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IN BRIEF

RHEUMATOID ARTHRITIS

Methotrexate-first strategy valid in early poor-prognosis RA

A 2-year trial has validated a methotrexate-first strategy for early poor-prognosis rheumatoid arthritis. The study outcomes indicate that around 30% of patients starting on methotrexate monotherapy will achieve low disease activity without progression to combination therapy; for the 70% that do require step-up to combination approaches, clinical and radiographic outcomes are near identical to those of patients initially treated with methotrexate combined with either etanercept or sulfasalazine and hydroxychloroquine.

Original article O'Dell, J. R. *et al.* Validation of methotrexate-first strategy in early poor prognosis rheumatoid arthritis: results from a randomized, double-blind, 2-year trial. *Arthritis Rheum.* doi:10.1002/art.38012

THERAPY

Biosimilar CT-P13 comparable to infliximab in active RA

Evidence that the infliximab biosimilar agent CT-P13 is well tolerated and as efficacious as innovator infliximab comes from a 30-week trial in methotrexate-unresponsive, active rheumatoid arthritis. 60.9% of CT-P13-treated ($n=302$) and 58.6% of infliximab-treated patients ($n=304$) met the ACR 20% response criteria. The proportions of patients who attained low disease activity or remission and all pharmacological, safety and immunogenicity outcomes were also similar for both interventions.

Original article Yoo, D. H. *et al.* A randomised, double-blind, parallel-group study to demonstrate equivalence in efficacy and safety of CT-P13 compared with innovator infliximab when coadministered with methotrexate in patients with active rheumatoid arthritis: the PLANETRA study. *Ann. Rheum. Dis.* doi:10.1136/annrheumdis-2012-203090

COMPLEMENTARY AND ALTERNATIVE THERAPY

Effects of sham foot orthoses should be considered in trials

In a comparison of three sham foot orthoses commonly used as controls in clinical trials of customized inserts, only a contoured polyethylene sham orthosis had no effect on plantar pressures compared with shoes alone. By contrast, both contoured and flat ethylene-vinyl acetate sham inserts reduced pressure at the heel similarly to customized orthoses. These differences were reflected in the results of a credibility and expectations questionnaire, with the polyethylene orthosis deemed least likely to be beneficial.

Original article McCormick, C. J. *et al.* The effect of customised and sham foot orthoses on plantar pressures. *J. Foot Ankle Res.* doi:10.1186/1757-1146-6-19

RISK FACTORS

Persistent aPL antibodies do not affect pregnancy outcomes

Women with and without persistent antiphospholipid (aPL) antibodies (based on positivity on two occasions >12 weeks apart) have now been shown to have similar pregnancy outcomes. These data suggest that pregnant women with persistent aPL antibodies, without other risk factors, can be managed according to normal procedures.

Original article Soh, M. C. *et al.* Persistent antiphospholipid antibodies do not contribute to adverse pregnancy outcomes. *Rheumatology (Oxford)* doi:10.1093/rheumatology/ket173