LIVING WITH RHEUMATOID ARTHRITIS

OLYMPIC CYCLIST JACK BOBRIDGE SHARES HIS STORY

ARTHРИTIS SA PAST PRESIDENT HONOURED IN AUSTRALIA DAY AWARDS

www.arthritissa.org.au
SEMINARS & COURSES
Free to members and all held at Arthritis SA 118 Richmond Road Marleston

Prevention and Management of Osteoarthritis
Monday 25th March 1.30-3.30pm
Dr. Jonathon Cabot MBBS FRACS (Orthopaedic surgeon)
Dr. Robin Geddes FRACP (Rheumotologist)
Learn new strategies to manage pain and increase mobility. Discover more about joint replacements and ask your questions to the experts.

Take Charge of Life – Chronic Conditions
Wed April 17th- 1.30-3.30pm
Learn ways to manage your arthritis and other chronic conditions and take charge of your life.

Chronic Conditions- Dealing with fatigue
Wed May 8th 7.00-9.00pm
Dr Samuel Whittle FRACP (Rheumotologist)
Are you always tired? Does fatigue interfere with your life? Gain a better understanding of how to cope with ongoing tiredness and conditions associated.

Gout
Wed June 12th 7.00-9.00pm
Dr. Scott Graff FRACP (Rheumotologist)
Gout is one of the most treatable forms of Arthritis. Learn more about new trends in management

Pain Management and Arthritis
Dr. Simon Burnet Monday July 9th 7.00-9.00pm
Learn about the new trends and treatments in the management of pain in Arthritis

Take Charge of Pain
Learn more about causes and treatment for pain, including medications, pain management strategies and what to do when medications don’t work

22nd and 29th May 9.30am-12.00pm
Sat. 15th and 22nd June 9.30am-12.00pm
23rd and 30th July 1.00pm-3.30pm
Sat. 10th and 17th August 9.30am-12.00pm
11th and 18th September 1.30pm-3.30pm
29th April and 6th May- 1-3.30pm Gawler Hospital

Take Charge of Osteoarthritis
Learn techniques of self management and a clearer understanding of osteoarthritis
8th and 15th May 9.30am-12.00pm
6th and 13th July- 9.30am-12.00pm

Take Charge of Inflammatory Arthritis
8th and 15th May 1.00-3.30pm
6th and 13th July 1.00-3.30pm

SUPPORT GROUPS
Lupus, Sjorgens and Scleroderma meet at Arthritis SA
Marion Support group- Marion Church of Christ, corner Alawoona Ave and Marion Road.
Western Osteoporosis- Church of Christ Hall. 10 Brooker St Cowandilla
Southern Arthritis friendship – Christies Beach Sailing Club. The Esplanade Christies Beach.
Copper Triangle- The Shed Moonta Road Kadina
Fibromyalgia- Arthritis House 118 Richmond Road Marleston
Visit www.arthritissa.org.au for dates and times or call Sharon 83795711

JIA FAMILY DAY
Sunday April 7th
12.00-3pm
Glover Playground South terrace Adelaide
RSVP Sharon 83795711

Tai Chi for Arthritis Leaders Training
Tai Chi for Arthritis Part 2 update
Saturday 25th May and Sunday 26th May 2013 9.00am to 4.30pm
Tai Chi for Arthritis Part 1
Thursday 10th October and Friday 11th October 2013 9.00am to 4.30pm

Please note Arthritis SA reserves the right to cancel or postpone events if necessary
Vision Statement
To improve the quality of life of people with arthritis and related conditions.

Mission Statement
To be recognised as the leading provider in SA that empowers people with arthritis and related conditions. To achieve the best quality of life through advocacy, education, self-management and the support of research.

Aims
• to provide funds for research programs in order to find a cure and better treatments.
• to give practical advice and support to people with arthritis and other musculoskeletal conditions and their carers.
• to organise education programs for people affected by arthritis and other musculoskeletal conditions, their families and carers, health professionals and awareness in the wider community.

