



**ONTARIO
RHEUMATOLOGY
ASSOCIATION**

Top 10 Research Breakthroughs Funded by Arthritis Society Canada



Arthritis Society Canada is proud to share its Top 10 Research Advances of 2025, highlighting discoveries that are advancing how arthritis is diagnosed, treated and prevented.

From identifying critical windows for early treatment to uncovering new disease connections, research funded by Arthritis Society Canada is paving the way toward more effective, personalized care.

For children with non-systemic juvenile idiopathic arthritis (JIA), starting biologic medication earlier can significantly improve treatment success, according to a study by Dr. Susanne Benseler from the University of Calgary and Dr. Rae Yeung from The Hospital for Sick Children, as part of the UCAN CAN-DU and UCAN CURE consortia. They found that 83% of children who received early treatment achieved inactive disease, compared to 57% who started treatment later. This research brings an important message — early diagnosis and timely treatment can make a life-changing difference.

A study by Dr. Anthony Perruccio from the Schroeder Arthritis Institute at University Health Network discovered that women with osteoarthritis (OA) had a 90% higher risk of developing cardiovascular disease within 6 years compared to women of the same age without OA. This finding highlights that systemic inflammation may link OA to heart health, especially in women, making early awareness and prevention critical to better protect women's long-term health.

These advances are deepening our understanding of arthritis and bringing us closer to a pain-free future.

Explore the full list of Top 10 Research Advances of 2025 at arthritis.ca/top10research.



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SCIENTIFIC MEETING**

MAY 22-24

Kingbridge Centre in King City

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