

CIDP in action:

Navigating productivity with limited energy

Redefining work and reflecting on jobs, caregiving & social contribution

Autoimmune diseases, like Chronic Inflammatory Demyelinating Polyneuropathy (CIDP), impact physical health, work, productivity and daily living. These conditions are often invisible, unpredictable and have fluctuating symptoms, creating uncertainty and making it difficult to plan or communicate, leading to social and workplace challenges.

CIDP is a rare autoimmune inflammatory disease affecting the peripheral nerves and the nerve roots¹.

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Prevalence: 3 cases per 100,000 people¹.

"At first, I thought I had muscle cramp. First in my legs. I blamed it on wearing heels too much and on working too hard. Then it reached my hands. That was the turning point. That's when things stopped seeming normal." Alejandra, CIDP Patient.

34%

of people with CIDP experience difficulty walking⁴.

50%

of people with CIDP experience arm disability, incl. washing and brushing hair⁵.

DAILY LIMITATIONS CAN DRIVE SOCIAL ISOLATION.

32%

of employed people with CIDP reported work absenteeism due to their condition⁷.

75%

of people with CIDP experience an impact on work and productivity⁶.

42%

of people with CIDP have no full-time employment or had to retire early⁸.

INVISIBLE, UNPREDICTABLE & CHALLENGING

CIDP symptoms³:



- pain, fatigue



- weakness in the arms and legs
- numbness and tingling in hands and feet

56%

of people with rare diseases have invisible disabilities².

"It's complicated and an overburden to have to explain the invisibility part of the symptoms."

Jean-Philippe, CIDP Patient.

THE CHALLENGE OF WORKING WITH CIDP

- Fatigue, muscle weakness and daily challenges require **careful planning and selfcare** regarding personal and professional life.
- Seeking support from **patient organisations can help** navigate work, daily life and mental health.
- With the right support, adaptation and open communication, **people with CIDP can continue to thrive and bring unique strengths to the workplace.**

HOW EMPLOYERS CAN PLAY A PIVOTAL ROLE

- Adapting the workplace creates a **more inclusive and productive environment.**
- **Open discussions** about invisible illnesses reduce stigma and allow employees to thrive.
- **Small adjustments** (flexible hours, remote work options) can make a big difference.

INTERESTED IN LEARNING MORE?

Watch the first episode of 'Dare to Care' – the webinar series by argenx – to hear expert insights, patient stories, and strategies for balancing energy, work and productivity.

<https://argenx.com/events/dare-to-care>



1. Lehmann H.C., Burke D., Kuwabara S. (2019), Chronic inflammatory demyelinating polyneuropathy: update on diagnosis, immunopathogenesis and treatment, *Journal of Neurology, Neurosurgery & Psychiatry* 2019;90:981-987.
2. EURORDIS (2025). Rare Barometer Survey: Recognising disabilities and barriers. https://download2.eurordis.org/rarebarometer/RB_DailyLife_FS_Europe_EN.pdf (survey sample: 9,591 individuals living with a rare disease or their family members across 43 European countries, representing 1,643 rare diseases). Data explanation: Among people with rare diseases 80% have disabilities of whom 70% live with an invisible disability (70% out of 80% = 56%).
3. Ponnala M, Mullen B, Nawab K, Ullah S, Khan S, Ali F. (2023), Chronic Inflammatory Demyelinating Polyneuropathy (CIDP): Overview, Treatment, and a Case Study, *Cureus*. 2023 Oct 22;15(10):e47475. doi: 10.7759/cureus.47475. PMID: 38021787; PMCID: PMC10662777.
4. Paci, S., Arvin-Berod, C., Brackx, F., Tollenaar, N., Van de Veire, L., Sahar, R., Taylor, Y., Wright, J., deCourcy, J., & Dewilde, S. (2025), Burden of illness and unmet need among patients with CIDP: Results from a real-world survey (sample: 83 neurologists provided data for 542 patients with CIDP, of whom 199 provided self-reported data. The study was conducted in France, Germany, Italy, Spain, and the UK).
5. Adelphi CIDP DSP (2022-23) PRF, Section E, Q6a/b (sample: 83 neurologists provided data for 542 patients with CIDP, of whom 199 provided self-reported data. The study was conducted in France, Germany, Italy, Spain, and the UK.). Data explanation: 30% of people living with CIDP reported having symptoms in one or both arms, affecting the following activities: do all zips and buttons, wash and brush hair, use knife and fork together, handle small coins. 16% reported having symptoms in one or both arms, preventing one or two of the above mentioned activities, and 4% of people with CIDP reported having symptoms in one or both arms, preventing three or more of the above mentioned activities.
6. Adelphi, CIDP DSP (2022-23), PSC, Section A, Q1-6, Section H Q1-6 (sample: 83 neurologists provided data for 542 patients with CIDP, of whom 199 provided self-reported data). Data explanation: According to physician reports, the impact of CIDP on a person's work or productivity was rated as follows: 20% slightly affected, 24% somewhat affected, 19% moderately affected, and 12% extremely affected.
7. Paci, S., Arvin-Berod, C., Brackx, F., Tollenaar, N., Van de Veire, L., Sahar, R., Taylor, Y., Wright, J., deCourcy, J., & Dewilde, S. (2025), Burden of illness and unmet need among patients with CIDP: Results from a real-world survey (sample: 83 neurologists provided data for 542 patients with CIDP, of whom 199 provided self-reported data. The study was conducted in France, Germany, Italy, Spain, and the UK). Data explanation (work absenteeism): Among employed patients, 32% reported work absenteeism within the last 7 days due to CIDP.
8. Paci, S., Arvin-Berod, C., Brackx, F., Tollenaar, N., Van de Veire, L., Sahar, R., Taylor, Y., Wright, J., deCourcy, J., & Dewilde, S. (2025), Burden of illness and unmet need among patients with CIDP: Results from a real-world survey (sample: 83 neurologists provided data for 542 patients with CIDP, of whom 199 provided self-reported data. The study was conducted in France, Germany, Italy, Spain, and the UK). Data explanation: 46% of patients were employed full-time, 12% were homemakers and 42% have no full-time employment (12% working part-time, 30% unemployed/retired/long-term sick leave).