WHAT IS TREAT TO TARGET?

*Treat to Target* (T2T) is a method of treating a disease, such as RA, that involves defining a treatment goal— or “target”— and changing the therapy if that goal is not reached. Work together with your rheumatologist to set your health goals and find the best treatment option for you. Be sure to discuss with your doctor any active symptoms you have been experiencing and any changes since your last visit, even if you are not sure that they are related to rheumatoid disease. RA can affect not just the joints, but also organs, including the heart and lungs, so it’s important to let your doctor know about any changes in your physical condition or any other specialists that you have seen. Your rheumatologist may want to run blood tests, take x-rays or do other imaging to monitor inflammation, disease progression and damage to joints. If a change in disease treatment is necessary, discuss your options with your rheumatologist, including the method of administration of the medication, potential side effects and differences from any prior treatments you have tried. While there is no cure for RA, following the T2T method can provide the best chance at remission and help you to best manage the disease long-term.

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**1. Define the “Target” or Treatment Goal:** Typically either “Remission” or “Low Disease Activity”

**2. Measure Disease Activity:** May include a count of swollen joints, patient questionnaire, and/or blood tests.

**3. Modify the Treatment, If Target Is Not Achieved:** Add/Change medications or adjust dose

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*IF YOU MEASURE IT, IT WILL IMPROVE!*

Studies have demonstrated that striving for a specific target improves disease outcomes.