SESSÕES PLENÁRIAS

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SESSÃO PLENÁRIA I

DIA 8 DE ABRIL DE 2010

THE PLACEBO EFFECT: IMPLICATIONS FOR CLINICAL PRACTICE

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A recent systematic review and meta-analysis of placebo response in osteoarthritis (OA) randomised controlled trials (RCTs) confirmed the appreciable effect size (ES) of "placebos" on pain relief and identified some of the factors that may determine the size of this effect in RCTs (Zhang et al. *Ann Rheum Dis* 2008;67:1716-23). These findings clearly are of relevance to the design of OA clinical trials and to the interpretation of the true ES of treatments. More importantly, however, these results have important implications for clinical practice (Doherty, Dieppe. *OA Cart* 2009;17:1255-62).
This presentation will:

- briefly review the history and changing perspective of "placebo"
- summarise the findings of the recent meta-analysis in OA RCTs
- present related key observations taken largely from the pain and mental health literature; and
- explain how this knowledge might influence our behaviour as clinicians and the care that we offer patients with OA.

SESSÃO PLENÁRIA II

DIA 9 DE ABRIL DE 2010

RNA THERAPY: THE NEXT BIG THING AFTER MONOCLONAL ANTIBODIES?

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RNA is at the core of key cellular processes. Recently, RNA molecules are emerging as a promising new target for disease therapy as well as a tool for the development of new drugs. Oligonucleotide drugs are designed to bind to complementary RNA sequences, interfering with their function. A remarkable proof-of-concept is provided by the use of splice switching oligonucleotides to treat boys affected by Duchenne muscular dystrophy. Research on microRNAs is also attracting a growing interest, as the therapeutic potential of this recently discovery novel class of RNA molecules just starts to be demonstrated. A very recent report describes that treatment of chimpanzees chronically infected with hepatitis C virus with an oligonucleotide that targets microRNA 122 leads to long-lasting suppression of viremia, with no evidence of viral resistance or side effects.