

Arthritis Matters

NUTRITION

RESEARCH

EXERCISE

HEALTH

Issue 61

R.R.P \$6.95

Rural Health Initiative

LIVING WELL WITH ARTHRITIS

RURAL HEALTH INITIATIVE

We're taking community education on the road

TAKE A HOLIDAY:

but read our tips for pain-free travel first

NEW PARTNERSHIPS:

we make connections with Rotary and retirement villages

THE POWER OF PLAY:

help your child with arthritis to cope with hospital visits

Arthritis
NEW SOUTH WALES
Freedom of
Arthritis
& Osteoporosis
NEW SOUTH WALES

www.arthritisnsw.org.au

ABOUT US

Arthritis & Osteoporosis NSW is a charitable and membership-based organisation that seeks to improve the quality of life of those affected by arthritis, osteoporosis and other musculoskeletal conditions. We work to empower the individual to manage their own condition and health, towards achieving their personal meaning of our vision, **'Freedom from Arthritis'**.

The organisation is a trusted source of evidence-based and up-to-date information on arthritis and its treatment, with education programs delivered across a number of platforms such as workshops, webinars and community awareness sessions. Our health services team develops and delivers exercise programs tailored to the needs of people affected by arthritis, such as the popular Water Exercise Classes and our new Strength and Balance training program. We deliver two annual camps for children affected by juvenile arthritis: Camp Twinkletoes for children under 8 years old and their families, and Camp Footloose for children and young people aged 9 to 18 years.

We engage with the community through our membership program, publications such as *Arthritis Matters*, eNewsletter subscriptions, social media platforms such as Facebook and LinkedIn, and our toll-free Arthritis Infoline which connects callers with health professionals.

You can subscribe to our FREE monthly eNewsletter at eepurl.com/9rFd5



BENEFITS OF MEMBERSHIP

Understanding | Support | Community

We would love to have you as a **financial member** of the organisation. This involves payment of a modest annual membership fee which not only helps us to develop and deliver our services, but also provides you with a number of unique member-only benefits. You will receive up to date information via our magazine *Arthritis Matters* three times per annum and attractive discounts on all classes and events.

For more information on becoming a Member, please visit:

www.arthritisnsw.org.au/membership/about/

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Arthritis Matters

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Growth across the board



Hello to all our members and welcome to our new members receiving their first edition of *Arthritis Matters*. Arthritis & Osteoporosis NSW (AONSW) is now into the second year of our strategic plan, *Empowering the Individual, Structuring for Growth and Sustainability and Growth*.

I am pleased to report that our health services programs are being received positively in the community and are expanding to areas where there is demand and appropriate facilities.

All the programs are now aligned to our Clinical Governance Framework, which is the structure and set of rules that outlines how an organisation is managed. This ensures that everything we do is safe, efficient, effective, appropriate, person centred and equitable. Clinical governance relates to health services, focusing on quality and safety. These standards align to the National Safety and Quality Health Service Standards.

RNSH partnership pilot

As you know, we have been working with the Royal North Shore Hospital (RNSH) Rheumatology Department and the osteoarthritis critical care pathway (OACCP) physiotherapy team. In October, AONSW and RNSH began a pilot of our Strength and Balance group exercise program as a pathway or transition for people who have completed the OACCP. The pilot will evaluate whether the program assists patients toward self-management

and will be monitored by outcome measures including: quality of life, pain scale, function ability, intention to continue to participate in group exercise and enrolment in ongoing programs.

Rural health

Thanks to the generosity of our wonderful donors, the health services team in August embarked on a program to run education sessions and attend rural events at five regional centres in NSW. At time of writing they have completed visits to four of the five centres and spoken to nearly 1,000 people, giving them self-management information to help them find freedom from arthritis.

Industry participation

I thought you might be interested to know that AONSW sits at the table with other industry groups to represent our member and consumer health concerns. We contribute to the discussions at the NSW Ministry of Health – Agency for Clinical Innovation Musculoskeletal Group, the GAP Task Force on Productive Ageing and the Transport Advisory Group.

Cyber security

This year we have also focused on optimising our business practices, and made a full review and appraisal of our cyber security to protect the information provided by members, donors and stakeholders. This was prompted in particular by cyber criminals who were using increasingly sophisticated methods to (unsuccessfully) infiltrate our systems including our firewall, and access our database. As a result we have invested in safeguards to all data including protection of credit card details and an updated privacy policy to include the introduction of the Notifiable Data Breach Scheme added to the Privacy Act in February 2018.

Annual General Meeting

We have included in this edition of the magazine the Annual General Meeting *Notice of Meeting and Proxy Notification*. Please take the time to read it and, if you wish to vote, please return your proxy by replied paid envelope by 9.30am on 23 November. If you would like to help reduce the cost of postage, please affix a stamp to the envelope – such a small gesture can have a mighty impact.

