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1 **Review Article**

2

3 **Title:**

4 Drug efficacy and **safety** of biologics and **Janus kinase inhibitors** in elderly patients with rheumatoid
5 arthritis

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16 **Keywords:**

17 biologics, efficacy, elderly patient, Janus kinase inhibitors, rheumatoid arthritis, safety

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21 **Abstract**

22 Elderly patients with rheumatoid arthritis (RA) are frequently associated with higher disease activity
23 and impaired physical function, although they show intolerance for conventional synthetic
24 disease-modifying antirheumatic drugs (csDMARDs), such as methotrexate (MTX), because of their
25 comorbidities (renal dysfunction, pulmonary disease, and others). However, the present treatment
26 recommendation based on randomized controlled trials is not distinguished by age or comorbidities.
27 Therefore, this review aimed to investigate the efficacy and **safety** of biological DMARDs

28 (bDMARDs) and **Janus kinase inhibitors (JAKi)** in elderly patients. Present bDMARDs, including
29 tumor necrosis factor inhibitors (TNFi), cytotoxic T lymphocyte-associated
30 antigen-4-immunoglobulin (CTLA4-Ig; abatacept), interleukin (IL)-6 receptor antibody (tocilizumab
31 and salirumab), and **anti-CD20 antibody (rituximab)**, may be similarly or slightly less effective or safe
32 (probably because of comorbidities and intolerance to csDMARDs, such as MTX) in elderly patients
33 compared with younger patients. Oral glucocorticoid (GC) use, prolonged disease duration, and very
34 old patients appear to be associated with an increased risk of adverse events, such as serious infection.
35 Some recent cohort studies demonstrated that non-TNFi showed better retention than TNFi in elderly
36 patients (may be partially due to low dependency on csDMARDs such as MTX). Both TNFi and
37 non-TNFi agents may not strongly influence the risk of adverse events such as cardiovascular events
38 and malignancy in elderly patients. **Regarding JAKi, the efficacy appears to be similar, although the**
39 **safety (particularly for serious infections, including herpes zoster) may be attenuated by aging.** After
40 careful consideration of comorbidities, the tolerance for csDMARDs, and the balance between risk
41 and benefit, the appropriate choice of bDMARDs **or JAKi** by each patient's background may be
42 beneficial for the treatment of elderly patients who are difficult to treat with GC or csDMARDs. After
43 the improvement of disease activity, a careful dose reduction of combined GC and csDMARDs as
44 well as tapering or spacing of bDMARDs **or JAKi** may contribute to sustained safety.

46 **Introduction**

47 In patients with rheumatoid arthritis (RA), the proportion of elderly individuals [1] and the onset age
48 of RA are rapidly increasing [2]. Elderly patients with RA are associated with more comorbidities,
49 such as chronic obstructive pulmonary disease, malignancies, cardiovascular disease, and diabetes
50 mellitus, than younger patients [3]. **Indeed, the major causes of death were respiratory involvement
51 (24.2%), malignancies (24.2%), and cardiovascular events (15.6%) in a large Japanese RA cohort [4].**

52 The impairment of hepatic and renal functions, decreased body water and albumin levels, and
53 increased body fat with aging may affect drug pharmacokinetics and pharmacodynamics [5]. The
54 treatment strategy for elderly patients is often influenced by these comorbidities in real-world settings
55 [6], although randomized clinical trials (RCTs) rarely include elderly patients with comorbidities [7].
56 With aging, both innate and adaptive immune system changes occur, resulting in a break in
57 self-tolerance and proinflammatory promotion (higher circulating levels of tumor necrosis factor
58 [TNF] and interleukin [IL]-6), which is called immunosenescence [8]. Patients with elderly-onset RA
59 are sometimes associated with a higher level of inflammation and risk of rapid joint destruction than
60 those with younger-onset RA [9, 10]. Elderly patients are less likely to achieve remission, and higher
61 baseline disease activity diminishes the clinical response to the treatment [11]. Nevertheless, elderly
62 patients tend to receive less doses and frequency of conventional synthetic disease-modifying
63 antirheumatic drugs (csDMARDs), including methotrexate (MTX) and biological DMARDs
64 (bDMARDs), than younger patients [12].

