

# Low-dose prednisolone significantly improves pain symptoms and function in hand osteoarthritis

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The results of the low-dose prednisolone in patients with hand osteoarthritis (HOPE) study presented today at the Annual European Congress of Rheumatology (EULAR 2019) show that low-dose prednisolone significantly improves pain and function in patients with painful hand osteoarthritis.

Hand osteoarthritis is a common joint disease. It is characterised by stiff and painful joints. Given the burden of disease, there is a need for effective therapeutic options.

Treatments are currently limited to topical and oral non-steroidal anti-inflammatory drugs (NSAIDs) to relieve [pain](#). However, studies have shown that synovial inflammation is often present in hand osteoarthritis and it is this inflammation that is a main determinant of pain and radiographic disease progression, identifying synovitis as a possible target of treatment. , Prednisolone is a glucocorticoid used to reduce inflammation and has been used in [rheumatic diseases](#) such as rheumatoid arthritis, polymyalgia, lupus and vasculitis for a long time. However, glucocorticoid use is currently not recommended in patients with hand osteoarthritis due to a previous lack of evidence.

"Hand osteoarthritis is a common musculoskeletal disease, with prevalence rising steeply with increasing age," said Professor John D. Isaacs, Chairperson of the Abstract Selection Committee, EULAR.

"Oral glucocorticoid therapy was not included in the recent treatment guidelines update due to limited conflicting data, therefore we welcome these positive results that provide further, controlled evidence in this area."

Results presented today demonstrate that [prednisolone](#) (10mg) provides a significant improvement in pain with an average -16.5 point difference in VAS finger pain (95% confidence interval (CI); -26.1 to -6.9) and a -3.5 point difference in AUSCAN pain\* (95% CI; -4.9 to -2.1, p

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