Table. Level of evidence for different items regarding treatment of systemic lupus erythematosus

Evidence Base	Topics in SLE treatment
A (strong)	<ul style="list-style-type: none"> Association of HCQ use with favourable outcomes Chronic exposure to GC and risk of organ damage Gonadal toxicity of CYC Efficacy and safety of belimumab in extrarenal SLE Efficacy of antimalarials in skin disease MMF for induction and maintenance therapy of LN and cyclophosphamide for severe LN Immunosuppressive therapy for inflammatory neuropsychiatric manifestations Association of aPL with adverse outcomes
B (moderate)	<ul style="list-style-type: none"> HCQ cumulative exposure and retinal toxicity Efficacy of MTX and MMF in extrarenal SLE Comparable efficacy and less toxicity of lower-dose GC regimens Efficacy of RTX in renal and extrarenal SLE Efficacy of multitarget therapies for induction treatment in LN Use of CNIs in refractory LN Primary prophylaxis with low-dose aspirin in aPL(+) SLE patients
C/D (weak)	<ul style="list-style-type: none"> Efficacy of AZA, CsA, and CYC in extrarenal SLE Efficacy of second-line treatment in skin lupus Efficacy of most first and second-line treatments for thrombocytopenia Efficacy of vaccinations in SLE patients Efficacy of primary cardiovascular protection with statins and low-dose aspirin in SLE

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2019 UPDATE OF THE EULAR RECOMMENDATIONS FOR THE MANAGEMENT OF SYSTEMIC LUPUS ERYTHEMATOSUS

Antonis Fanouriakis¹, Myrto Kostopoulou², Alessia Alunno³, Martin Aringer⁴, Ingeborg Bajema⁵, John N. Boletis⁶, Ricard Cervera⁷, Andrea Doria⁸, Caroline Gordon⁹, Marcello Govoni¹⁰, Frederic Houssiau¹¹, David Jayne¹², Marios Kouloumas¹³, Annegret Kuhn¹⁴, Janni Lisander Larsen¹⁵, Kirsten Lerstrom¹⁶, Gabriela Moroni¹⁷, Marta Mosca¹⁸, Matthias Schneider¹⁹, Josef S. Smolen²⁰, Elisabet Svenungsson²¹, Vladimir Tesar²², Angela Tincani²³, Anne Trolldborg²⁴, Ronald van Vollenhoven²⁵, Jörg Wenzel²⁶, George Bertias²⁷, Dimitrios Boumpas¹. ¹"Attikon" University Hospital, Athens, Greece; ²G. Gennimatas" General Hospital, Athens, Greece; ³University of Perugia, Perugia, Italy; ⁴University Medical Center and Faculty of Medicine Carl Gustav Carus at the TU Dresden, Dresden, Germany; ⁵Leiden University Medical Center, Leiden, Netherlands; ⁶"Laikon" Hospital, National and Kapodistrian University of Athens, Medical School, Athens, Greece; ⁷Hospital Clinic, Department of Autoimmune Diseases, Barcelona, Spain; ⁸University of Padova, Padova, Italy; ⁹Institute of Inflammation and Ageing, University of Birmingham, Birmingham, United Kingdom; ¹⁰University of Ferrara, Azienda Ospedaliero-Universitaria Sant'Anna Ferrara, Ferrara, Italy; ¹¹Université catholique de Louvain, Louvain, Belgium; ¹²Cambridge, Department of Medicine, Cambridge, United Kingdom; ¹³Cyprus League Against Rheumatism, Aglantzia, Cyprus; ¹⁴University Hospital Muenster, Muenster, Germany; ¹⁵Rheumatology and Spine Diseases Centre, Rigshospitalet, Copenhagen, Denmark; ¹⁶Lupus Europe, Farum, Denmark; ¹⁷Fondazione IRCCS Ca' Granda Ospedale Maggiore Policlinico, Milan, Italy; ¹⁸University of Pisa, Pisa, Italy; ¹⁹UKD, Heinrich-Heine University, Düsseldorf, Germany; ²⁰Medical University of Vienna, Vienna, Austria; ²¹Karolinska Institutet and Karolinska University Hospital, Stockholm, Sweden; ²²Charles University, Prague, Czech Republic; ²³University of Brescia, Brescia, Italy; ²⁴Aarhus University Hospital, Aarhus, Denmark; ²⁵Amsterdam University Medical Centers, Amsterdam, Netherlands; ²⁶University Hospital Bonn, Bonn, Germany; ²⁷University Hospital of Heraklion, Heraklion, Greece

Background: Recommendations for the treatment of systemic lupus erythematosus (SLE) were published by EULAR in 2008. Advances in treatment strategies and goals called for an update of these recommendations, capitalizing on strengths and experience from previous projects.

Objectives: To update the EULAR recommendations for the management of SLE.

Methods: Systematic literature review (01/2007-12/2017) followed by Delphi method to form questions, elicit expert opinions and reach consensus.

Results: Treatment in SLE aims at remission or low disease activity and prevention of flares. Hydroxychloroquine is recommended in all lupus patients, at a dose not exceeding 5mg/kg real body weight. During chronic maintenance treatment, glucocorticoids should be minimized to less than 7.5 mg/day (prednisone equivalent) and, when possible, withdrawn. Prompt initiation of immunomodulatory agents (methotrexate, azathioprine, mycophenolate) can expedite tapering/discontinuation of glucocorticoids. In persistently active or flaring extrarenal disease, add-on belimumab should be considered; rituximab may be considered in organ-threatening, refractory disease. Specific recommendations are also provided for the management of cutaneous, neuropsychiatric, haematological

and renal disease (including the use of calcineurin inhibitors). SLE patients should be assessed for their antiphospholipid antibody status, infectious and cardiovascular diseases risk profile, and preventative strategies be tailored accordingly.

Conclusion: Updated EULAR recommendations provide physicians and patients with updated consensus guidance on the management of SLE, combining evidence-base and expert-opinion.

Figure

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