65 Regarding safety, the risk of infection increases with aging, and RA patients with two or more
66 comorbidities, chronic renal or lung disease, and previous infection are particularly at high risk [13].
67 RA increases the risk of stroke and myocardial infarction by two-fold and the risk of death from
68 cardiovascular disease by 30% [14]. Moreover, RA is associated with an increased risk of cancer,
69 such as non-Hodgkin's and Hodgkin's lymphoma, non-melanoma skin cancer, and lung cancer [15].

70 The aim of this report was to review and discuss the recent evidence of the efficacy and safety of
71 bDMARDs and Janus kinase inhibitors (JAKi) in elderly patients with RA.

73 **Treatment of elderly patients with RA**

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74 Glucocorticoid (GC) is more frequently used in elderly patients than in younger patients with RA,
75 although the risk of infection may increase even with low doses (≤ 5 mg/day prednisolone equivalent)
76 compared with any other csDMARDs or TNF inhibitors (TNFi) [13]. MTX works synergistically with
77 bDMARDs, increasing their efficacy and inhibiting the production of antidrug antibody against
78 bDMARDs. Elderly patients who are tolerant to the MTX+TNFi combination therapy show higher
79 treatment retention than those to the TNFi monotherapy, particularly with infliximab (IFX) and
80 adalimumab (ADA) [16]. However, 30%–50% of patients using MTX experience adverse events that
81 lead to treatment discontinuation, which may increase with aging [17]. In Japan, csDMARDs such as
82 tacrolimus (TAC) and iguratimod (IGU) are also used in combination with bDMARDs in patients
83 who are intolerant to MTX. TAC in a post-marketing surveillance [18] and IGU were both effective in
84 patients who showed an inadequate response to bDMARDs [19, 20].

85 The European League against Rheumatism (EULAR) announced a 2019 recommendation regarding
86 the management of RA, in which cytotoxic T lymphocyte-associated antigen-4-immunoglobulin
87 (CTLA4-Ig; abatacept [ABT]), anti-interleukin (IL)-6 receptor antibody (tocilizumab [TCZ] and
88 salirumab [SAR]), **anti-CD20 antibody (rituximab [RTX]), and JAKi** are considered equivalent to
89 TNFi [7]. However, RCTs referred to in the recommendation often recruited younger patients with
90 less comorbidities who are different from those in real-world settings [21], and only 12%–22%
91 patients were elderly in bDMARDs RCTs [22].

92 Thus, investigating the efficacy and **safety** of bDMARDs **and JAKi** in elderly patients with RA is of
93 great interest. Recently, cohort-based observational studies have increasingly been conducted to
94 investigate the performance of bDMARDs [23-25] and JAKi [26-28], and drug retention is considered
95 a major index of both treatment efficacy and safety in real-world settings [26-29].

97 **Anti-TNF inhibitors in elderly patients with RA**

98 TNFi were the first bDMARDs used for RA, and evidence has accumulated regarding the efficacy,
99 safety, and retention of the agents, especially in IFX, ADA, and etanercept (ETN) [30-34]. Other
100 TNFi, such as golimumab (GLM) and certolizumab pegol (CZP), were approved lately, and reliable

101 evidence on these agents in elderly patients was still lacking in previous reviews regarding
102 bDMARDs in elderly patients [1, 35].

103

104 **Efficacy**

105 Previous studies demonstrated that aging is one of the negative predictors of good response [32] and
106 remission [36] of TNFi. TNFi were equally or slightly less effective in decreasing disease activity and
107 improving physical function, particularly in patients aged >75 years [37, 38]. Chronic inflammation
108 may have a negative impact on joint destruction and physical function, and besides aging, disease
109 duration may have a great impact on treatment outcome. Indeed, ETN was equally effective in both
110 younger and elderly populations, although disease duration was associated with lower achievement of
111 ACR50 and ACR70 response and remission [39]. On the other hand, other studies demonstrated that
112 in combination with MTX, TNFi seem to be equally effective in the young, older, and very old
113 populations in terms of both disease activity and radiographic progression [37, 40]. From the post hoc
114 analysis of a post-marketing surveillance in Japan, GLM showed comparable improvements of
115 disease activity between younger (< 75 years) and elderly (\geq 75 years) patients [41]. A recent study
116 also revealed that CZP showed a similar effectiveness and retention between patients with younger-
117 and elderly-onset RA [42].