This year our investment managers JB Were have offered their Sydney offices for our annual general meeting. Please note the change of venue on the *Notice of Meeting*.

Website

Another great change to AONSW is our new website. Launched in October, our new online presence has lots of new user-friendly features and capabilities that will bring a better experience to our visitors. It will also support the engagement of potential corporate sponsors and advertisers by portraying a more professional and up-to-date organisational image.

I hope you enjoy reading this edition, please let us know what you think by emailing info@arthritisnsw.org.au.

Sandra Vincent
Chief Executive Officer

New website launch

We are extremely excited to announce the launch of the new Arthritis & Osteoporosis NSW (AONSW) website, scheduled to go live in October 2018. The website will form the organisation's central online presence and will play a key role in the delivery of health information and resources to consumers. Visit arthritisnsw.org.au to check it out!

Customer-centric design

Our customers' needs and wants have framed the way the website has been designed and developed. As a result, the website presents a number of new user-friendly features, such as:

- **Intuitive site navigation**, making it easier to find the information you want
- **Optimisation across all devices**, enabling use on mobile devices such as smart phones and tablets
- **User-friendly forms and processes**, making it fast and easy to register and renew memberships, donate to the programs you wish to support, and register for our health education and exercises classes
- **Member login functionality**, enabling the streamlined delivery of member-only benefits such as discounts on services and access to member-only health resources
- **Faster transaction processing and receipting times**, enabled through the integration of website data and our member/donor database.

Why invest in a new website?

Thanks to the rapid evolution of technology, website design is constantly changing and improving the customer experience. What was considered standard in website functionality five to ten years ago is now outdated. So AONSW reviewed our old website and found that it no longer met the expectations of our members, donors, staff or casual visitors.

Over the past six months, our Marketing and Communications Department has worked with a team of highly respected web developers to create a good-looking website that is easier and faster to use across all devices, to bring a better experience to our visitors.

In addition to the new user-friendly features and capabilities, the new website will support the engagement of potential corporate sponsors and advertisers by portraying a more professional and up-to-date organisational image. It will streamline transaction and administrative processes through the integration

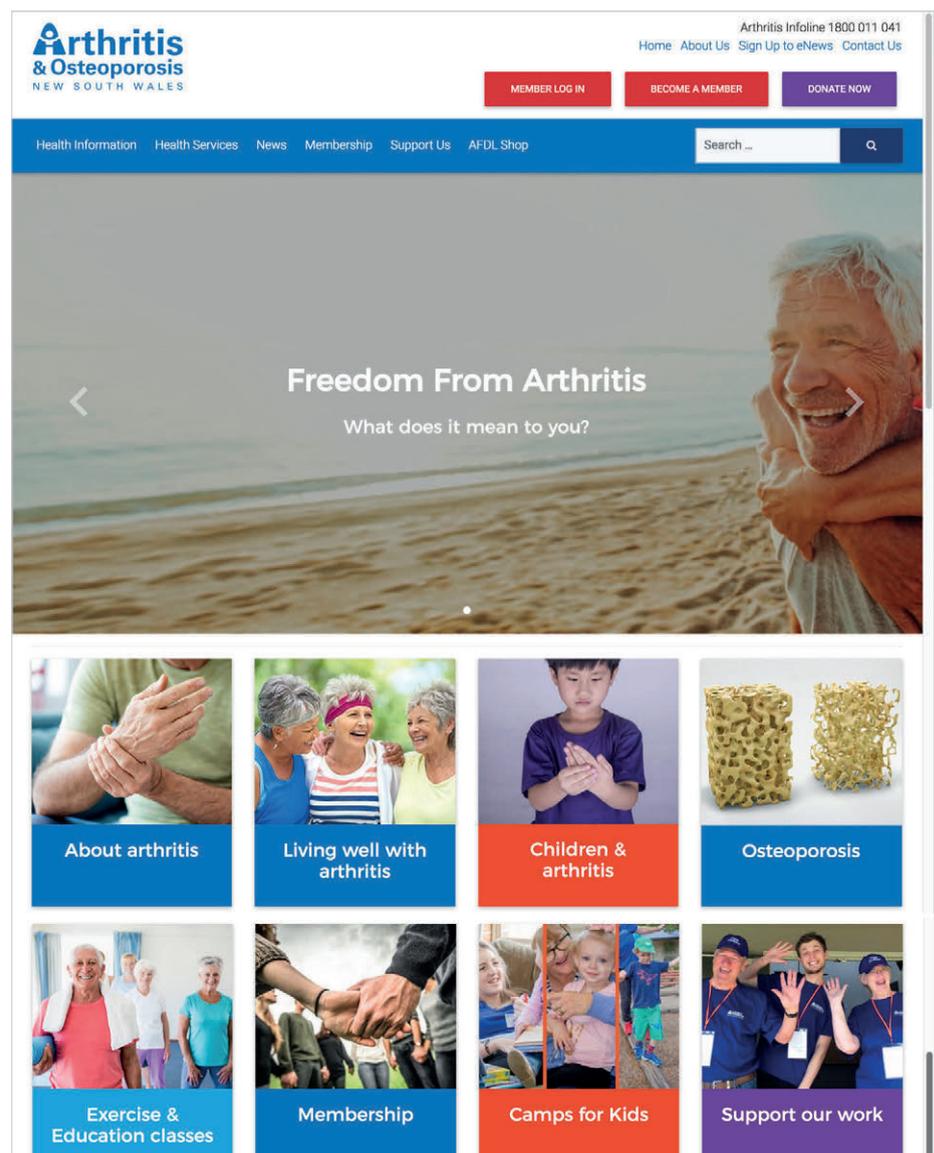
of website data with our customer relationship management database, improving response and receipting times, and reducing the administrative cost burden on AONSW resources.

