



Norfolk Arthritis Register 2015 NEWSLETTER

This is an update on the work of the Norfolk Arthritis Register. Now in its 25th year, NOAR continues to recruit and follow up people who develop Inflammatory Polyarthritis (IP). Overleaf is a list of publications resulting from NOAR research which can be found online at <http://www.inflammation-repair.manchester.ac.uk/Musculoskeletal/research/CfE/noar/noarinfo/publications>. If you would like a copy of any of these, please contact us at the NOAR Office, Room 2.22, Norwich Medical School, University of East Anglia, Norwich, NR4 7TJ. Tel: **01603 597204/5**. Our continuing thanks to all NOAR participants who are helping improve our understanding of IP and how it affects their lives.

Latest news:

We have delayed sending out the newsletter as we have been waiting for permissions to change how and where we recruit patients — now received.

In recent years we have been only recruiting people registered with those GP Practices taking part in the EPIC-Norfolk Study. (European Prospective Investigation of Cancer - see <http://www.srl.cam.ac.uk/epic>)

We can now expand recruitment to include people registered with GPs in the Clinical Commissioning Groups (CCGs) of North, Central and South Norfolk. Newly recruited participants will be followed up for 5 years.

Last year NOAR's Sponsor was changed from University of Manchester to the University of East Anglia and its Chief Investigator is now Professor Alex Macgregor, Consultant Rheumatologist at the NNUH. We still maintain our close links with Manchester.

NOAR have (again) moved offices within the UEA, back to the Norwich Medical School (address as above) but this will not affect participants.

Staff:

Last year we said goodbye to NOAR nurses Rowena Pavey, who has retired to the Lake District, and Jenny Doyle who has moved on to work in a GP practice. We were joined by Pearl Claydon whom many of you will know from her previous role as Rheumatology Practitioner at the NNUH. Pearl joins Jackie Chipping and Alison Lincoln in carrying out NOAR assessments. Karen Durrant, NOAR Administrator, is the first point of contact for any queries regarding appointments and is responsible for the day-to-day running of the NOAR office (Monday, Wednesday, Thursday and Friday).

...Stop Press.....

Please contact NOAR if you would prefer an evening or Saturday appointment.

Other studies: RAMS Study and PREVeNT RA

If you have been asked to take part in both NOAR and RAMS (run from Manchester, see link below) we will try our best to combine your appointments to minimise the visits needed.

RAMS is the Rheumatoid Arthritis Medication Study and looks at the response to Methotrexate by people with Inflammatory Arthritis who are about to start taking it for the first time, either on its own or in combination with other medication. Methotrexate is the drug most used to treat people with IP. The study aims to understand which patients benefit most from this treatment.

<http://www.rams-study.net/>

PREVeNT RA is looking for 'first degree' relatives of people with, or who have had, **rheumatoid arthritis** (eg mother, father, brother, sister, son, daughter, half brother or half sister). They must:

- Not have rheumatoid arthritis or any inflammatory arthritis
- Be aged over 30
- Be resident in the UK
- Be willing to consent to complete questionnaires
- Be willing to give a blood sample
- Be willing to inform the study centre if they develop symptoms which may be related to rheumatoid arthritis

Funding

NOAR continues to receive its core funding from **Arthritis Research UK**, the leading medical charity for research into musculoskeletal disorders. Further information about arthritis and other musculoskeletal conditions can be found on their website: www.arthritisresearchuk.org

NOAR PUBLICATIONS

2014

Diffin, J., Lunt, M., Marshall, T., Chipping, J., Symmons, D. & Verstappen, S (2014). Has the Severity of Rheumatoid Arthritis at Presentation Diminished Over Time? *J Rheumatol*, 41(8), 1590-1599. eScholarID:[229525](#) | PMID:[24986850](#) | DOI:[10.3899/jrheum.131136](#)

Humphreys, J., Warner, A., Chipping, J., Marshall, T., Lunt, M., Symmons, D. & Verstappen, S (2014). Mortality trends in patients with early rheumatoid arthritis over 20 years: Results from the Norfolk Arthritis Register. *Arthritis Care Res (Hoboken)*, 66(9), 1296-1301. eScholarID:[219224](#) | PMID:[24497371](#) | DOI:[10.1002/acr.22296](#)

