Best Treatment for RA? Humira vs Enbrel vs Rinvoq Breakdown Transcript

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Introduction: Choosing Between RA Medications

Priya was 47. When her rheumatologist said the word, she has been dreading. Methotrexate is not enough. We need to add a stronger medication. Her doctor gave her three options.

Hemira or Adalumimab, Enbrel or Etanercept or Rinvoke. Priyah went home and googled all three. And you know what she found. Hundreds of opinions. forums saying one was better than the other and saying another one, was the best and a whole lot of confusion.

So she came back to the clinic and said, Dr. Subedi, tell me which one is the And my answer surprised her. Hi, all of you, rheumatoid arthritis warrior, Dr.

Subedi, a board certified rheumeatologist. And in this video, I'm going to break down the five key differences between a Lumimap or Hemira, Enbrel and Rhinboke.

The way it actually work and how do you decide which one to choose.

How Humira, Enbrel, and Rinvoq Work

Plus, stay until the end I have two free gifts for you the free copy of the rheumatoid arthritis book as well as the anti-inflammatory smoothie now which one did Priya chose and why did my answer surprise her I'll come back to our story in few minutes but first whether you have been offered one of these medications or you on it and wondering if you should switch to the other one.

These five differences will help you understand exactly what you are taking and why. And I have also put together a five point checklist at the end of this video that summarizes everything.

So stay until the and to get it. Before we dive in, let me set the stage. All three of these medications are used when methotrexate alone is not enough to control your rheumatoid arthritis.

They all are considered advanced therapies and they all work by calming down the overactive immune system that is attacking your joints. But they do it completely different ways and that's where the differences start.

The difference number one, the mechanism, how they calm the immune systems. Think of your immune system like a house with a broken alarm system. Multiple alarms are going off.

Sirens, bells, and flashing lights all at once. Humira and embryo are like snipers. They target one specific alarm, a protein called TNF, And it shut it down.

Tnf is one of the loudest siren in rheumatoid arthritis. You block it and a lot of swelling and pain quiets down But here is the thing, humira or adalumumab and embryl are both TNF blockers, but they are not identical.

Humira is a full antibody. It grabs onto TNT and holds it tight.

Dosing and Convenience Differences

Embryl is receptor fusion protein. it acts like a decoy, tricking T&F into binding to it instead of your joints. Same target, slightly different approach.

RINBOK is completely different. It is not a sniper, it is more like a dimmer switch on the control panel. Rinbok brought something called JAK, a signaling pathway inside your cells that controls multiple alarm signals all at once.

turn down the Jack one and you turn several inflammatory signals simultaneously. That's why RINVOKE is called a Jack inhibitor, a targeted synthetic demod.

Chimera and Enbrel are called biologics. They are made from living cells. Rinvoke is a small molecule made in a lab. Why does this matter to you? Because when one approach doesn't work, switching to a different mechanism often does.

Research shows that patients who don't respond to TNF blockers like Adalumimap or Anbrel often do better when they switch to a jack inhibitor like Rinvoke, rather than trying another Tnf blocker.

Now difference number two, how you tick them. This is the difference patients care most about. Humira or Adalumimab is an injection, an Injection you give yourself under the skin every 2 weeks.

Effectiveness Compared in Clinical Studies

Anvil is also similar but you take it once a week. Green Book is a pill, a small tablet that you can take once in a day with your meals. Now you might think everyone would prefer a pill, and many patients do.

Research shows that convenience is one of the top factors many patient consider when choosing between different treatments. One study found that about 57% of RA patients preferred an injectable biologic, mainly for convenience of less frequent dosing, while others strongly preferred a pills because of needle-related problems.

But here is what I tell my patients. But don't choose a medication just because of how you take it. Choose it because it is the right fit for your body, your risk factors, and your disease.

That said, for patients who are truly terrified of needles, RINVOKE removes that barrier entirely. And that matters, because a medicine only works if you actually take.

One more thing that humanize specifically. Biosimilars which is a new name that you might be hearing a lot which are nearly identical lower cost version of Adalumimab are now available widely.

This has made humira like medication significantly more affordable which a real advantage. Difference number three, the effectiveness. How will they actually control rheumatoid arthritis?

Let me be clear, All three medications are effective, all three can get your rheumatoid arthritis into remission or low disease activity. But the head-to-head data tells an interesting story.

In some of the landmark study comparing this drug, a large randomized study over 1600 patients showed that RINBOK plus methotrexid was compared directly to humira plus methotrexate.

And the results? At 12 weeks, 71% of the RINBOK patient achieved good disease control compared to 63% with humera. For deeper responses like how much they help many of patients, Rinbok was statistically superior, 45% versus 29%. And this advantage held up.

Safety and What Comes Next

At 48 weeks patients on RInbok maintained higher rate of remission or low disease activity compared to Humira. And bigger studies also showed similar results.

Now, what about Humera vs. Embryo? Head-to-head trials like the RED-SEA study showed that these two are broadly similar in effectiveness. Other study also showed similar finding.

But overall, the difference were very modest. There is a very similarity between Enbrel and Humira. So the bottom line, Rimbaud had shown superiority over Humir in clinical trials.

Humiro and Enbrl are roughly very similar. But the effectiveness is only half the story while we are choosing the medication. The other important half is the safety of those medications.

That's what we'll be talking next. Difference number four, the Safety and this is where the conversions get really important. Thank you so much for watching the video in the next video.

We'll talk more about other differences between these three medications We will talk about side effects and how are they different? And how do you get the right choice for you tune to our next?

I'll see you there. Bye.