

I have been a practicing rheumatologist for thirty one years. This test has become extremely valuable in my practice in allowing me to optimize my Methotrexate therapy for my rheumatoid arthritis patients. I have been utilizing the Avise PG test to find out if a patient is at a therapeutic range for their Methotrexate Polyglutamates in order to make clinical decisions on whether or not I should increase the dose of Methotrexate, change the route of administration, or add on another DMARD.

I recently had a rheumatoid arthritis patient who was on 20 mg of Methotrexate as well as [a biologic]. The patient began to experience flare-ups on their current therapy. I ordered the Avise PG test on the patient to see if the patient was in the therapeutic range for their Methotrexate Polyglutamates. This allowed me to specifically check if the issue the patient was having was with their Methotrexate or [the biologic]. The results came back and the patient was very low sub-therapeutic, however the patient was compliant with their Methotrexate. I switched the patient to a parenteral injection of Methotrexate and when the patient came back in three weeks, there was a dramatic improvement. Two months later, I re-ran the Avise PG test and the patient was now in the therapeutic range for their Methotrexate Polyglutamates and the patient is now in remission for their Rheumatoid Arthritis. This proved to me once again what a valuable tool the Avise PG test has become to my practice.

—*Rheumatologist, Southern California*

I have been in private practice for over 35 years in the field of rheumatology. I have found the Advise PG test to be extremely beneficial. It has greatly helped me adjust the patients' Methotrexate dosing. I have utilized it to move from oral Methotrexate to subcutaneous administration. It was also useful to identify at least one noncompliant patient where the results were 0.0. Another important point to make is that it has ensured optimal concomitant use of Methotrexate with a biologic.

—*Rheumatologist, North Central Texas*

I have been a practicing rheumatologist for the last 25 years. I have been using the Avise PG test for the last few months and have become comfortable integrating it into my routine management of my Rheumatoid Arthritis patients. Listed below are some of my observations:

1. Some patients will have a therapeutic level on a low dose of MTX (10 mg) while others will not, even on a much higher dose (20 mg). Therefore, it is helpful to know the MTX PG level no matter what dosage the patient is on or can tolerate.
2. Some patients will not achieve a therapeutic level even on high dose oral MTX (25 mg) but will on subq dosing.
3. Some patients on a biologic and MTX who are not doing well will have a sub-therapeutic MTX level and sometimes increasing the MTX dosage is beneficial.

—*Rheumatologist, Indiana*

- 15 years rheum practice in academic 10 physician group
- Useful when attempting to titrate MTX in patients with ... borderline efficacy...
- Adjusting methotrexate dosing – Patient with continued arthritis activity on MTX and TNFa antagonist who was taking 15 mg MTX weekly. The level was low, so we increased her MTX dosing and changed to SQ delivery.
- Moving from oral methotrexate to subcutaneous administration
- Ensuring optimal concomitant use of methotrexate with a biologic
- Maintaining a patient on methotrexate instead of shifting to a biologic agent
- Pt on MTX, SSZ, PLQ who did not want to take biologic. We were able to identify that his level was low and adjust the MTX to improve disease control.

—*Rheumatologist, South Carolina*

I have been a board certified Rheumatologist in the Harrisburg, PA area for over 40 years.

I found the utility of this test to be of value in various cases. Some examples of where it has guided my treatment plans to produce better patient responses are:

1. Moving from an oral MTX dose to subcutaneous administration.
2. Identifying noncompliant patients.
3. Adjusting MTX dose.
4. Maximizing MTX usage before moving a patient to a biologic agent.
5. Establishing a baseline dose of MTX to ensure optimal concomitant use with a biologic.

—*Rheumatologist, Pennsylvania*

I am a Board Certified Rheumatologist with over two decades of experience practicing medicine. In recent months, I have used the Avise PG test to help in optimizing methotrexate dosing, identifying patients that are not metabolizing methotrexate properly, and ensuring optimal concomitant use of methotrexate with a biologic. In the patient that is a partial or non-responder to methotrexate, the Avise PG test is a valuable tool that provides quantifiable data and [in turn] insight into the patient's ability to convert methotrexate into methotrexate polyglutamates, enabling me to tailor therapy to the specific needs of the patient.

—*Rheumatologist, Utah*