Early Oligoarticular Psoriatic Arthritis Responds to Treatment With Apremilast: Week 16 Results From FOREMOST – a Phase 4 Randomized Controlled Trial

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Introduction and Objectives

- Dermatologists may encounter early PsA because up to 30% of patients with psoriasis have PsA
- PsA is underdiagnosed in dermatology practice
  - Dermatologists may encounter PsA before rheumatologists because PsA typically presents 10 years after skin symptoms
- Oligoarticular PsA affects ≤4 joints, is very common, and is underrepresented in clinical trials as most pivotal studies exclude patients with <3 swollen and tender joints
- We report the efficacy and safety of apremilast 30 mg BID (APR) vs PBO for the treatment of early oligoarticular PsA

Study Design and Patient Population

- Design: Phase 4, multicenter, randomized, double-blind, PBO-controlled, parallel-group study
- Patients: PsA duration ≤5 years and >1 to ≤4 swollen and >1 to ≤4 tender joints despite treatment with NSAIDs and/or ≤2 csDMARDs
- Primary endpoint (week 16): MDA-Joints, a composite measure derived from MDA1 mandating low articular disease (TJC ≤1 and SJC ≤1) plus achieving 3 of the following: psoriasis area and severity index (PASI) >1 to ≤4 tender joints despite treatment with NSAIDs and/or glucocorticosteroids use (yes/no) per interactive web response system data as factors, and baseline glucocorticosteroid use, that is normalized via the Wilson-Hilferty transformation.

Key Takeaways

- FOREMOST is the first global randomized controlled trial exclusively studying early oligoarticular PsA
- We report the first results of FOREMOST, which show that better disease control is achievable with APR, with twice the MDA-Joints response rate compared with PBO at week 16
- Findings show that treatment of early oligoarticular PsA with APR improves skin and nail involvement and may inform optimal management of these patients

The MDA-Joints response rate was 2 times greater with APR vs PBO at week 16

![Response Rates Chart](image)

Greater reduction in the impact of disease was observed with APR vs PBO at week 16

![Response Rates Chart](image)

Greater improvements in pain were seen with APR vs PBO at week 16

![Response Rates Chart](image)

Disclosure and Funding

- This study was sponsored by Amgen, Inc.
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- All the other authors declare no conflicts of interest.

References

- Dafna Gladman, MD, FRCPC, Jacob Aelion, MD, Jitendra Vasandani, MD, Jyotsna Reddy, MD, Rebecca Wang, PhD, Michele Brunori, PhD, Stephen Colgan, PhD, Philip J Mease, MD. Early Oligoarticular Psoriatic Arthritis Responds to Treatment With Apremilast: Week 16 Results From FOREMOST – a Phase 4 Randomized Controlled Trial. Presented at the 21st Winter Clinical Dermatology Conference – Hawai'i, January 12–17, 2024; Lahaina, HI.