

Diagnostic delay in axial SpA

The case for change



8.5

Years to
diagnosis of
axial SpA is
too long.

- Recognise the symptoms
- Check NICE guidelines
- Refer to rheumatology

Get axial SpA diagnosed fast.
Find out more at actonaxialspa.com



Patients experience lengthy delays in getting a diagnosis.

Current mean time to diagnosis in the UK is **8.24 years**.

- Fewer than 1 in 20 patients are diagnosed in **under 12 months**.
- Only **1 in 5** people diagnosed with axial SpA receive the diagnosis within 2 years, when disease is in its early stages.



Lengthy delays result in poorer long term outcomes and reduced quality of life.

Delay to diagnosis is associated with worse

- Disease activity
 - Physical function
 - Structural damage
 - Response to treatment
 - Mental health outcome
- Those with a long time to diagnosis have a greater likelihood of work disability.
 - **59% of people** with axial SpA (AS) report **experiencing mental health** problems with delayed diagnosis associated with a greater likelihood of depression.



Healthcare professionals would benefit from further training and support regarding axial SpA and there is an opportunity to enhance adherence to current guidelines and pathways.

A lack of awareness of axial SpA leads to missed identification & referral particularly in primary care.

- **Nearly 2 in 3 patients** with axial SpA saw a GP or physiotherapist multiple times before diagnosis.



The economic cost is considerable, and mostly impacts on the individual patient.

Waiting for an axial SpA diagnosis costs each person **an average of £187k**.

26 AVERAGE AGE OF SYMPTOM ONSET



Join our social movement for change and improve the lives of those living with axial SpA by visiting



Axial SpA works silently. We don't.