We hope that you enjoy the new website, and would welcome any feedback you may have.

Visit arthritisnsw.org.au to check it out!

Sharon Knight

Marketing and Communications Manager
Arthritis & Osteoporosis NSW.





Understanding medicines for osteoporosis

An estimated 1.2 million people in Australia have osteoporosis and many are prescribed regular osteoporosis medicines to strengthen their bones and help prevent fractures.

Osteoporosis medicines

In a person with healthy bones, new bone is formed at the same time that older bone is broken down. In osteoporosis, the finely tuned balance between the production and breakdown of bone is lost and more bone is lost than is formed. Most osteoporosis medicines work by making the cells that break down bone less active, while allowing the cells that form new bone to remain active. The overall result is a gradual increase in bone strength or density.

With the medications below, please review the Consumer Medicine Information provided with your prescription about the benefits and possible side effects of your medicine. Ask your doctor or pharmacist if you have any questions.

Bisphosphonates

Bisphosphonates can increase bone density in the spine and the hip, over 3–4 years of treatment. Although these increases may appear to be small, they have a very positive effect on fracture rates.

Bisphosphonates are available on the Pharmaceutical Benefits Scheme (PBS) for people with osteoporosis and fractures.

Most bisphosphonates are taken as tablets as a daily, weekly or monthly dose and may be provided with calcium tablets or calcium/vitamin D sachets to be taken on other days.

Denosumab

Denosumab slows the rate at which bone is broken down. Treatment can reduce spinal fractures by two thirds, and it has a significant effect on hip fractures and other fracture types.

Denosumab is on the PBS for people who have osteoporosis and a fracture, or are 70 years or over with very low bone density.

Selective oestrogen receptor modulators

Raloxifene acts like the hormone oestrogen in the bones, helping to reduce bone loss. It is most effective in reducing spinal fractures. It has also been shown to reduce the risk of invasive breast cancer in postmenopausal women with a personal or family history of breast cancer when it is taken for more than five years, without increasing the risk of endometrial cancer.

Raloxifene is on the PBS for postmenopausal women with osteoporosis and a fracture.

Hormone replacement therapy (HRT)

The active ingredient of HRT is the hormone oestrogen. Some HRT treatments also contain progestogen – known as combined HRT. Oestrogen is important for maintaining strong bones. Osteoporosis is more likely to develop when oestrogen levels fall during and after menopause. HRT helps to slow down the loss of bone, reducing the risk of osteoporosis and bone fractures.

HRT is of greatest benefit to women below the age of 60 who have low bone density and are suffering menopausal symptoms. Above the age of 60, the risk of heart disease, blood clots, stroke and breast cancer increases. HRT is thought to increase these risks; other osteoporosis medications are more suitable for women over 60.

Teriparatide

Teriparatide is based on human parathyroid hormone, which stimulates bone-forming cells, improving bone strength and structure. Teriparatide is restricted to people who have tried other treatments but continue to have very low bone density and further fractures. It is prescribed only by specialists.

Once the drug course is finished, another osteoporosis medicine will need to be used so that the new bone produced by teriparatide is maintained and improved.

Source: *What you need to know about Osteoporosis, Consumer Guide, fourth edition 06/17, Osteoporosis Australia.*



From strength to strength

With a pilot and full program already completed and a new term underway, participants and instructors in our clinically designed Strength and Balance classes are finding the outcomes very encouraging.

Our Strength and Balance program is designed to help people living with arthritis and osteoporosis to improve their daily function, quality of life, and build confidence in their physical ability in a supportive environment.