Arthritis SA values your donations to help provide services and support to the many thousands of South Australians who suffer from musculoskeletal conditions. Donations can be made using the enclosed donation envelope or by telephone on (08) 8379 5711 or Country Freecall 1800 011 041. Alternatively, secure online donations can be made at www.arthritissa.org.au
In this edition of On The Move we feature some very special people. In particular our Olympic cyclist Jack Bobridge who has faced huge challenges not only in cycling but also living with rheumatoid arthritis. Rheumatoid arthritis can be debilitating unless managed well and we have included some excellent information for people who suffer from this condition.

In March we will hold our Health Professional Symposium that will focus on rheumatoid arthritis. Arthritis SA would like to acknowledge the health experts who will give up their time on a Saturday to share their knowledge with GPs, pharmacists, nurses, physios and OTs. An important focus for this year is to provide even more opportunities for people with arthritis to access support and education. Please take the time to read about our monthly consumer seminars that cover a wide range of topics. We have also introduced three new courses specifically for people with arthritis.

The Take Charge of Life series run across two weeks, two and a half hours per session. Participants will learn some excellent skills to try and improve their quality of life.

In March each year we celebrate Arthritis Week. This year we will have a special display in Rundle Mall on our annual Badge Day. If you have an hour to spare and are willing to assist us in our collection on Badge Day on March 22nd please don’t hesitate to contact us on 8379 5711.

Finally, we are delighted to report that our new website is up and running, with an easy to navigate tool bar and lots of useful information. I invite you to visit the website on www.arthritis.sa.org.au

Tai Chi for Arthritis Classes commencing Friday at Arthritis SA. Contact Sharon on 83795711 to book your place.
Arthritis Exercise classes for members living in the South will commence mid-year. Please register your interest now by contacting Sharon.
All sessions $6

Books, Books, Books

Thanks to the Rotary Club of Adelaide West we have an even better looking bookshop. Members have worked hard over the January break to redesign the bookshop and with their wonderful support, the bookshop is now open every Saturday between 8.30am-12.30pm. Come in for a browse and grab a bargain. Don’t forget we are always looking for good quality books to sell. Funds raised from the bookshop support Arthritis SA education and research programs.
With the start of a new year I’m pleased to report that Arthritis SA is off to a strong start.

In our commitment to fulfill our vision statement “To improve the quality of life of people with Arthritis and related conditions” the board have approved the recruitment and appointment of the SA Arthritis Research Fellowship. This exciting venture in conjunction with Adelaide University will see Arthritis SA’s financial contribution to South Australian research doubling from the previous year.

Research is essential to finding better ways for people with Arthritis to manage their condition and ultimately find a cure. A clear focus of Arthritis SA is to support this key area and to ensure that all programs are fully evaluated and evidence based in line with best practice programs.

With the results of this research, a new “Take Charge of Pain” program has been developed. This program is two and a half hours once a week for 2 weeks and as part of our evaluation process will be discounted to members. We are also offering specific Arthritis run programs at a discounted cost to our members. These programs are beneficial to anyone suffering from any forms of Arthritis and I ask you to pass this message on. We also appreciate any donations in relation to these courses, our goal being to continue increasing our support to the 1 in 4 people in South Australia who suffer from Arthritis.

Finally a big congratulations to David Motteram (above right) our immediate past President of 10 years who was awarded an OAM for his dedication and commitment to the community and in particular Arthritis SA.

**HOW YOUR MONEY IS SPENT**

Over $220,000 in research including:
- $100,000 to the National Research Program
- Establishment of the SA Arthritis Research Fellowship- $100,000
- Awarding the South Australian Rheumatology grant $20,000
- Over $500,000 to Education programs

- Operating a telephone advice program
- Monthly consumer programs
- Support Group assistance
- Training of education volunteers
- Establishing and implementing three new programs
- Implementing the Arthritis Aware program
- Updating and maintaining website, Facebook and twitter communication
- Communicating with members
- Three member magazines per year
- 10 E news per year
Australian cycling star Jack Bobridge recently revealed to the world media that he suffers from rheumatoid arthritis (RA). Jack’s symptoms began in 2009 and ranged from joint pain to swelling and tenderness in his ankles, knees and feet. In 2010 he was officially diagnosed with RA.

