

Why carry out this study?

- Methotrexate (MTX), the current drug of choice for treating rheumatoid arthritis (RA), can be administered both orally and parenterally.
- Differences in bioavailability between formulations can effect the efficacy and tolerability of MTX, impacting effective management of patients with RA.
- This review examined available evidence regarding pharmacological characteristics and corresponding clinical effects of oral and subcutaneous MTX in patients with RA.

What was learned from the study?

- The choice of MTX route of administration is a fundamental parameter for optimizing RA treatment.
- Subcutaneous MTX is characterized by higher bioavailability, greater clinical efficacy, and better tolerability than oral MTX
- The subcutaneous route of administration appears to be the best treatment option for patients with RA, in terms of risk:benefit ratio compared with the oral route, with suggested cost savings by delaying the need for more expensive biologic therapies.

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