118

119 **Safety and tolerability**

120 In large Dutch (DREAM) [38] and Swiss (SCQM-RA) [37] cohorts, the drug retention of bDMARDs
121 was similar between the young, older, and very old patients with RA. However, other studies
122 demonstrated that although the efficacy was similar, the discontinuation rates of bDMARDs were
123 higher in elderly patients than in younger patients, mainly owing to adverse events [43, 44]. A
124 meta-analysis revealed that disease duration was associated with higher discontinuation rates of TNFi
125 due to adverse events, although aging did not show a significant correlation [34]. Taken together,
126 prolonged disease duration (sometimes associated with aging) may lead to comorbidities associated
127 with adverse events in TNFi treatment.

128 Considering the difference between the TNFi, ETN showed higher retention than ADA and IFX in all
129 age groups [30, 34]. GLM tended to show a higher retention rate than other TNFi when matched as
130 per propensity scores in Japanese patients with RA [45], and GLM tended to show higher retention
131 rates due to the lack of effectiveness than other TNFi in elderly patients (aged ≥ 65 years) [6].
132 Patients with RA are more susceptible to infection than non-RA patients, and aging was also a
133 significant risk factor of infection [46]. Infection is the most common adverse event associated with
134 the administration of TNFi, which is most frequent in the respiratory tract (such as pneumonia and
135 herpes zoster virus (HZV) infection), and the incidence rate of serious infections was higher in elderly
136 patients with RA [13, 47]. The incidence of serious infection was 20% higher in patients with TNFi
137 than in those without TNFi, especially during the first 6 months [48]. Moreover, the incidence of
138 serious infection was three-fold higher in elderly patients treated with TNFi, especially during the first
139 3 months [49]. Of note, although TNFi may increase the risk of infection, GC exposure and previous
140 infection are also significant risk factors [13, 50]. Use of GC doubled the incidence rate of serious
141 bacterial infection in patients aged > 65 years, with clear dose-dependent relationships [50]. Although
142 the crude infection rate increased with aging in both the TNFi- and csDMARD-initiated groups, the
143 adjusted hazard ratio was similar between the groups [48].
144 Aging and GC use are the independent risk factors of HZV infection in patients with RA [51]. The
145 estimated incidence rate of HZV infection in elderly patients with RA who were receiving TNFi was
146 comparable among all the TNFi agents, ranging from 6% to 7% [51, 52]. Regarding tuberculosis
147 (TB), after a screening for past infections, TNFi use seemed to be not associated with increased
148 incidence of TB as compared with the control group or general population [53, 54].
149 TNF is involved in the development of arteriosclerosis, and patients (aged ≥ 50 years) treated with
150 TNFi were associated with a 13% reduction in cardiovascular events [55]. On the other hand, patients
151 treated with ABT were at 28% lower risk of acute myocardial infarction than those treated with TNFi
152 (data of ADA, CZP, ETN, GLM, and IFX) [56]. **A possible mechanism is that T-cell costimulation by**
153 **CD28–CD80/CD86 strongly induced the development of atherosclerosis in a mice model, which was**
154 **inhibited by ABT treatment [57].**

155 TNFi was associated with an increased risk of hospitalization caused by heart failure in elderly
156 patients (hazard ratio, 1.61) [58], although it should be noted that oral GC was an important
157 dose-dependent risk factor of cardiovascular morbidity [55, 56].
158 RA is associated with a higher risk of certain types of cancer, including lymphoma and
159 non-melanoma skin cancer, although TNFi did not increase the incidence of any type of cancer in
160 both younger and elderly patients with RA [59]. Indeed, the incidence rate of cancer in elderly
161 patients did not differ between the ETN-treated patients and the control group [22]. The risk of toxic
162 adverse events, such as lupus- and vasculitis-like events, which may be associated with the induction
163 of antinuclear antibody production after TNFi treatment, tended to be lowest in CZP among all TNFi
164 [60].

