

# Biologics for Juvenile Idiopathic Arthritis

Biologics are a newer type of genetically-engineered medications used to treat conditions like juvenile idiopathic arthritis. They work in a very specific, targeted way.

## Things to know

- they've been created to target specific immune system cells and proteins that are causing problems
- like all medication, they can have side effects
- it's important you understand as much about your condition, and treatments (including medications) as possible so that you know what's happening and can be in control

## Your immune system

For some reason, your immune system - instead of just fighting germs - got confused and started attacking the healthy tissues in your joints, causing inflammation, pain and joint damage.

## How do they work?

Biologics work by targeting the proteins and cells that cause inflammation and pain, and by slowing down your out of control immune system. They reduce the symptoms you experience and help prevent future problems.

Biologics will improve your condition so that you can do all the things you want to do - sport, school, hang out with friends and family.

After your first treatment you'll know what to expect next time.

## Are there any side effects?

All medications have side effects, but most people who take biologics handle them really well.

## How do I take them?

Biologics are either given by an injection under the skin or an infusion into the vein. Injections are done at home. Infusions are only done in a medical setting- e.g. hospital- and take a few hours... so take your phone, book or tablet to keep entertained!

Injections and infusions sound scary, but they're not.

## Other medications

let your doctor know about any other medications you're taking.

## Ask questions

You'll need to visit your doctor regularly.

Don't be scared to ask your doctor or nurse any questions you have about your condition, medications and other treatments.

Biologics are a big step forward in the way we treat JIA and for most people they will improve how they feel and lessen the impact of arthritis on their life.

