ABSTRACT

The present invention relates to methods for reliably detecting an increased risk of developing an inflammatory disorder in a mammalian patient (*e.g.*, a human being) by detecting at least one copy of an IL-1β gene haplotype in the patient comprising cytosine nucleotides at positions -31 and +3953. Also provided are kits for performing such methods. In addition, methods for detecting patients who require a higher dosage of an agent that reduces the effect of IL-1β are also provided.