

EULAR  
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## FIRST TRIAL OF FAECAL MICROBIOTA TRANSPLANTATION FOR PEOPLE WITH ACTIVE PERIPHERAL PSORIATIC ARTHRITIS SHOWS NO ADVANTAGE

Results of the first trial of its kind presented at EULAR 2021

**Targeting dysbiosis of the intestinal microbiota by faecal microbiota transplantation (FMT) has been proposed as a novel therapeutic option for people with extra-intestinal inflammatory diseases – although the link is yet to be established. In this first interventional randomised controlled trial of FMT in immune-mediated arthritis, transplantation was inferior to sham in treating active peripheral psoriatic arthritis.**

In this proof-of-concept study, Maja Skov Kragstnaes and colleagues evaluated efficacy and safety of FMT in people with psoriatic arthritis (PsA). PsA is an inflammatory arthritis that causes a person's joints to become stiff and painful. It is often found in people with the skin condition psoriasis, and there is also a link between PsA and inflammatory bowel disease or gastrointestinal symptoms.

This double-blind, parallel-group, sham-controlled, superiority trial randomly allocated 31 adults with active peripheral PsA despite ongoing treatment with methotrexate to one gastroscopic-guided FMT procedure, or sham transplantation into the duodenum. The transplants (50 g faeces) came from one of four healthy, anonymous stool donors. The primary efficacy endpoint was the proportion of participants experiencing treatment failure, defined as needing treatment intensification through 26 weeks, and safety was monitored throughout.

The results showed that treatment failure occurred more frequently in the FMT group than in the sham group (60% versus 19%), and improvement in function was also in favour of sham. No serious adverse events were observed.

### Source

Kragstnaes MS, et al. Efficacy and safety of faecal microbiota transplantation for active peripheral psoriatic arthritis: a randomised sham-controlled trial. Presented at EULAR 2021; abstract OP0010.

### About EULAR

EULAR is the European umbrella organisation representing scientific societies, health professional associations and organisations for people with rheumatic and musculoskeletal diseases (RMDs). EULAR aims to reduce the burden of RMDs on individuals and society and to improve the treatment, prevention and rehabilitation of RMDs. To this end, EULAR fosters excellence in education and research in the field of rheumatology. It promotes the translation of research advances into daily care and fights for the recognition of the needs of people with RMDs by the EU institutions through advocacy action.

### About the EULAR European Congress of Rheumatology

Since its introduction in 2000, the annual EULAR European Congress of Rheumatology has become the primary platform for exchange of scientific and clinical information in Europe. It is

also a renowned forum for interaction between medical doctors, scientists, people with arthritis/rheumatism, health professionals and representatives of the pharmaceutical industry worldwide. The EULAR congress is usually held in June in one of the major cities in Europe ([see previous congresses](#)).

The [scientific programme](#) at the congress covers a wide range of topics on clinical innovations, clinical, translational and basic science. Meetings set up by associations of people with arthritis/rheumatism, health professionals and the health care industry complement the programme. The poster sessions, offering lively interaction between presenters and participants, are regarded by many as the heart of the congress.

Over the years, the EULAR Congress has gained a reputation of being a most innovative platform for the practicing physician particularly with respect to the acquisition of information on novel clinical research. The congress attracts more than 18,000 delegates from more than 130 countries.

The aim of the EULAR European Congress of Rheumatology is to provide a forum of the highest standard for scientific, both clinical and basic, educational, and social exchange between professionals involved in rheumatology, liaising with patient organisations, in order to achieve progress in the clinical care of people with rheumatic diseases.

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