

## Findings of international survey presented at EULAR highlight the significant impact of lupus on patients' lives

- **The survey shows that lupus significantly impacts career, physical well-being and everyday living**
- **81% of respondents report a negative impact of lupus on their career, with more than 28% not employed due to the disease**
- **92% of respondents report a negative impact on their physical well being**
- **Fatigue, arthritis and muscle pain reported as most common symptoms**

**Copenhagen, Denmark, June 12 2009, 07:00 CET** — Results from an international online survey, carried out by UCB in conjunction with Lupus Europe and the Lupus Foundation of America, the two principal advocacy groups that represent people with lupus, were presented today during the EULAR (European League Against Rheumatism) congress at a symposium called, "Lupus – considering the future."

Professor David Isenberg (Professor of Rheumatology at University College Hospital London), the symposium chairman, commented "Lupus is unpredictable, for some people the effects are more benign but for others, as the survey shows, the disease can have a huge detrimental impact. For all patients, lupus specialists should work via a multi-disciplinary approach tailoring care to the individual needs of the patient." He continued "Because lupus is a complex disease affecting multiple body systems, the development of effective drugs with a favourable risk:benefit profile is a major challenge – the new biological treatments seem to offer hope but we must wait until the results of ongoing trials are known."

Although not a scientific random sample of the patient population at large, the results provide an insight into the impact lupus has on individuals affected by the disease. The survey was completed by more than 1000 people living with lupus. Lupus can also be called systemic lupus erythematosus or SLE.

People with lupus from Europe and the U.S. reported that the three areas where the disease most significantly impacts their lives were career, physical well being and everyday activities. Forty five percent of the survey respondents in Europe cited career as the area where lupus had a highly significant affect, almost mirroring the 44% reported by respondents in the U.S. Twenty-eight percent of the European respondents (n=85) and 29% of those in the U.S. (n=154) reported being not employed due to lupus. Fifty-two percent of people with lupus from Europe (n= 162) and 50% (n=268) in the U.S. reported that their disease caused them to miss work from one day to more than 30 days of absence.



Similar findings were observed in the affect of lupus on physical well being with 41% of sufferers in Europe and 49% in U.S. reporting that lupus highly significant affected their physical well-being. Fatigue was the most common symptom reported by 85% of people from Europe (n= 277) and 95% from U.S. (n= 512), followed by arthritis and muscle pain with responses of 83% coming from Europe (n= 270) and 91% from U.S. (n=492). Negative impact on everyday life activities was the third most reported effect of lupus, with impacts such as the ability to go shopping and difficulty in commencing activity following waking up. Thirty-one percent of European respondents cited lupus as having a highly significant affect on this compared to 42% of U.S. respondents.

There have been no new dedicated treatments for lupus in the past 50 years. At present, NSAIDs (Non-steroidal anti-inflammatory drugs), antimalarials, corticosteroids and cytotoxics/immunosuppressants, are the main therapies used in the management of lupus.

### Key survey findings

Europe	US
<ul style="list-style-type: none"> <li>78% reported that lupus has affected their career (n=311):               <ul style="list-style-type: none"> <li>45% highly significant affect, 18% noticeable affect, 15% slight affect</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>84% reported that lupus has affected their career (n=551):               <ul style="list-style-type: none"> <li>44% highly significant affect, 21% noticeable affect, 19% slight affect</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>28% not employed due to lupus (n=85)</li> </ul>	<ul style="list-style-type: none"> <li>29% not employed due to lupus (n=154)</li> </ul>
<ul style="list-style-type: none"> <li>52% are absent from work for between 1-30 days due to lupus (n=162)</li> </ul>	<ul style="list-style-type: none"> <li>50% are absent from work for between 1-30 days due to lupus (n=268)</li> </ul>
<ul style="list-style-type: none"> <li>89% reported that lupus has affected their physical well-being (n=322):               <ul style="list-style-type: none"> <li>41% highly significant affect, 31% noticeable affect, 17% slight affect</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>95% reported that lupus has affected their physical well-being (n=556):               <ul style="list-style-type: none"> <li>49% highly significant affect, 32% noticeable affect, 14% slight affect</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>85% reported that lupus has affected their ability to do everyday tasks e.g. go shopping, get up in the morning (n=311):               <ul style="list-style-type: none"> <li>31% highly significant affect, 28% noticeable affect, 26% slight affect</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>91% reported that lupus has affected their ability to do everyday tasks e.g. go shopping, get up in the morning (n=550):               <ul style="list-style-type: none"> <li>42% highly significant affect, 30% noticeable affect, 19% slight affect</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>85% experience fatigue (n=277) and 67% (n=218) report fatigue as the most severe symptom of lupus</li> </ul>	<ul style="list-style-type: none"> <li>95% report fatigue as a common symptom of lupus (n=512)</li> </ul>
<ul style="list-style-type: none"> <li>83% experience arthritis and muscle pain/weakness (n=270) and 63% (n=204) report arthritis and muscle pain as the second most severe symptom of lupus</li> </ul>	<ul style="list-style-type: none"> <li>91% reported arthritis, muscle pain/weakness as a common symptom of lupus (n=492)</li> </ul>