World champion by 17. Olympian at 19 and still the fastest individual pursuit rider in history, Jack’s career has been extraordinary, he is still only 23. However, this easily could have come to a crashing halt had Jack not sought medical advice and treatment for his RA. He currently requires weekly methotrexate medication to keep his RA under control.

“I was constantly sleeping because my body was so worn out and training was excruciating” says Jack. But the Olympic silver medallist and individual pursuit world record holder said treatment had enabled him to continue training and competing without almost any symptoms. “Occasionally and for no explained reason I will have a flare up and it can be painful, but on the whole these days are few and far between” said Jack.

Jack’s career has seen him train and compete on the world stage of cycling with some of the industry’s best teams, such as Orica-GreenEDGE and now with Blanc (formerly Rabobank). Jack talks openly about his approach to cycling and that last year he had to make some tough decisions about his career and health. A drink-drive crash in Spain one month before the London Olympics was the final nail in the coffin. “I didn’t want to reflect back on my career with regret. I had become too comfortable within the bubble of Australian cycling and I needed to grow up” said Jack.

“There was no plan of drinking or being stupid, we were training in the morning, thought we’d have lunch on the way up to a day spa to relax. However, by the time we got there, there was no food and we used the sauna and spa, and so probably got dehydrated. We were close to the beach and decided to stay for dinner and had a couple of drinks, already being dehydrated it hit us harder than we thought. I then made the stupid decision to drive home.” Cycling Australia described the incident as a “minor collision” in a car park.

2012 saw Jack crash during time trials at the national championships and he was then unable to defend his road race title and could not compete in the Tour Down Under. “I was incredibly disappointed as I was relying on the road kilometres as a lead up to compete in the Track World Championships” Jack said.

Jack went on to recover from his injuries to win three gold medals at the national track titles in February and then helped Australia’s pursuit team win over Great Britain at the Olympic test event in March. Australia’s pursuit team went on to win silver at the 2012 Olympics which was a “fantastic result” said Jack.

Jack’s future is looking bright and he’s excited about what lies ahead. With the new team, Jack says “We’ve got a year to prove ourselves and Blanco want to develop me differently as a rider. They believe I can climb well and time trial. These things don’t happen overnight, their goal with me is five or six years of development.”

In the meantime, Jack will keep his medication and health in check to minimise the RA flare ups. “You can dwell on it or think that’s the roll of the dice and it’s something I have to deal with” says Jack.

Arthritis SA CEO, Julie Black says “Jack’s story is sadly more common than people think. Arthritis affects 1 in 4 South Australians alone and the prevalence of arthritis in the community is on the rise. However, building awareness and providing resources, education and services for those with arthritis and other musculo skeletal conditions is paramount in breaking down the stigma that arthritis is only an ‘old persons’ disease’. Julie goes on to say that “arthritis knows no boundaries; it affects all people from all ages”.

To continue to help Arthritis SA fund important national research projects to find a cure and to provide ongoing health services to the South Australia community, donate today to Arthritis SA’s Research Results Appeal.

Arthritis SA thanks Jack Bobridge for permission to share his story.

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**Volunteers Wanted Can You Spare Two Hours to Volunteer?**

Volunteers are needed to collect in either the CBD or selected country and metropolitan sites on Friday March 22nd. If you can help please contact Sue Lear on (08) 8379 5711.
“I’VE SEEN GLOVES AT THE PHARMACY THAT ARE ADVERTISED TO HELP WITH ARTHRITIS. ARE THEY EFFECTIVE TO RELIEVE PAIN AND STIFFNESS?”