Arthritis & Osteoporosis NSW (AONSW) launched the program this year after a review of our health services revealed the need for a land-based exercise program. Our Health Services Team designed the program by following best practice guidelines for most forms of arthritis and osteoporosis. It was developed to be affordable for participants to attend regularly while providing them sufficient supervision, expertise and appropriate resources, and which considered their individual needs.

After completing the pilot, half the participants decided to continue with the full program. Another recommended Strength and Balance to two friends who came on board in July. A total of 13 people attended the second program.

Strength and Balance is held two days a week at the YMCA Epping. It runs in a circuit format focused on improving strength, balance, endurance and flexibility, all modified according to the participant's goals, medical history and fitness level.

New moves

Class instructor, exercise physiologist Bernard Caballero has been working with participants since the pilot in March, Bernard has seen and heard first-hand how the program has improved the way they function in their daily lives.

'You can see in the way they move around the class and their progressions within the class,' Bernard said. 'For example, one participant was unable to lift her arm above their head. We began by prescribing a regressed exercise to assist with her range of motion while gently stretching out and strengthening her shoulder musculature. After seven weeks she progressed to being able to lift 0.5kg overhead.'

'Others have noticed the improvements themselves, such as in their balance particularly and their ability to perform everyday tasks such as getting up and down stairs, translating from sitting to standing in chairs, and walking.'

The program includes exercises that replicate everyday tasks, one of which is the 'sit to stand', which trains a person's specific muscles that move them to descend and ascend from a chair.

'Each person's condition varies, so we tailor each exercise to their physical ability, allowing them to work at their own pace to slowly build over time, and challenge them independently of others in the class,' Bernard said.

Now with the final term for 2018 underway at the YMCA Epping, Bernard is also happy with the social connections that the participants are making with each other, especially the ones with common conditions. 'They would like the program to continue because they've experienced not only benefits for themselves, but also seen the benefits for others in the class.'

The Health Services Team hopes to expand the reach of Strength and Balance into other areas of Sydney if they can source the appropriate clinicians/instructors.

Pictured above: Strength and Balance Instructor Bernard Caballero assists participant Ann Sheather

Bernard Caballero

Accredited Exercise Physiologist (ESSAM)
Arthritis & Osteoporosis NSW

Isaac Cockroft

Clinical Physiotherapist
Royal North Shore Hospital
Rheumatology Department



Health Services Manager Andrew Cairns addresses the audience at the Bathurst RSL.



Health Services Project Officer Janine Robertson and volunteer Mark Robertson at the Parkes Show.

Rural Health Initiative goes on the road

On July 12 in Bathurst, Arthritis & Osteoporosis NSW (AONSW) held the first community event of our Rural Health Initiative 2018. Since then we have presented the health education program to audiences in four rural communities, providing them new and useful information about how they can better manage their arthritis.

The Rural Health Initiative was funded by our Rural Health Appeal, which AONSW ran in the lead up to Christmas 2017. Thanks to our ever-supportive donors, the appeal raised \$19,500 and, with a Community Underwriters grant of \$4000, the organisation turned that goal into a successful tour of regional centres.

Since July, the health services team has visited Bathurst, Parkes, Macksville and Henty, with Albury the final town on the schedule on 2 November. Most events were aligned with local agricultural or community shows and promoted enthusiastically by our local support groups. Thank you to Janine Robertson, from our health services team, who worked tirelessly with local community leaders to set up each event and make sure it ran smoothly. She reports below on the first four events: Bathurst, Parkes, Macksville and Henty. We'll report on the Albury show in the next edition of *Arthritis Matters*.

Bathurst

The first seminar of the Rural Health Initiative was sold out and the demand surprised us all, with nearly 70 people squeezing into the Bathurst RSL Club meeting room.

AONSW partnered with the Central West Women's Health Centre and their Executive Officer Erica Pitman gave a great presentation. Erica gave practical and valuable information on living well with chronic illness, using tips from her own journey with rheumatoid arthritis. Her talk complemented the presentation by Andrew Cairns, AONSW Health Services Manager, who gave a great overview on types of arthritis and how to manage different challenges. Due to the success of this presentation, the Central West Women's Health Centre filled all remaining places in their *Living well with chronic illness* workshop, and ran an additional program to meet demand. We received several invitations to return from the mayor and many who were unable to attend our first event at Bathurst. Thank you to the Bathurst Arthritis Support Group coordinator Nelma Brooks for her assistance, enthusiasm and promotion of the event.

Parkes

The seminar at Parkes was held on August 28 in collaboration with Kerin Physiotherapy Co., focusing on overcoming the barriers to managing arthritis. Similar to Bathurst, this was complemented by a presentation from the AONSW Health Services Manager. Members of the



Social Media Coordinator Leanne Hinden encourages a visitor to the Rusty Iron Rally, Macksville to keep in touch with AONSW via social media and our eNewsletter.

