

Resource

## Latest research updates

Research gives us a better understanding of what causes RA, how best to treat and manage the condition and hopefully one day how it might be cured.

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### [Genes and immune system affected by seasonal changes](#)

[A study in the UK has shown that there are changes in genetic and immune system activity depending on the season.](#)

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### [Gum disease and RA](#)



[Gum disease is a bacterium known to cause chronic inflammatory gum infections and a "pro-inflammatory" response seen in conditions such as RA.](#)

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## Moderate alcohol intake OK for RA patients on methotrexate

2017 study shows that while the risk of liver damage in patients with RA taking methotrexate increases with higher levels of alcohol consumption, the risk in those consuming 14 units or less per week is no greater than those who do not drink.

Article

## Nerve stimulation study shows potential

Vagus nerve stimulation device offers hope for relief from rheumatoid arthritis symptoms.

Article

## Reducing Heart Attacks

Risk of a heart attack in rheumatoid arthritis patients almost halved by biologic drugs

Article

## Study shows smoking and being overweight affect RA

A study in Canada has shown that being a current smoker or being overweight or obese negatively affects RA symptoms over time.

Article

## The link between RA and obesity

Researchers have discovered that obesity in women may have an impact on blood test results used to detect rheumatoid arthritis.

Article

## The potential of personalised medicines



show what RA medication would most likely work best for personalised or stratified medicine.

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## [Using a pedometer](#)

[Use of a pedometer increases activity levels whilst also decreasing fatigue in rheumatoid arthritis patients.](#)

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## [What is Clinical Research?](#)

[The term "medical research" encompasses a broad range of activities within the clinical world, all aimed at improving or maintaining human health.](#)

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## [Workers more at risk of RA in certain occupations](#)

[New research now indicates that there could be a raised risk of environmental factors thought to be involved in triggering auto-immune reactions for people working in certain occupations.](#)

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