There are a variety of gloves on the market claiming to provide relief from arthritis symptoms by warming the hands through compression, or through restriction of movement. There is some evidence that compression gloves are effective for rheumatoid arthritis, however, these should only be used in consultation with your doctor.

Many people with arthritis find that heat eases their pain and helps with stiffness, especially first thing in the morning. It is very important for people with arthritis to move and exercise their hands regularly, so gloves which restrict movement are not recommended.

“I’M 55 AND SEVERAL OF MY FRIENDS HAVE BEEN DIAGNOSED WITH OSTEOPOROSIS. SHOULD I HAVE A BONE DENSITY SCAN?”

Bone density may decrease rapidly in women when they reach menopause. It also decreases in men as they age but not usually as rapidly. Having a bone density scan can provide information to help you decide if you should alter your lifestyle, or commence treatment to reduce the risk of later fractures. It is especially important if you have specific risk factors such as reaching menopause before 45 years of age, have a very small build, are taking medication that affects bones such as corticosteroids, or have female relatives with osteoporosis. You will need a referral from your doctor for a bone density scan, so speak to your doctor about your personal situation.

Questions for this column may be emailed to info@arthritissa.org.au or posted to Arthritis SA, 118 Richmond Rd, Marleston SA 5033. Selected questions may be included in future issues of On The Move.

For advice or information contact our Telephone Advisory Service Ph: 1800 011 041 or 8379 5711.

Ask Arthritis SA

BUCKET LIST 2013

The Bucket List Quest is an important new fundraising initiative of Arthritis SA with the outcome being that of raising funds to improve the lives of all arthritis sufferers. This exciting project will embrace countless creative interpretations of what is on the bucket list of many iconic businesses and celebrities, through individually painted ceramic buckets.

To achieve this, we are inviting 250 companies and celebrities to participate by designing, painting and contributing goods to fill the buckets which will then be put up for an online and live auction.

We invite you to visit our website regularly over the coming months to see some of the creative genius of well-known South Australians as they interpret their own special bucket lists!

Our goal is to raise $50,000 to benefit research and education programs for arthritis sufferers across South Australia. Online bidding for buckets will be opened in June and available for everyone to have a chance to Kick a Cure for Arthritis by purchasing a wonderful piece of art and goodies. For regular updates please go to our website: www.arthritissa.org.au

The Bucket List
Kick a cure for arthritis

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What is rheumatoid arthritis?
Rheumatoid arthritis (RA) is an autoimmune disease that causes pain and swelling of the joints. The normal role of your body’s immune system is to fight off infections to keep you healthy. In an autoimmune disease, your immune system starts attacking your own healthy tissues. In RA, the immune system targets the lining of the joints, causing inflammation and joint damage. RA usually affects smaller joints, such as the joints in the hands and feet. However, larger joints such as the hips and knees can also be affected.

What are the symptoms?
The symptoms of RA vary from person to person. However, the most common symptoms are joint pain, swelling and tenderness to touch, stiffness in the joints especially in the morning, symmetric (the same joints on both sides of the body are affected).

What causes it?
It is not known what causes RA. It is now believed that RA happens when a combination of factors come together, including genetics, environment and the immune system.

Is it contagious?
No, RA is not contagious. The virus or bacteria that cause rheumatoid factor does not prove you do not have RA, particularly in the early stages of RA. As many as two out of 10 with RA will never test positive for rheumatoid factor.

What will happen to me?
With early diagnosis and the right treatment, most people with RA can lead full and active lives. However, the course of RA varies and no two cases are exactly the same. Many people with RA experience ‘flares’, periods when joints become more inflamed and painful. ‘Flares’ are commonly followed by months or even years when there is little inflammation. RA can cause permanent joint damage and deformity, especially in the first few years of the disease. The good news is that early diagnosis and treatment is shown to limit this type of joint damage.

Is there a cure for RA?
Currently there is no cure for RA. However, treatment has improved dramatically over the past 20 years, with new medicines now extremely helpful for people in the early stages of RA. Be wary of any products or therapies that claim to cure RA.

