PATIENT & CAREGIVER GUIDE

Living with Comorbidity

Finding your way through care for rheumatic and musculoskeletal conditions

- Rheumatic and musculoskeletal conditions often come alongside other long-term health issues.
- These added conditions shape how you feel, the treatments that fit you, and your quality of life.
- Managing them well means caring for the whole person, not just one diagnosis.



Meet Your Guides

Here to walk alongside you, from EULAR PARE.

SM

Souzi Makri

EULAR Vice President

PARE

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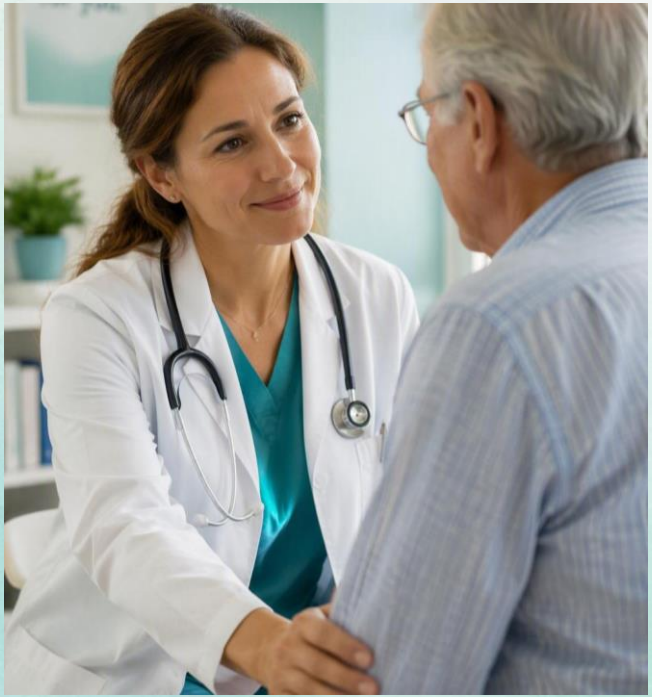
Andri Phoka

Chair Elect

PARE

Common Comorbidities

Other conditions that can come along with rheumatic and musculoskeletal disease.



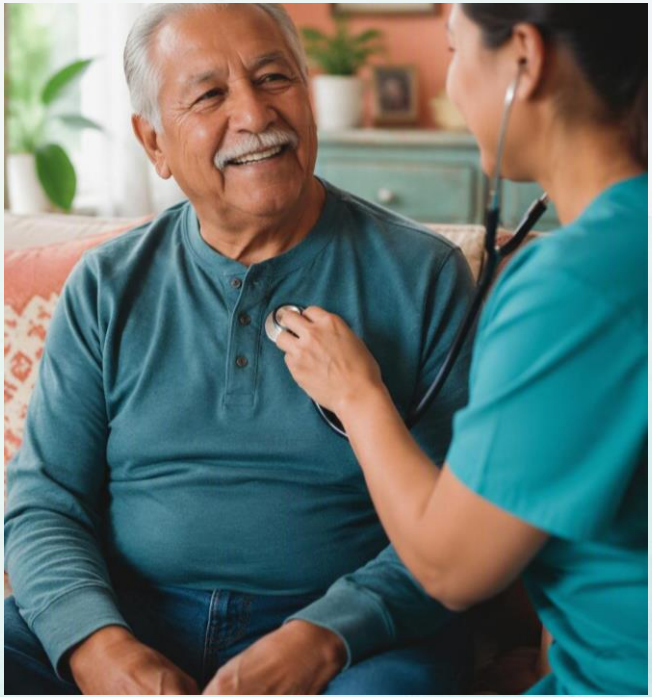
1. Heart and blood vessel disease
2. Osteoporosis (weaker bones)
3. Depression and anxiety

Common Comorbidities

A few more that can sometimes come along too.

4 Chronic lung disease

5 Metabolic disorders, such as diabetes



Why It Matters for You

Living with more than one condition can gently reshape your everyday care.

A little more to carry

A little more to keep track of each day.

More medicines to manage

A few more treatments to gently coordinate.

A few more hospital visits

A greater chance you may need hospital care.