Lahiri, M., Luben, R., Morgan, C., Bunn, D., Marshall, T., Lunt, M., Verstappen, S., Symmons, D., Khaw, K., Wareham, N. & Bruce, I (2014). Using lifestyle factors to identify individuals at higher risk of inflammatory polyarthritis (results from the European Prospective Investigation of Cancer-Norfolk and the Norfolk Arthritis Register--the EPIC-2-NOAR Study). *Ann Rheum Dis*, 73(1), 219-226. eScholarID:[190125](#) | PMID:[23505230](#) | DOI:[10.1136/annrheumdis-2012-202481](#)

Mirjafari, H., Welsh, P., Verstappen, S., Wilson, P., Marshall, T., Edlin, H., Bunn, D., Chipping, J., Lunt, M., Symmons, D., Sattar, N. & Bruce, I (2014). N-terminal pro-brain-type natriuretic peptide (NT-pro-BNP) and mortality risk in early inflammatory polyarthritis: results from the Norfolk Arthritis Registry (NOAR). *Ann Rheum Dis*, 73(4), 684-690. eScholarID:[190124](#) | PMID:[23511225](#) | DOI:[10.1136/annrheumdis-2012-202848](#)

Norton, S., Fu, B., Scott, D., Deighton, C., Symmons, D., Wailoo, A., Tosh, J., Lunt, M., Davies, R., Young, A. & Verstappen, S (2014). Health Assessment Questionnaire disability progression in early rheumatoid arthritis: Systematic review and analysis of two inception cohorts. *Semin Arthritis Rheum*, 44(2), 131-144. eScholarID:[228216](#) | PMID:[24925692](#) | DOI:[10.1016/j.semarthrit.2014.05.003](#)

Scirè, C., Lunt, M., Marshall, T., Symmons, D. & Verstappen, S (2014). Early remission is associated with improved survival in patients with inflammatory polyarthritis: results from the Norfolk Arthritis Register. *Ann Rheum Dis*, 73(9), 1677-1682. eScholarID:[198290](#) | PMID:[23749581](#) | DOI:[10.1136/annrheumdis-2013-203339](#)

Viatte, S., Yarwood, A., McAllister, K., Al-Mudhaffer, S., Fu, B., Flynn, E., Symmons, D., Young, A. & Barton, A (2014). The role of genetic polymorphisms regulating vitamin D levels in rheumatoid arthritis outcome: a Mendelian randomisation approach. *Ann Rheum Dis*, 73(7), 1430-1433. eScholarID:[221940](#) | PMID:[24651622](#) | DOI:[10.1136/annrheumdis-2013-204972](#)

2015

Nikiphorou, E., Davies, C., Mugford, M., Cooper, N., Brooksby, A., Bunn, D., Young, A., Verstappen, S., Symmons, D. & MacGregor, A (2015). Direct Health Costs of Inflammatory Polyarthritis 10 Years after Disease Onset: Results from the Norfolk Arthritis Register. *J Rheumatol*, 42(5), 794-798. eScholarID:[262621](#) | PMID:[25834202](#) | DOI:[10.3899/jrheum.140528](#)

Viatte, S., Plant, D., Han, B., Fu, B., Yarwood, A., Thomson, W., Symmons, D., Worthington, J., Young, A., Hyrich, K., Morgan, A., Wilson, A., Isaacs, J., Raychaudhuri, S. & Barton, A (2015). Association of HLA-DRB1 haplotypes with rheumatoid arthritis severity, mortality, and treatment response. *JAMA*, 313(16), 1645-56. eScholarID:[263992](#) | PMID:[25919528](#) | DOI:[10.1001/jama.2015.3435](#)

NOAR is the world's first community-based study of new onset cases of inflammatory polyarthritis, which has been carrying out research into inflammatory arthritis for over 20 years. Currently more than 4000 people are taking part. NOAR collects data about you and we need to be fair, transparent and honest with you about what we do with the data. Identifiable information about you will be held by the NOAR nurses team at UEA (such as name, address, NHS and hospital number) and is kept separately in password-protected databases. Researchers not directly involved with you but involved in analysing your data know only your unique NOAR study number. Information held by the Health and Social Care and other UK NHS bodies (Hospital Episodes Statistics) may be given to the researchers and be used to provide data about your health status and hospital admissions. When presenting information in research articles, your personal information is never revealed. More information about NOAR including informed consent can be found on the NOAR website <http://www.inflammation-repair.manchester.ac.uk/Musculoskeletal>.