166 **Non-TNF inhibitors in elderly patients with RA**

167 **Abatacept**

168 Abatacept (ABT) is a cytotoxic T-lymphocyte-associated protein 4-immunoglobulin (CTLA4-Ig) that
169 selectively modulates T-cell costimulation. ABT showed similar treatment response rates (good
170 response and remission) in younger, older (aged 65–74 years), and very old (aged >74 years) patients
171 in the French prospective cohort [61], and the effectiveness of ABT in bDMARDs-naive younger and
172 elderly patients was comparable [62]. In a Medicare dataset-based retrospective study, co-treatment
173 with MTX did not influence the treatment persistence of ABT in elderly patients [16], which indicates
174 the low dependency of ABT on MTX. Considering other factors that affect the effectiveness of ABT,
175 anticyclic citrullinated peptide antibody positivity significantly correlated with sustained clinical
176 remission in elderly patients [62].

177 Regarding safety, ABT showed a lower risk of hospitalized infection than TNFi [63] or with all other
178 bDMARDs [64]. These results may be partially due to the fact that TNF receptor-1 and IL-6 are
179 associated with innate immune response to bacterial infection [65], although ABT may not affect
180 innate immune response considering its mode of action. However, it should be noted that the risk
181 factors of serious infection associated with ABT therapy were older age and a history of serious
182 infection, which were similar to those of other bDMARDs [66].

183 Another recent report suggested the effectiveness of ABT in RA-associated interstitial lung disease,
184 although the number of patients was relatively small [67]. This may be partially due to the results that
185 serum titers of second-generation anticyclic citrullinated peptide antibodies (anti-CCP2) are
186 associated with the severity and extent of interstitial lung disease in RA [68], and ABT significantly
187 lowered the serum anti-CCP2 levels at 2.5 years follow-up [69], although further investigation may be
188 required.

189 The pooled data of ABT showed no significant difference in the incidence of malignancy between
190 ABT and placebo [70]. However, a recent report showed that ABT was significantly associated with
191 an increased risk of melanoma (reporting odds ratio, 1.58) because ABT has an opposite action on
192 CTLA-4 antibody (ipilimumab), which is used for the treatment of melanoma [71]. In addition,
193 concerns in vaccination have been raised during ABT treatment because ABT with csDMARDs
194 reduced the response to the pneumococcal pneumoniae [72] and influenza vaccines [73].

195 Taken together, ABT showed the lowest discontinuation rate due to lack of effectiveness and the toxic
196 adverse events among seven bDMARDs in elderly patients with RA (aged ≥ 65 years) [6], which may
197 suggest a high total retention of ABT in elderly patients.

198

199 **Anti-IL-6 agents**

200 TCZ is a humanized and SAR is a human monoclonal antibody against the IL-6 receptor. IL-6 is
201 involved in various pathophysiologies of RA such as C-reactive protein (CRP) production from
202 hepatocyte, immunoglobulin production from B cells, and osteoclast activation [74]. In fact, patients
203 with elderly-onset RA showed higher serum IL-6 and CRP levels than those with younger-onset RA
204 [9]. In addition, patients treated with TCZ showed a relatively low rate of antidrug antibody
205 production (0.7%–2.0%) irrespective of the combination of csDMARDs, which suggests its low
206 immunogenicity [75]. Taken together, blocking IL-6 signaling in elderly patients with RA may
207 provide theoretical advantages, particularly in those who are not tolerant to MTX.

208 Younger age was a predictor of good EULAR response of TCZ [76], and elderly patients showed a
209 lower and good EULAR response than younger patients (40.1% vs. 61.0%), although the treatment
210 retention rates were similar [77]. In addition, TCZ and ABT showed similar good retention rates due

211 to their effectiveness in elderly (age ≥ 65 years) patients with RA [6]. Taken together, the effectiveness
212 of TCZ in elderly patients may be similar or slightly diminished by aging but may not lead to
213 treatment discontinuation.

214 Regarding safety in elderly patients, the most common adverse events of TCZ are infections and
215 allergic reactions [77], although the overall risk of severe infections seems comparable with those of
216 other bDMARDs (most frequent infections were pneumonia and HZV infection) [77, 78]. Lipid
217 changes, including increased serum triglyceride and cholesterol levels, involved in TCZ treatment
218 were not associated with an increased risk of coronary heart disease [79].