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### **For further information**

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### **About the survey**

- Online survey conducted during April and May 2009
- Sent via LUPUS EUROPE and the Lupus Foundation of America to their members asking how lupus affects them
- 1038 total responses (Europe 431 and US 607), 91% of US responders and 80% European responders were female; nearly 90% total responders had lupus
- In Europe and the US the majority of the respondents were between 31-40 years old 27.4% and 34.4% respectively)
- In Europe 15 countries provided responses with Belgium, Denmark, Germany, Spain and UK being principal respondents

### **About LUPUS EUROPE**

LUPUS EUROPE currently represents 22 national lupus groups in 20 member countries from Malta in the south to Iceland in the north and from Portugal in the west to Slovenia in the east. LUPUS EUROPE aims to bring lupus to the attention of all relevant bodies and counterparts in Europe and assist the national groups in their efforts to raise awareness of lupus among patients, professionals and the general public. <http://www.lupus-europe.org/>

### **About LFA**

The Lupus Foundation of America, Inc. (LFA) is the foremost national nonprofit voluntary health organization dedicated to finding the causes of and cure for lupus, and providing support, services and hope to all people affected by lupus. The LFA and its network of nearly 300 chapters, branches and community-based support groups conduct programs of research, education and advocacy. [www.lupus.org](http://www.lupus.org)

### **About systemic lupus erythematosus (SLE) or Lupus**

Systemic lupus erythematosus (SLE), commonly referred to simply as lupus, is a chronic and potentially fatal autoimmune disease with a variable and unpredictable course. Antibodies are generated against the body's own nuclear proteins causing the body's immune system to attack its own cells and tissue resulting in inflammation and tissue damage. This can occur in any part of the body, but most often targets the heart, joints, skin, lungs, blood vessels, liver, kidneys and nervous system. Lupus is characterized by periods of flares, or exacerbations, interspersed with periods of improvement or remission. It is estimated that between 1.5 and 2 million Americans have a form of lupus, 90 percent of whom are women. Symptoms and diagnosis occur most often between the ages of 15 and 45. In the US, lupus is more common in African Americans, Latinos, Asians, and Native Americans than in Caucasians.

### **About UCB**

UCB, Brussels, Belgium ([www.ucb.com](http://www.ucb.com)) is a biopharmaceutical company dedicated to the research, development and commercialization of innovative medicines with a focus on the fields of central nervous system and immunology disorders. Employing approximately 10,000 people in over 40 countries, UCB generated revenue of EUR 3.6 billion in 2008. UCB is listed on Euronext Brussels (symbol: UCB).

### **Forward-looking statements**

This press release contains forward-looking statements based on current plans, estimates and beliefs of management. Such statements are subject to risks and uncertainties that may cause actual results to be materially different from those that may be implied by such forward-looking statements contained in this press release. Important factors that could result in such differences include: changes in general economic, business and competitive conditions, effects of future judicial decisions, changes in regulation, exchange rate fluctuations and hiring and retention of its employees.