

Newsletter – Arthritis Check-Up Study – November 2025

Dear participants,

First, we would like to warmly thank you for your commitment to our study.

Great progress thanks to you!

With the distribution of new posters and flyers across several centres, we managed to increase the number of new participants by 62% between 2024 and 2025. This recruitment is essential to advancing research.

A nationwide study

Our study brings together several centres across Switzerland: Basel, Bern, St. Gallen, Zurich, Lausanne, Fribourg, and La Chaux-de-Fonds/Neuchâtel. This ensures broad representativeness and strengthens the quality of the results.

Why is it important to complete the questionnaires?

Accurate responses are essential to help us better understand the mechanisms that may lead some individuals to develop rheumatoid arthritis (RA). Moreover, the questionnaires you complete allow us to identify, when necessary, whether a follow-up visit is needed to assess your symptoms in more detail.

Such follow-up visits allow you to be screened free of charge for new autoantibodies associated with the disease, and they are crucial for ensuring the quality and continuity of the study data.

Scientific publication

Our research team recently published an article in the journal *RMD Open* (Aymon R. et al., *Identification of individuals at high risk of developing Rheumatoid Arthritis: a Balanced Random Forest model in a cohort of 1544 first-degree relatives*). By combining different types of information — such as family history, blood markers, genetic data, and clinical signs — we were able to develop a model that identifies individuals at very high risk of developing RA. These results are promising but still preliminary. Further research is needed to confirm these findings and to improve the precision and clinical relevance of this approach.

A major European project

The quality of the data and samples collected in the SCREEN-RA cohort now allows our team to represent Switzerland in the large European project PerPrev-CID (Personalized disease prediction and prevention in chronic inflammatory disorders). This consortium brings together research teams from several European countries to better understand and prevent the development of autoimmune diseases such as RA and inflammatory bowel diseases.

Thanks to prestigious funding from the European Research Council (ERC), this project aims to develop new tools for personalized prediction and prevention, enabling earlier action and better-tailored interventions for each patient.

This is a very exciting opportunity for our team, made possible thanks to the participation and collaboration of everyone involved in the SCREEN-RA cohort. Your engagement directly contributes to advancing research at the international level.

We will keep you informed of new developments and results from this project in future newsletters.

Thank you again for your valuable contribution, and please do not hesitate to contact us if you have any questions.

Warm regards,

The research team



Prof. Finckh



Mme Studer



Dre. Lamacchia



Dr. Gilbert



M. Aymon



Pr. Courvoisier

