

Additional Patient Resources



To help manage your disease, please consider discussing diet, exercise and smoking cessation with your physician.

For additional resources to learn more about axSpA, consider visiting:

Creaky Joints

<https://www.creakyjoints.org/>

American College of Rheumatology

<https://www.rheumatology.org/Portals/0/Files/Spondyloarthritis-Fact-Sheet.pdf>

Spondylitis Association of America

<https://www.spondylitis.org/>

****Disclaimer:** These resources are for educational purposes only. Always consult a physician to discuss and verify the information on these websites. UCB does not review or control the content of these websites, and their inclusion on this page does not constitute an endorsement of any content by UCB.