



HOKKAIDO UNIVERSITY

Title	Effect of Methotrexate Plus Adalimumab on the Achievement of Rheumatoid Arthritis Therapeutic Goals : Post Hoc Analysis of Japanese Patients (MELODY Study)
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Why carry out this study?

- There is insufficient evidence regarding the appropriate dose of methotrexate (MTX) required to achieve specific treatment goals in rheumatoid arthritis (RA) patients receiving biologic drugs in Japan.
- We hypothesized that the dose-response effect of MTX in combination with adalimumab on the achievement of low disease activity (LDA) and/or remission would differ between biologic-naïve and biologic-exposed patients with RA.

What was learned from the study?

- In biologic-naïve patients, LDA/remission rates increased with MTX doses of up to 6-8 mg/week and then plateaued at higher doses, whereas in biologic-treated patients, there was a dose-dependent increase up to ≥ 10 mg/week of MTX.
- Our results suggest that 8 mg/week of MTX would be sufficient for this patient population.

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