219 TCZ and TNFi showed similar discontinuation rates due to toxic adverse events, although
220 significantly higher than that of ABT in elderly patients with RA [6]. Another recent study that
221 compared TNFi, ABT, and TCZ demonstrated that the drug retention rate was maximal for TCZ in
222 patients aged < 75 years but was similar between ABT and TCZ in patients aged ≥ 75 years [80].

223 On the other hand, the efficacy and safety of SAR in elderly patients is still unclear. A recent report of
224 the ASCERTAIN study demonstrated no clinically meaningful differences in both safety and
225 laboratory changes between patients treated with SAR and those treated with TCZ (mean age, 52–55
226 years) [81]. In addition, switching intravenous TCZ to SAR sustained both clinical efficacy and safety
227 [82]. From the results of previous studies, SAR may exhibit similar clinical effectiveness and safety as
228 TCZ in relatively younger populations. However, in phase III randomized, controlled studies of SAR,
229 adverse events, including serious infections, tended to be more frequent in patients aged ≥ 65 years
230 [83], although further investigation may be required.

231

232 **Rituximab**

233 **Rituximab (RTX) is an anti-CD20 monoclonal antibody that targets the surface protein CD20 of B**
234 **cells. It depletes both normal and pathogenic B cells while maintaining plasma cells and the**

235 **hematopoietic stem cells, which do not express the CD20 surface antigen. Regarding efficacy, a**

236 **multicenter prospective study (n = 2,484) demonstrated that the improvement of DAS28 score by**

237 **RTX was similar between patients aged 40–59 years and > 60 years [84]. By contrast, another registry**

238 **study (n = 1,709) showed that the improvement of DAS28 score was significantly inferior in patients**

239 aged >75 years than patients aged <50 years [85]. Regarding safety, a German cohort study showed
240 that serious adverse events were similar between patients aged <40 years (2.5%) and patients aged
241 >60 years (3.2%) [84]. Another French study revealed that severe infections were more frequent in
242 patients aged 65–74 years (19.5 %) and >75 years (26.5%) than in patients aged <50 years (5%) [85].
243 No apparent risk was observed in cardiovascular events and malignancy during long-term RTX
244 treatment (11 years) [86]. Taken together, RTX may be similarly or less effective and safe,
245 particularly in very old patients (aged >75 years) compared with younger patients.

246

247 **JAK inhibitors**

248 Regarding efficacy, baricitinib (BAR; JAK1 and JAK2 inhibitor) showed a similar efficacy (ACR
249 20/50/70 achievement or CDAI/SDAI low disease activity and remission achievement) between
250 young (aged <50 years) and old patients (aged ≥ 65 years) in the RA-BUILD and RA-BEAM study
251 [87]. In addition, in phase III and long-term extension studies, tofacitinib (TOF; JAK1 and JAK3
252 inhibitor) showed similar probabilities of ACR20 and ACR50 responses in both younger (aged <65
253 years) and elderly patients (aged ≥ 65 years) [88].

254 In the safety of BAR, elderly patients (aged ≥ 65 years) tended to show a higher rate of discontinuation
255 because of adverse events (8.8%) than younger patients (aged <50 years; 2.3%), but the rates were
256 similar to those in the age-matched placebo group [87]. Similarly, in TOF treatment, elderly patients
257 (aged ≥ 65 years) were at a higher risk of adverse events and discontinuation due to comorbidities than
258 younger patients (aged <65 years) [88]. In detail, higher age was associated with an increased risk of
259 HZV [89], major adverse cardiovascular events [90], and gastrointestinal perforation [91] in TOF
260 treatment. From the pooled safety data of the phase II/III studies of peficitinib (PEF; pan-JAK
261 inhibitor), the incidence of serious infection, HZV, and malignancy tended to be higher in patients
262 aged ≥ 65 years than in patients aged <65 years [92]. However, a recent network meta-analysis
263 revealed that the efficacy and safety of PEF were comparable with those of TOF and BAR in all
264 patient age groups [93]. The data of upadacitinib (JAK1 inhibitor) and filgotinib (JAK1 inhibitor) in
265 elderly patients are still limited to conference presentations, and further investigations may be
266 required. Together, the efficacy of JAKi may be similar between elderly and younger patients,

267 although the safety of JAKi may be attenuated by aging or aging-related factors. Recently, the safety
268 of the zoster recombinant vaccine in patients with RA has been reported [94], which may be
269 considered in the JAKi treatment of elderly patients. The differences in efficacy and safety by
270 JAK-inhibition selectivity has not been clarified to date.

