

Early Treatment: the role of biosimilars



EARLY TREATMENT DEFINITION (ET)

Therapeutic intervention as soon as a pathology is diagnosed in order to establish the appropriate treatment for each patient according to the criteria of activity, severity or extent of the disease to **prevent disease progression and complications**.



PURPOSE OF THE DOCUMENT

Learning from a **group of experts** how the arrival of **biosimilar medicines** has impacted on an **Early Treatment strategy in clinical practice**.



DEFINITION ACCORDING TO THE DIFFERENT SPECIALTIES



INFLAMMATORY BOWEL DISEASE

EARLY USE of the biologic in early stages of the disease for:

1. Prevent organ dysfunction and disability
2. Reduce the use of other medications, surgeries and hospitalisations
3. Improve patients' quality of life



RHEUMATOLOGY

ANTICIPATED USE of the biologic in the first year of treatment, when the treat-to-target strategy with conventional synthetic DMARDs in patients with rheumatoid arthritis has not reached the established therapeutic target after 6 months.



CONCLUSIONS OF THE GROUP

Following the marketing of biosimilars, **review Clinical Practice Guidelines** and generate evidence on the benefit for patients by focusing on ET strategies.



Extend ET studies to other specialties with experience of using originator biological molecules and their biosimilars.

Make **comparative data on the cost of different therapeutic alternatives** available, in order to have more information on the efficiency of prescribing.



Promote the **exploitation of real-life data** to build evidence on the clinical benefit of ET with biologics.

