be considered for automatic substitution or interchangeable with the reference biologic
  - For more info:  
[http://www.arthritispatient.ca/files/7514/0918/2653/CAPA\\_SEB\\_Eng.pdf](http://www.arthritispatient.ca/files/7514/0918/2653/CAPA_SEB_Eng.pdf)
- Medical Cannabis
  - More research is required to better understand the safety and effectiveness of using medical cannabis for the treatment of arthritis.
  - As with any medication, there are both benefits and risks of using medical cannabis as a treatment for arthritis
  - For more info:  
[http://www.arthritispatient.ca/files/9814/4124/2963/20150902\\_CAPA\\_MC\\_Position\\_Paper\\_-\\_Aug22\\_En.pdf](http://www.arthritispatient.ca/files/9814/4124/2963/20150902_CAPA_MC_Position_Paper_-_Aug22_En.pdf)

### Find out more about CAPA

[www.arthritispatient.ca](http://www.arthritispatient.ca)  
2015 strategic plan:  
[http://arthritispatient.ca/files/5714/2068/3326/CAPA\\_Strategic\\_Plan\\_2014Dec\\_final\\_web.pdf](http://arthritispatient.ca/files/5714/2068/3326/CAPA_Strategic_Plan_2014Dec_final_web.pdf)