Janine Robertson gives a presentation on Staying Strong with Arthritis at the Henty Field Days Country Lifestyle Pavilion.

Parkes Support Group and the local community attended in equal numbers and gave great feedback on both presentations. Thank you to the Parkes Arthritis Support Group coordinator Sandra Milling for her assistance and promotion of the event. We were also excited that nearly 60 people visited our stand at the Parkes Show on August 28–29. Most had been unable to make it to the seminar but appreciated the opportunity to chat and receive practical support. We made some great contacts including a local GP and community services, and were touched by the struggles of the region due to ongoing drought.

Macksville

The Rusty Iron Rally, held on 1–2 September, is a loved annual event run by a local Macksville organisation attracting hard-working community members. We met a lovely 12-year-old with rheumatoid arthritis and his mother who had heard about us through their rheumatologist but did not have the confidence to engage until meeting us in person. Due to the trust established by face-to-face contact at the rally, an additional 25 people registered for the forum.

The forum was held at the Macksville Ex-Services Club and attended by more than 75 people. Thank you to local farmer John Hutchison for recruiting participants to the event and for his all-round support during our visit. Our partner, Nambucca Valley Care Ltd, contributed expertise from the Executive Care Manager, Jenny Zirkler, resident physiotherapist, occupational therapist, nurse and podiatrist. Thank you to Jenny who assembled the panel and contributed her expertise as a nurse on the day. The presentation by Andrew Cairns was very well received and triggered some enthusiastic community questions. There have been requests for the establishment of a local support group, and we will follow up on this when the dust settles!

Here is some feedback from an attendee at Macksville:

'I really appreciated the practical issues that were addressed and the panel's knowledge of our local community services was also great.'

Henty and beyond

Our next rural adventure was at the Henty Field Days from 18–20 September, where more than 57,000 people flocked to learn about everything rural. AONSW spoke twice at the Country Lifestyle Pavilion where we had our display stand and chatted with almost 120 people hailing from Narrandera, Clarinda, Tumut, Griffith, Tumbarumba, Corowa, Lake Cargelligo, Wagga, Temora, Young, Lockhart, Leeton and nearby Yanco. Our final event in this series will be the Albury Show on 2–3 November, where we hope to strengthen contacts that we made at the Henty Field Days and help new community members.

The local communities we have visited so far kept thanking AONSW for caring enough to visit. We, in turn, thank our regional community partners and donors for helping us make it happen.

Janine Robertson

Health Services Project Officer
Arthritis & Osteoporosis NSW



AONSW Volunteers Wendy Hackney (left) and Shikha Singh at the Nurses and Midwives conference.

'We had several requests by nurses and nurse managers to visit their areas. One request that really struck a chord was from Wilcannia in the far west, where 'arthur' is prevalent,' Janine said. 'Arthritis is referred to as "Arthur" by the indigenous community, and they say that "it's never far away" in families.'

We now have many valuable contacts across the state, and most are receiving our monthly eNewsletter. Thank you to our two volunteers at this event: Wendy Hackney and Shikha Singh.

COMMUNITY EDUCATION

While taking our messages out to rural communities has been a priority, our Health Services Team has also reached out to new communities in Sydney.

Dealing with knee pain

A new partnership with Halyard Health supported Arthritis & Osteoporosis NSW (AONSW) and the North Shore Private Pain Clinic to provide a free seminar for our members and the wider community on managing osteoarthritis (OA) knee pain.

The seminar was held on 7 August at North Shore Private Hospital. Health Services Manager Andrew Cairns spoke to the audience on options to manage pain associated with OA of the knee.

Andrew explained the complexity of pain and how it can have multiple influences. He explored self-management of pain through staying active, maintaining a healthy weight, relaxation techniques and working with your healthcare team.

Interventional Pain Medicine Specialist Dr Lewis Holford, a director at the clinic, presented a variety of medical interventions, ranging from different medications to manage pain, through to short term and long-term surgical options.

Macquarie College

A new relationship with the Macquarie Community College has resulted in a free four-part education series on arthritis self-management at the Chatswood campus. The series delivers education around arthritis self-management, including a focus on exercise, nutrition and pain management on the third Wednesday of every month.

The first session on 22 August gave an overview of arthritis management. The September session covered nutrition, and the October event looked at the benefits of physical exercise. The final session for the year on 28 November will cover pain management strategies. The event begins at 3.30pm and you can book at trybooking.com/XLHZ.

Nurses and midwives

AONSW was happy to be offered an information stand at the Nurses and Midwives Conference on 28–30 July which was attended by 600 people over the three days.