271
272 **Summary of the Kansai Consortium for Well-being of Rheumatic Disease Patients (ANSWER)**
273 **cohort studies regarding elderly patients with RA**

274 The ANSWER cohort is an observational multicenter registry of patients with RA in the Kansai
275 district of Japan. Data were retrospectively collected from patients who were examined at seven major
276 university-related hospitals (Kyoto University, Osaka University, Osaka Medical College, Kansai
277 Medical University, Kobe University, Nara Medial University, and Osaka Red Cross Hospital).

278 1) The drug retention of bDMARDs in elderly populations [6]

- 279 ● A total of 1,098 treatment courses of 661 elderly patients with RAs (aged ≥ 65 years).
- 280 ● The treatment courses included abatacept (ABT; n = 272), tocilizumab (TCZ; n = 234),
281 etanercept (ETN; n = 184), golimumab (GLM; n = 159), infliximab (IFX; n = 101), adalimumab
282 (ADA; n = 97), and certolizumab pegol (CZP; n = 51).
- 283 ● Drug retention rates were estimated at 36 months using the Kaplan–Meier method and adjusted
284 for potential clinical confounders (age, sex, disease duration, concomitant GC and MTX, start
285 date, and the number of switched bDMARDs).
- 286 ● The drug retention rates for the reasons of discontinuation were as follows: lack of effectiveness
287 [from 55.4% (ETN) to 81.6% (ABT); with significant differences between the groups (Cox P <
288 0.001)] and toxic adverse events [from 79.3% (IFX) to 95.4% (ABT), Cox P = 0.043].

289
290 2) The efficacy and safety of bDMARDs between the elderly-onset RA (EORA) and young-onset
291 RA (YORA) patients [29]

- 292 ● Among 989 bDMARDs initiators, 364 were in the EORA group (aged ≥ 60 years) and 625 were
293 in the YORA group (aged <60 years).

294 ● After propensity score matching for confounding factors, generalized estimation equations were
295 used to assess the relationship between the age at RA onset and the clinical effectiveness of
296 bDMARDs at 48 weeks.

297 ● The improvements in clinical disease, drug retention, and discontinuation because of adverse
298 events were similar between the EORA and YORA groups.

300 **Conclusion**

301 Elderly patients with RA frequently experience high disease activity and functional disability, which
302 are associated with comorbidities such as renal dysfunction, pulmonary disease, and cardiovascular
303 disease. These may prevent them from receiving thorough treatments to achieve remission. In general,
304 bDMARDs tend to show similar retention rates between younger and elderly patients, although
305 elderly patients appear to have a slightly diminished treatment response (probably because of
306 intolerance to csDMARDs such as MTX) and higher serious infection rate (particularly in patients
307 with longer disease duration and very old age or those receiving oral GC). Recent observational
308 cohort studies showed that the drug retention of bDMARDs might have some differences between
309 targeted molecules in elderly patients. Regarding JAKi, the efficacy appears to be similar, although
310 safety (particularly for serious infections, including HZV) may be attenuated by aging. The
311 differences in efficacy and safety by JAK-inhibition selectivity have not been clarified to date. After
312 the careful consideration of comorbidities, the tolerance for csDMARDs, and the balance of risk and
313 benefit, an appropriate choice of bDMARDs or JAKi by each patient's background may be beneficial
314 in the treatment of elderly patients who are difficult to treat with GC or csDMARDs. When the
315 disease activity has improved, a careful dose reduction of combined GC or csDMARDs as well as
316 tapering or spacing of bDMARDs or JAKi may contribute to sustained safety. In addition, the
317 comparison of the efficacy and safety between bDMARDs and JAKi in elderly patients (particularly
318 in long-term treatment) is of great interest and should be clarified in future studies.

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323 Conflict of interest

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