What treatments are there for RA?
Your rheumatologist will tailor your treatment to your symptoms and the severity of your condition. There is no way of predicting exactly which treatment will work best for you. Your doctor may need to trial several different treatments before finding one that is right for you.

For more information contact the Arthritis SA Health Services Team on (08) 8379 5711.

SUPPORT GROUPS ARE THERE FOR YOU

The Arthritis SA Support Groups are gearing up for a busy year in 2013 with a wide range of guest speakers and social activities planned. Taking care of your feet, managing your medications, massage and joint protection are just some of the upcoming topics, along with regular outings and fun events.

Support groups are made up of people with common needs and experiences who can help each other with practical information, insights and tips about local services and supports as well as emotional support and friendship. New members are always welcome at any time. Many people find it a relief to talk about arthritis with other people who understand and have similar experiences.


ABC GARDENER’S MARKET – VOLUNTEERS NEEDED

Arthritis SA is delighted to have been chosen as the focus charity for the next ABC Gardeners’ Market on Saturday 13th April. Held twice a year in spring and autumn at ABC Adelaide’s Collinswood studios, the market celebrates one of Australia’s most popular pass times - gardening!

Thousands flock to the open air markets to snap up some bargains, share and learn about our broader environment and eco-sustainability, all whilst raising much needed funds for that event’s charity of choice.

Gates open at 8am and close at 1pm. Entry is by gold coin donation. We hope to see you at the next Gardeners’ Market on Saturday 13 April 2013, in support of Arthritis SA.

If you would like to be a part of this day and assist by volunteering for a couple of hours – we would be delighted to have your help! We need lots of volunteers! Please contact Sue Lear, Business Development Manager on (08) 8379 5711 to register your interest.
KICK A CURE FOR ARTHRITIS AND GET AWAY WITH THE 2013 GREAT ESCAPE LOTTERY!

Arthritis SA in partnership with the Mary Potter Foundation Inc. and the Repat Foundation are excited to bring you five fantastic opportunities to Lift the Lid on your travel Bucket List!

1st Prize: Pry the lid off your Travel dreams! This is a $6,000 travel voucher only available from Unley Flight Centre which can be used to travel to your dream destination.

2nd Prize: Adrenalin Package A

$2,000 Gift Voucher from Adrenalin.com.au. You pick your Adrenalin experience! It could be a V8 race car drive, plus a Porsche super car drive day or skydiving, hot air ballooning or even an adrenalin junky 30 minute aerobatic experience.

3rd Prize: Helicopter Thrill: Learn to Fly with South Coast Helicopters The winner gets a briefing on what you must do while flying the helicopter with a highly experienced instructor. You will be trying out the controls and could have full control of the helicopter as you fly within the Strathalbyn training area. Your Helicopter Thrill ends with a flight over the beautiful Langhorne Creek wine growing area, Lake Alexandrina and the old river port of Milang returning to Strathalbyn.

4th Prize: Gourmet Lunch and Wine Tasting in the Adelaide Hills for 6 people. A return limousine transfer from a single pickup point in metro Adelaide to Bird in Hand at Woodside. Enjoy lunch with dedicated wine tasting while taking in the stunning views of the Bird in Hand gardens and rolling vineyards. Take home a dozen of your favourite wines as a lingering memory of your special time at Bird in Hand.

5th Prize: Master Chef Move Over! Enjoy an Asian Master class finishing with a dinner for 2 people or perhaps choose a Thai and Vietnamese master class for 4 people at The Sticky Rice Cooking School in the Adelaide Hills. You pick the cuisine and the class. Your master class experience includes a return limousine transfer from a single pickup point in metro Adelaide to Stirling.

The draw will be conducted at Arthritis SA on 10th May, 2013. To buy your tickets phone (08) 8379 5711 or online at www.arthritissa.org.au.