Janine Robinson and Julie Wakeman, from our Health Services Team, ran the stand and reported that most nurses who talked to them were from rural areas.

Janine said that about one third of the nurses made enquiries for themselves, about a third for family members, and another third for clients. 'The majority live in rural areas where access to support was limited, even for those who work in the health system,' Janine said.

Macquarie Uni HAWC

Arthritis NSW has been approached by the Physiotherapy School of Macquarie University to help recruit potential volunteers for their Health and Welfare Collaboration (HAWC) Program.

This program connects first and second year medicine and physiotherapy students with people living in the community with different health conditions and experiences, including arthritis.

The HAWC Program gives the students the opportunity to practice their interviewing, assessment, observation and measurement skills.

'This is an opportunity for people living with arthritis to volunteer to be paired with a young student in order to let the student practice interviewing and observing them, and thereby know they are helping to shape the rapport-building skills of future doctors and physiotherapists,' said Health Services Manager Andrew Cairns.

If you would like to know more about this program contact the HAWC Recruitment Coordinator on 02 9850 9077 or email physiotherapy@mq.edu.au.

Andrew Cairns

Health Services Manager
Arthritis & Osteoporosis NSW

Janine Robertson

Health Services Project Officer (Clinical & Research)
Arthritis & Osteoporosis NSW



Mediterranean diet for osteoarthritis

What you eat can have a positive or negative impact on arthritis symptoms. Studies suggest that eating like some Europeans can reduce inflammation in people with osteoarthritis (OA) and protect against weight gain, fracture risk and disability.

The so-called Mediterranean diet emphasises locally grown fruits and vegetables, healthy fats like olive oil and nuts, whole grains and some fish, yogurt and red wine. It's the way people in Greece and southern Italy have eaten for centuries, and it's credited for their long lives and low rates of diabetes, obesity, heart disease and dementia.

Anti-inflammatory

This disease-fighting power stems from the diet's ability to regulate inflammation by focusing on anti-inflammatory foods (berries, fish, olive oil) and excluding or limiting pro-inflammatory ones (red meat, sugar and most dairy). OA has an inflammatory component, so this way of eating can lead to real improvements in joint pain, says Michelle Babb, MS, RD, a Seattle-based nutrition educator.

'There is a variety of foods in the Mediterranean diet that are high in

fibre, beta carotene, magnesium and omega 3s, which have been found to actively reduce inflammatory markers in human studies. And if people also reduce their intake of meat, sugar and processed foods, the results are usually favourable. I've had clients with arthritis who have been able to discontinue the use of non-steroidal anti-inflammatory drugs because they transitioned to a Mediterranean diet. Some even report a noticeable difference in pain in the first week,' said Michelle.

Weight loss

Weight loss is one of the unintended consequences of a Mediterranean-type diet. Many studies have found that people who follow it shed unwanted kilograms. Each kilogram of lost weight relieves four kilograms of pressure on overburdened joints. And because fat produces inflammatory cytokines, inflammation goes down, too.

In a study in 2016 an American Society for Nutrition research team reported that a Mediterranean or anti-inflammatory diet led to healthy weight loss, lower rates of diabetes, heart disease and fractures as well as less arthritis-related pain, disability and depression and to a better overall quality of life.

They also found that the Mediterranean diet might influence

whether someone developed knee OA. The researchers tracked the diets of more than 4,000 patients and found that the more closely participants followed the diet, the less likely they were to develop joint problems.

What to cook

While plenty of recipes are promoted as Mediterranean, they aren't necessarily the ones research has shown to be so good for us, according to Catherine Itsiopoulos, Head of School of Allied Health and Professor of Nutrition at La Trobe University, who is an expert on the Mediterranean diet.

But the diet, made famous by the ground-breaking health studies dating back to the 1960s, was a peasant-style diet that was largely vegetarian, she said.

'There wasn't a lot of meat. There was a bit of fish because fish was more available... but primarily they subsisted on plant foods and legumes as their main source of proteins, and fermented dairy foods like yoghurt.'

See page 18 for some of Professor Itsiopoulos' recipes.

Source and credits:

www.arthritis.org/about-arthritis/types/osteoarthritis/articles/mediterranean-diet-oa.php

www.abc.net.au/news/health/2017-02-16/10-commandments-of-the-real-mediterranean-diet: Cathy Johnson, Health Journalist, ABC: 16/2/2017

Fundraising



Tax Appeal 2018 raised \$34,000 for children's camps

Thank you to the wonderful people who donated to our 2018 Tax Appeal which raised more than \$34,000 for our program of children's camps. As a result of this generosity, Camp Footloose 2018 was delivered this month to a record number of participants living with juvenile arthritis (JIA).