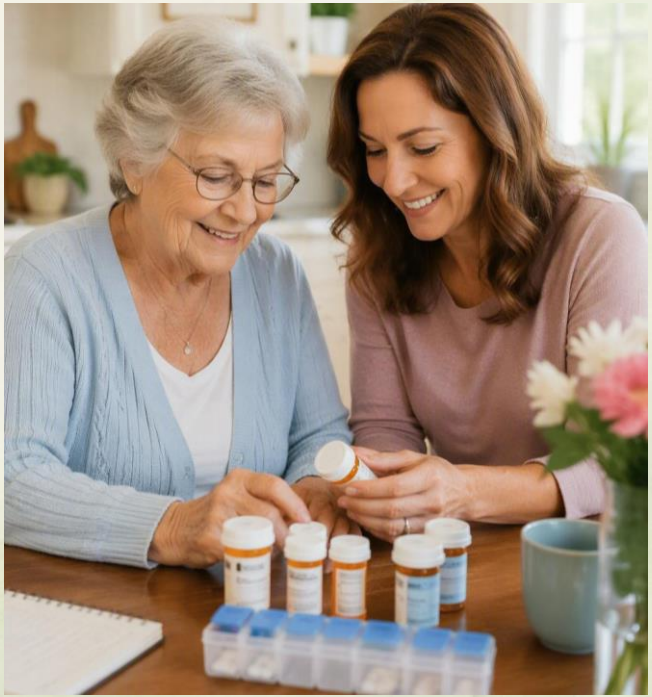
Added costs

Care can gently add up in cost over time.

Challenges You May Face

The things that can sometimes make care feel complicated.

1. Many different specialists to see
2. Several medicines that may interact
3. Care that can sometimes feel scattered
4. Juggling different health priorities



What Helps Most

Small things that can make managing care feel easier.

A joined-up team

A team who share and work well together for you.

Gentle check-ups

Gentle, regular check-ups for your other conditions.

Choosing together

Choices made together with you, not for you.

A plan that fits you

Care shaped around your life and what matters to you.

Points for Reflection

Questions to sit with and revisit as you manage your care.

Your whole self

How have you been feeling lately, and where do you need the most care?

Your support

Who brings you comfort, and is there someone you'd like beside you?

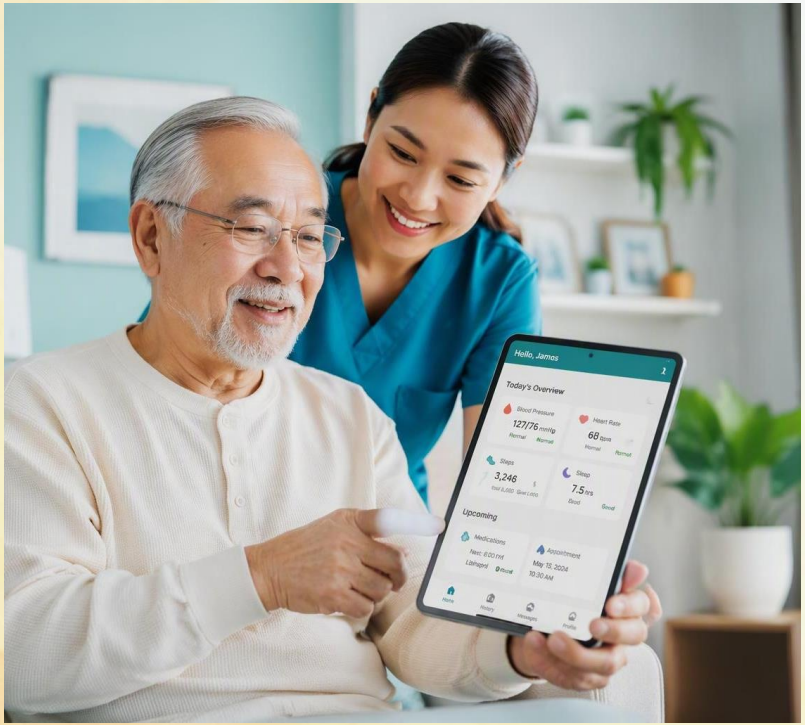
What feels right

Does your care feel like it fits the life you want to live?

One small step

What is one gentle thing you'd like to share at your next visit?

Looking Ahead with Hope



Towards a healthier, more connected future

- **Joined-up care** — Your health team shares information and works as one.
- **Care from home** — Gentle digital tools and check-ins that keep an eye on things from home.
- **Earlier action** — Spotting risk factors sooner, before problems grow.
- **Your role matters** — Support and tools to help you manage your own health.

THANK YOU

Thank you for your attention.

Group A Discussion

Challenges

1. What is the biggest challenge of managing more than one health condition at the same time?

2. How do multiple medications and appointments affect daily life?

3. Where do patients experience the greatest gaps in care coordination between healthcare professionals?

4. What support is currently missing for patients and caregivers?

Group B Discussion

Solutions

1. What does good, coordinated care look like from a patient perspective?

2. How can patients be more involved in decisions about their treatment and care?

3. What practical tools or services help people manage multiple conditions successfully?

4. If you could introduce one change to improve care for people with comorbidities, what would it be?