RESEARCH MATTERS

WITH 1 IN 4 SOUTH AUSTRALIANS SUFFERING FROM ARTHRITIS AND OTHER MUSCULOSKELETAL CONDITIONS, RESEARCH INTO FINDING A CURE IS ESSENTIAL.

2013 National Research Program recipients funded by Arthritis SA include:

Project Grants

Arthritis Australia and State and Territory Affiliate Grant - $25,000

Biomechanical testing of wildtype and mutant mouse cartilage by atomic force microscopy
Assoc Prof Amanda Fosang

Cell Biology, Development & Disease, Murdoch Children’s Research Institute

Arthritis Australia and State & Territory Affiliate Grant - $30,000

Therapeutic Targeting of Micro RNA-23 in osteoarthritis
Assoc Prof Yin Xiao

Medical Device domain, Institute of Health and Biomedical Innovation, Queensland University of Technology

SA LSS Support Group Grant - $25,000

Role of interleukin-3 in systemic lupus erythematosus
Prof Ian Wicks

Division of Inflammation, Walter and Eliza Hall Institute and Department of Rheumatology, Royal Melbourne Hospital

Grants-in-aid

Arthritis Australia and State & Territory Affiliate Grant - $12,500

Association between urinary C-telopeptide fragments of type II collagen levels and knee structure
Dr Andrew Teichtahl

Department of Epidemiology and Preventive Medicine, Monash University

Philip Benjamin Grant - $15,000 jointly funded by Mrs Benjamin and Arthritis SA

The effect of statins on joint health
Dr Daniel McCulloch

School of Medicine, Deakin University
Kidsflix started 2013 with a bang, heading to Renmark for the very first event of the year on the 2nd of March, 2013. After an early morning viewing of the glorious River Murray, the team made their way to the Chaffey Theatre to set up for a morning of fun and laughter. Special guests Mickey and Minnie Mouse appeared and were immediately in demand for hugs and high-fives. The face-painting and jewellery stations were a hit and the excited crowd were thrilled to watch the blockbuster movie Wreck-It Ralph.

Kidsflix heads to Noarlunga at the end of March and then further south to Launceston for their inaugural event on the 13th of April.

Being able to reach out to children living with chronic illness, disabilities or from disadvantaged homes not only within the city but in rural and remote communities is integral to the success of Kidsflix, as is your valued donation.

Show your support today and sponsor a child to attend a Kidsflix event near you by simply visiting www.arthritis.sa.gov.au, click on ‘Kidsflix’ then ‘Visit Kidsflix South Australia’. Complete the online donation form on the page or call (08) 8379 5711 or country freecall 1800 011 041.

Don’t forget to follow Arthritis South Australia on Facebook or Twitter

The websites listed do not necessarily reflect the views of Arthritis SA.

Looking for information online?

The following websites may assist you. The Arthritis Victoria YouTube channel has a range of videos including free seminars on osteoporosis and chronic pain.

http://www.youtube.com/user/ArthritisVictoria/videos?flow=grid&view=0

Australian Prescriber is the online publication of the National Prescribing service. It features articles about drugs and therapeutics, including arthritis information.

http://www.australianprescriber.com/

Arthritis Research UK is a charity which funds research into arthritis. You can search their website for evidence based information about complementary therapies and other treatments.

http://www.arthritisresearchuk.org/

Livewire is an online community for young people living with a serious illness, chronic health condition or disability and their families. It is a safe online space where members can connect and share experiences with others who understand what they are going through.

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Attention Arthritis Sufferers

The original Rose-Hip Vital™ imported from Denmark is a powerful antioxidant and may help:

- Temporarily relieve the pain of Arthritis, Osteoarthritis and Rheumatism
- Increase joint mobility
- Relieve inflammation and joint swelling
- Improve Osteoarthritis symptoms in the hands
- Improve sleep when affected by joint discomfort
- Improve the symptoms of lower back pain
- Rose-Hip Vital™ is the only product in Australia which tests for the patented Galactolipid GOPO® component

Now available in powder form

Use only as directed. If symptoms persist consult your healthcare professional.