From October 8–12, 30 children aged between nine and 18 years old attended Camp Footloose at the Sydney Academy of Sport and

Recreation Narrabeen, more than have ever attended before. Camp Footloose gives support, fun and a sense of belonging to teenagers with JIA, with opportunities to discuss issues around school, sport and friends.

Our donors

We appreciate the contributions of all of our donors. Some are individuals who contribute regularly, others are clubs or support groups who raise money for Arthritis NSW through their

Camp Footloose

Freedom from arthritis for young people 

Camp Twinkletoes

Freedom from arthritis for children and their families 

annual events. In the past year we have broadened our fundraising reach to social media and the client base of our partner Aids for Daily Living.

At the forefront of our appeal planning is the knowledge that there are more than 55,000 charities in Australia competing for the attention of donors. We are very grateful for the funds we receive and work hard to put them to the best use to improve the lives of people living with arthritis.

Rural Appeal 2018



With the success of our first Rural Health Initiative this year (see report page 8), Arthritis & Osteoporosis NSW has launched a second rural appeal so we can take the program back on the road in 2019.

We were very happy with the response to our first rural health appeal which raised \$23,478, including a grant of \$4,000. It was gratifying to know that our plan to take a community education program to country NSW resonated with so many people.

The health team has visited four regional centres so far, with Albury the final stop in our 2018 program on 2 November. We know from our reception at the Bathurst, Parkes, Macksville and Henty presentations and personal chats with the public at

the local shows, that the Rural Health Initiative is a welcome and much needed program.

Please take the time to read the report on page 8 and use the flyer insert in this issue of *Arthritis Matters* to make a donation for the Rural Health Initiative 2019. You can also donate through our website: arthritisnsw.org.au/support-us/rural-health-initiative.

We look forward to helping even more people living with arthritis in country NSW next year.

Lindy Sivyer

Marketing and Campaigns
Co-ordinator
Arthritis & Osteoporosis NSW



Opening new doors

Arthritis & Osteoporosis NSW (AONSW) has begun to spread awareness of our health services to the retirement village community and Rotary clubs in NSW.

Relationships Manager Joanne Boik has visited 15 retirement villages in Sydney and the Central Coast, distributing our information packs and talking about our programs to village managers. This led to invitations from six villages for our Health Services Team to give our presentation *Managing Arthritis*.

The presentation gives a broad understanding of the management strategies that people can use to manage arthritis and maintain a good quality of life. It covers nutrition, exercise, pain management, medication and the different health professionals they might see in the course of managing their condition.

Joanne said that more than 200 village residents had attended the *Managing Arthritis* education sessions to date and were now more aware of what they could do to improve their condition. 'We are offering the villages our health services programs, our warm water exercise classes, and Strength and Balance classes, as far as their facilities can accommodate,' Joanne said. 'We're also providing information about our membership program and regular planned giving opportunities.'

Rotary clubs

Joanne has also begun speaking at Rotary club meetings to spread awareness of our programs and services, showing them videos of our exercise classes and children's camps.

Australian Rotary Clubs are part of an international network of business, professional and community leaders who strive to make the world a better place through practical efforts.

'The Rotary Club network is a great community for us to explore for mutual benefit,' Joanne said.

'In August I attended meetings at the Rotary Club of Ryde and Ryde Eastwood Rotary. I presented information on who we are, what we do and how our programs can support and educate their community.

'They're interested in spreading awareness of what we do. The last Rotary group I spoke with is considering supporting our children's camps because they are aligned with the Rotary outreach program.

'I think it has been very valuable to open the door and introduce ourselves to the Rotary community. I hope to visit more groups such as Probus and Zonta later this year.'

Lindy Sivyer

Marketing & Campaigns Co-ordinator
 Arthritis & Osteoporosis NSW

Warm water in Wollongong

A new partnership with a physiotherapy clinic in Wollongong has given our members in the area access to the benefits of warm water exercises.

Roger Flekser, Practice Manager at Physical Therapy, contacted Arthritis & Osteoporosis NSW (AONSW) recently to explore partnership opportunities.

As a result, our warm water exercises are now available at Physical Therapy, 60 Rosemont Street, Wollongong, on Monday and Friday mornings at 10am and on Wednesday evenings at 6pm. Arthritis NSW will continue to partner with Physical Therapy to expand service offerings to our members.

Karen Tebbet

Business Development Manager
 Arthritis & Osteoporosis NSW

Kirsty Goymour speaks to parents of children with juvenile arthritis at Camp Twinkletoes 2018.



Child Life Therapy: The power of play

Play is so important for children, it is their language, occupation, their world. Child Life therapists use play to help children cope in hospital settings, something parents and carers of children affected by juvenile arthritis can also successfully use.

