**WHAT IS IT?**

TNF inhibitors are used worldwide to treat inflammatory conditions such as rheumatoid arthritis (RA), psoriatic arthritis, juvenile arthritis, inflammatory bowel disease (Crohn's and ulcerative colitis), ankylosing spondylitis and psoriasis. They reduce inflammation and stop disease progression by targeting an inflammation-causing substance called Tumor Necrosis Factor (TNF).

In healthy individuals, excess TNF in the blood is blocked naturally, but in those who have rheumatic conditions, higher levels of TNF in the blood can lead to more inflammation and persistent symptoms. TNF inhibitors can control inflammation the joints, gastrointestinal tract and skin.

There are six different TNF inhibitors that have been approved by the FDA for the treatment of rheumatic diseases. To decrease side effects and costs, most patients with mild or moderate disease may be treated with methotrexate before adding or switching to a TNF inhibitor. These agents can be used by themselves or in combination with other medications such as prednisone, methotrexate, hydroxychloroquine, leflunomide or sulfasalazine.

**HOW TO TAKE IT**

TNF inhibitors may be given by injection under the skin or by infusion into the vein. There are pamphlets and videos that can teach you how to give yourself an injection under the skin. Physicians, nurses, and pharmacists can also teach you how to give the injection.

The medicine can be injected into the thigh or abdomen. The site of injection should be rotated so the same site is not used multiple times. Infliximab and golimumab infusions are administered at a doctor’s office or an infusion center. These treatments take up to 4 hours.

The time that it takes for the medication to have an effect may vary by patient. Most patients have reported a change in their symptoms after 2 or 3 doses, but it usually takes 3 months to see the full benefit.

**SIDE EFFECTS**

The most common side effect seen with the injectable drugs are skin reactions, commonly referred to as "injection site reactions." These reactions can last up to a week. Infliximab has been associated with a severe allergic reaction with swelling of the lips, difficulty breathing and low blood pressure.

The most significant side effect is an increased risk for all types of infections, including tuberculosis (TB) and fungal infections. Some of these infections may be severe.

Patients should be tested for TB before starting therapy, because TB infection can worsen. The usual way of testing is with a skin test, but a blood test is also available.

Long-term use of TNF inhibitors may increase the risk of cancers such as lymphoma and skin cancer. There are rare neurologic complications as well. People who have a history of multiple sclerosis should not use them. People with significant heart failure should not use a TNF inhibitor, because their heart disease could worsen.

**TELL YOUR DOCTOR**

TNF inhibitors should be stopped if the patient has high fever or is being treated with antibiotics for an infection. Once the medication is stopped, it should not be restarted until the infection goes away.

Patients should talk to their doctor before getting any vaccinations while using an anti-TNF drug. Some vaccinations are safe, but live vaccines should be avoided.

These medications are expensive (more than $10,000 per year), but they are covered by most health care insurance plans. Copay amounts vary widely. Ask your doctor about prescription assistance plans that can help you to get the medication at a lower price or free of charge. Refer to the package insert for more information.