Available from health stores and pharmacies.

www.rosehipvital.com.au  1800 851 888
The Facts
Arthritis SA is committed to funding research that will make a difference to the quality of people’s lives who suffer daily from this chronic disease. Please take the time to read in this current edition of On the Move particularly pages 3 and 7 about just how Arthritis SA is leading the way here locally to drive improvement in outcomes for people with musculoskeletal by funding research on many levels.

The Need
We know research has made a difference and is the answer to finding better ways to manage the disease and even a cure in the future.

Researchers from Murdoch Children’s Research Institute and the University of Melbourne recently analysed synovial fluid samples from children and adults with arthritis and looked at the patterns of cartilage degradation and found the breakdown in cartilage that happens during juvenile idiopathic arthritis (JIA) is markedly different to adult arthritis. This groundbreaking research was partly funded by Arthritis Australia as part of its National Research Program.

Arthritis SA last year looked closely at the amount of research being undertaken locally in the area of musculoskeletal conditions. It identified that there was a gap in community based research. This has led to a joint decision by Arthritis SA and University of Adelaide to recruit the first Arthritis SA Research Fellow who will support local research for an initially funded 3 year period.

Who will benefit
Arthritis affects at least a quarter of people living in South Australia. When you add in the carers and family members the impact is frightening. We want to see a breakthrough in research to improve the lives of people who suffer with pain every day. At present it’s an ongoing battle for thousands of children, adolescents, adults and the elderly – you see Arthritis knows no boundaries; age is irrelevant.

Hayden has suffered with JIA since he was four and the past few years have been quite a difficult journey especially when the disease entered an aggressive stage. At times he couldn’t climb the stairs, couldn’t walk far, and his breathing became labored. But for all this, in so many ways Sarah, Hayden’s mother considers themselves and Hayden lucky. “We have been in the hands of an amazing team of rheumatologists and specialists. As time has gone by, and Hayden responded perfectly to treatment, we felt truly blessed.”

As recently as the 1960s, a third of children diagnosed with his form of arthritis would be severely handicapped, and a third would die. Hayden was born on the right side of history. Without research from scientists and doctors, in large part funded by organisations like Arthritis SA, Hayden might not have even seen his fifth birthday, and likely wouldn’t be what he is today: a six-year-old in remission.

By raising $250,000 or $1 for every South Australian affected, YOU can help find answers to this debilitating disease.

As Sarah says, “We want to make sure that the future of research continues to flourish and grow. That can only happen if we attract the next generation of scientists who WILL find the answers…”

The thousands of people who suffer from Arthritis need your help!
Your generosity is crucial to driving research to a successful outcome. I urge you to make a donation today for ongoing research and really make a difference to people affected by arthritis and other musculoskeletal conditions.

Yours sincerely,

Julie Black, CEO

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Yes, I want to support Arthritis SA The Arthritis Foundation of South Australia incorporating Osteoporosis SA
Please choose your gift by ticking the appropriate box below. Remember, your donation of $2.00 or more is tax deductible.

Name: ______________________________
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Phone: ______________________________
Email: ______________________________

☐ Yes, I have arthritis  Type _______________________

Donation amount: $ __________  Payment method: ☐ Cheque ☐ Money Order (made payable to Arthritis SA)

☐ Please debit my credit card: ☐ MasterCard ☐ Visa ☐ Amex
Card number: _____________________________
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Donate: online at www.arthritissa.org.au

*The CCV is mandatory; this is the last three digits on the back of your card

Declaration of privacy
The Arthritis Foundation acknowledges and respects the privacy of individuals. It is our policy to provide our supporters with information about our activities and from time to time to request further support. We respect your privacy and will not on sell your name to any other organisation. If you request no further mail from Arthritis South Australia or Osteoporosis South Australia, please write to us including your address details and donor number.