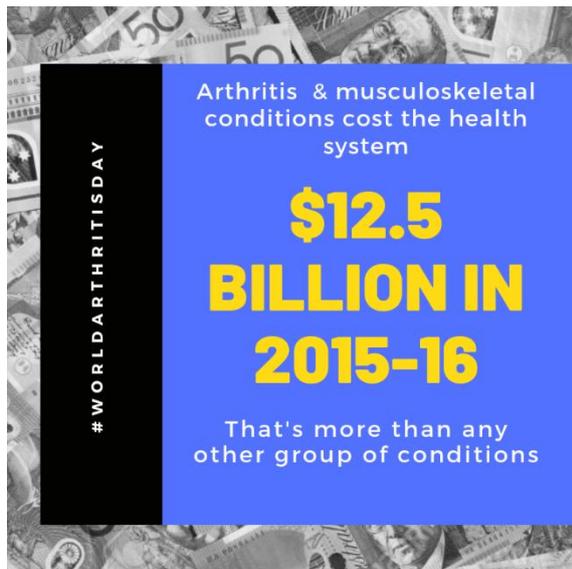


MEDIA RELEASE

October 8 2019

World Arthritis Day is on 12 October 2019.



“One of the most common forms of arthritis, Osteoarthritis accounts for 95% of joint replacements and is one of the leading causes of pain and disability in Australia” David Hunter 2019

This year, Arthritis SA is going one step further and are holding Arthritis Week – with two free events to help raise awareness about arthritis in SA.

A free public lecture will be held on Tuesday 8 October 2019 by world-leading expert in osteoarthritis, Professor David Hunter and Arthritis SA will also be hosting an information stand in Gawler Place on Friday 11th where anyone affected by arthritis can drop by to ask questions of qualified health professionals or get information on how to live a healthier life with arthritis.

Professor David Hunter is a rheumatology clinician researcher whose main research focus is in osteoarthritis; he states “osteoarthritis is a leading cause of early retirement in Australia and is expected to rise by 41% in the coming decades”

Denise McMillan Hall, Arthritis SA CEO said “There are around 220 000 South Australians with Osteoarthritis out of around 350,000 living with either this, or one of the other forms of arthritis such as gout. The importance of early diagnosis and treatment cannot be overstated”.

In South Australia Minister for Health and Wellbeing the Hon Stephen Wade said “the impacts of arthritis are devastating for the 1 in 4 people living with the condition, including children as young as two. We are pleased to see the Commonwealth investing \$4m funding to support improved awareness and opportunities for early intervention. The Marshall Liberal Government is establishing Wellbeing SA which will work with partners such as Arthritis SA to improve preventative care and education here in South Australia’

Events:

- Closed round table with key stakeholders 1.00pm -3.00pm
- Free Public Lecture, Tuesday 8 October 2019, 6:00pm – 7:30pm, Adelaide University Health & Medical Sciences Building, 4 North Terrace, Adelaide.
Registration Link: <https://www.eventbrite.com.au/e/free-world-arthritis-day-public-lecture-professor-david-hunter-tickets-69823298365>
- Pop up in Gawler Place, Friday 11 October 2019, 10:00am – 5:00pm, Gawler Place Canopy, Rundle Mall.
[Education resources, health educators, Tai Chi for Arthritis Demo]

Interview opportunities:

- Professor David Hunter
- Arthritis SA CEO, Denise McMillan Hall

Contact: Denise McMillan-Hall
Chief Executive Officer, Arthritis SA

Mobile: 0439 372 102

Email Denise.mcmillan-hall@arthritissa.org.au

ARTHRITIS: FAST FACTS¹

1. Arthritis is a chronic condition that affects 4 million Australians; anticipated to rise to 5.4m by 2030
2. The most common forms of arthritis are osteoarthritis, rheumatoid arthritis, and gout
3. 1 in 4 people, or more than 350,000 are affected in **South Australia**
4. Over 600 children in South Australia live with Juvenile Idiopathic Arthritis (JIA)
5. Arthritis is the 2nd most common reason for early retirement from the workforce due to ill health
6. At 23% it is the 2nd largest non-fatal burden of disease by group (biggest is mental health at 24%)
7. 1 in 4 people with arthritis will also experience mental health issues
8. Arthritis is the second most common cause of disability after back problems
9. Hip and knee replacements are major burden on our health system costing Australia \$2.3bn in 2012/13 projected to increase to \$5.3 bn by 2030
10. 3 out of 4 people with arthritis also live with another chronic condition, cardiovascular disease, COPD or diabetes

BACKGROUND

1. Arthritis is characterised by swelling in the joints leading to impaired physical function, compromised mobility accompanied by extreme pain and fatigue.
2. Some forms also affect heart, eyes, lungs, kidneys and skin and are associated with reduced longevity
3. Arthritis is often referred to as the ‘invisible’ disease because it’s symptoms are not immediately obvious
4. Many independent studies, notably “ Counting The Cost, The Current and Future Burden of Arthritis 2016”² have identified that unabated, Arthritis will continue to impose an intolerable growing financial and social burden on our economy and health system.
5. Research confirms that reducing modifiable risk factors such as life style, including weight, exercise and diet can lower incidence and prevalence.
6. Each state has a different approach to managing arthritis;
 - New South Wales and Victoria have adopted an integrated “Model of Care”
Evaluation of these models has been shown to improve system efficiency gains, clinical and quality of care received and improved communicate access
Early intervention has been proven to reduce demand for surgery
 - South Australia does not yet have a similar defined integrated approach.
7. In 2019 The Federal Government launched the **National Strategic Action Plan for Arthritis** and committed \$4m in funding from the current budget cycle to support Arthritis awareness, education and resourcing across consumers and health professionals.

ARTHRITIS SA

1. Arthritis SA (ASA) is a ‘For Purpose’ (Not For Profit) organisation dedicated to improving the lives of all people affected by arthritis; those with the condition and their families.
2. ASA provides resources, information and awareness to the community in connection with all aspects of living a better life with arthritis, including operation of a free ‘Helpline’ staffed by qualified health practitioners. ASA is a registered charity, employs approximately 15 people and is overseen by a volunteer skills based Board

¹ Source: Australian Government Department of Health 2019, National Action Plan for Arthritis [references]

² Melbourne EpiCentre The University of Melbourne Ilana N Ackerman Megan A Bohensky Clare Pratt Alexandra Gorelik Danny Liew