

Rheumatoid Factor Chart

Range	Value in u/ML	Value in titer
Normal / negative	Under 15 u/ML	Less than 1:80 titer
Abnormal / positive	Above 15 u/ML	Above 1:80 titer

Some laboratories may consider up to 20 u/ML or higher as normal results, especially among older adults. Laboratories have different cutoff points, and also consider the patient's age, gender, medical history, and pre-existing conditions; some conditions and medical procedures cause RF levels to increase.

The results of this test are best interpreted alongside the results of a CCP antibody test/anti-CCP test to determine the presence of rheumatoid arthritis. If you have symptoms of rheumatoid arthritis and have taken a anti-CCP test, use this guide:

CCP antibody test	RF test	Interpretation
Positive	Positive	You may already have rheumatoid arthritis.
Positive	Negative	You may be in the early stages or may develop rheumatoid arthritis in the near future.
Negative	Negative	You are less likely to have rheumatoid arthritis and will require other tests to explain the symptoms.

Patient results tracker

Patient name: _____

Date	RF test result	Anti-CCP test result	ESR (Erythrocyte sedimentation rate)
06/12/2024	35 u/ML	Positive	35 mm/hr
07/10/2024	42 u/ML	Positive	40 mm/hr
08/24/2024	39 u/ML	Positive	38 mm/hr
09/18/2024	44 u/ML	Positive	42 mm/hr
10/08/2024	47 u/ML	Positive	45 mm/hr
11/09/2024	48 u/ML	Positive	46 mm/hr

Additional notes

Given the rising RF levels and persistently positive anti-CCP results, despite previous attempts to manage the condition through lifestyle changes alone, I recommended medication to control inflammation and slow disease progression. The patient's ESR levels also indicate consistent inflammation, reinforcing the need for a more proactive approach to manage symptoms effectively and prevent joint damage.

A.D.A.M. Medical Encyclopedia. (n.d.). *Rheumatoid factor (RF)*. In *MedlinePlus Medical Encyclopedia [Internet]*. National Library of Medicine. Retrieved November 8, 2024, from <https://medlineplus.gov/ency/article/003548.htm>

Nielsen, S. F., Bojesen, S. E., Schnohr, P., & Nordestgaard, B. G. (2012). Elevated rheumatoid factor and long term risk of rheumatoid arthritis: a prospective cohort study. *BMJ*, *345*(Sep06 2), e5244–e5244. <https://doi.org/10.1136/bmj.e5244>