

## [Ultrasounds Helps Guide Arthritis Treatment](#)

According to a study published in the journal *Arthritis Care & Research*, incorporating musculoskeletal ultrasound into disease assessments can help inform treatment decisions in early rheumatoid arthritis. In 29 percent of clinical evaluations which involved musculoskeletal ultrasound, the imaging altered decisions on whether changing a disease-modifying anti-rheumatic drug therapy was appropriate. In rheumatoid arthritis cases, patients should be evaluated frequently and their treatment should be increased until they reach low disease activity or remission. However, the composite clinical scores used to measure disease and activity are limited in their sensitivity and specificity and may under- or overestimate the disease.

Researchers studied 111 patients to determine if musculoskeletal ultrasound could aid treatment decisions. The technique revealed that 24 percent of patients who were in remission required escalated treatment. To include ultrasounds into clinical practice, how many and which joints to assess should be determined.