The importance of play

Play is very important for children of all ages. Often, when a child experiences frequent or chronic pain, play can become the last priority. The power of play should not be underestimated. It is really important to encourage activities that put a smile on your child's face. Consider organising play activities and play dates with friends that are achievable, while not overdoing it. Play can be a wonderful distraction from pain and friends can be a good support network.

Hospital visits

Hospital can be a scary place for children and young people, full of different smells, sights, sounds and people.

It is always good to **pack some comfort items** when you have a planned visit to hospital: a cuddly teddy, toy or blanket can make all the difference. It is equally important to **pack activities** as there are often long wait times between appointments, procedures and scans. A favourite toy, book, iPad, smart phone to play apps on, and colouring books are good examples.

It is important to **prepare your child** for the visit so they know what is going to happen. This helps eliminate stress and anxiety and may also empower children to be active participants in their own care. You can do this by telling them what the visit is about, who they are going to see and what procedures they may need to have. If you are unsure of how best to prepare your child, speak to your

Child Life Therapist or other hospital staff. Keep the explanations simple and honest and cover all the areas of who, what, when, why and where – on the body and in their physical environment.

Emergency visits

A trip to the emergency department (ED) can be daunting for adults, let alone children. If you have the chance, tell your child that they will be seen by lots of different doctors and nurses who will ask lots of questions and are there to help them feel better. Explain that sometimes a trip to the ED may involve having a blood test, procedure, X-ray, blood pressure taking etc. It is important to comfort and reassure them that everyone is there to help. If you often make unexpected visits to the ED, consider having a packed bag full of comfort items ready to go.

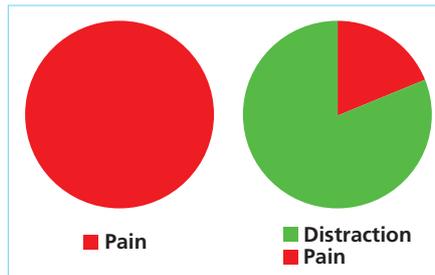
Distraction strategies

Distraction works by focusing the brain on a positive activity/strategy while the uncomfortable/painful procedure occurs. This is best initiated between the parent/carer and the child before the procedure begins, as well as during until the procedure is completely finished.

Some strategies include:

- relaxation breathing
- mind occupying games: I spy, count backwards from 100 by threes and imagination walks
- fidget toys, spinners, cubes, stress balls
- iPad games

Asking hospital staff if you can use comfort positioning during the procedures may be helpful for your child. Lying flat on the bed often makes the child feel vulnerable. Have the bed slightly inclined, and 'koala hugging' – i.e. lying with your child, can help them feel more safe and secure.



Distraction boxes

Your child can put together a distraction box and use it at school or at home when they have pain. Boxes may include massage creams, fidget toys, music and any items a child feels may help them in moments of pain.

These boxes can remind children to use distraction strategies they know will help them, while encouraging them to take charge of their own pain and self-help skills.

Summary

1. Encourage play opportunities for all children
2. Play dates with friends help with socialisation
3. Try and prepare your child for hospital through age appropriate language and tools
4. Distraction techniques and comfort positioning can help ease your child's fear of hospitalisation

Kirsty Goymour

Acting Manager Child Life and Music Therapy
Senior Child Life Therapist
Pain and Palliative Care
Sydney Children's Hospital Network

Kirsty was a presenter at Camp Twinkletoes 2018.

WE RECOMMEND

Daily Living

Aids for Daily Living (ADL) supplies products to people with arthritis to help ease their pain and increase their productivity and independence. The product range helps to increase the user's independence when bathing and showering, cooking and gardening.

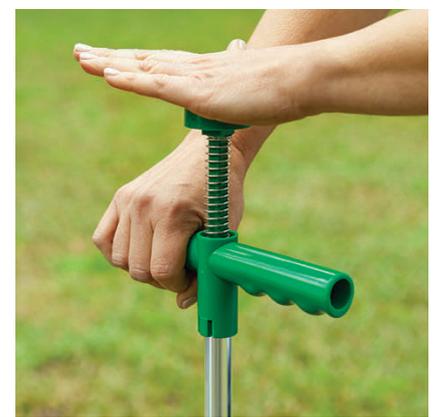
Here are two products that have been independently tested and approved by Arthritis Australia, designed to give very practical help to people with arthritis.

All purchases are backed by a 90-day money back guarantee. Remember to make your purchase through the Arthritis NSW website: arthritisnsw.org.au/afdl-shop/



Swivel cushion \$29.90

Use this rotating swivel cushion to swing your legs in or out of any chair, or use in the car so that you can turn and rise easily. It's ideal if you have had hip/knee replacements and have limited mobility. Non-slip base with comfortable padded cushion and machine washable cover. 39cm round.

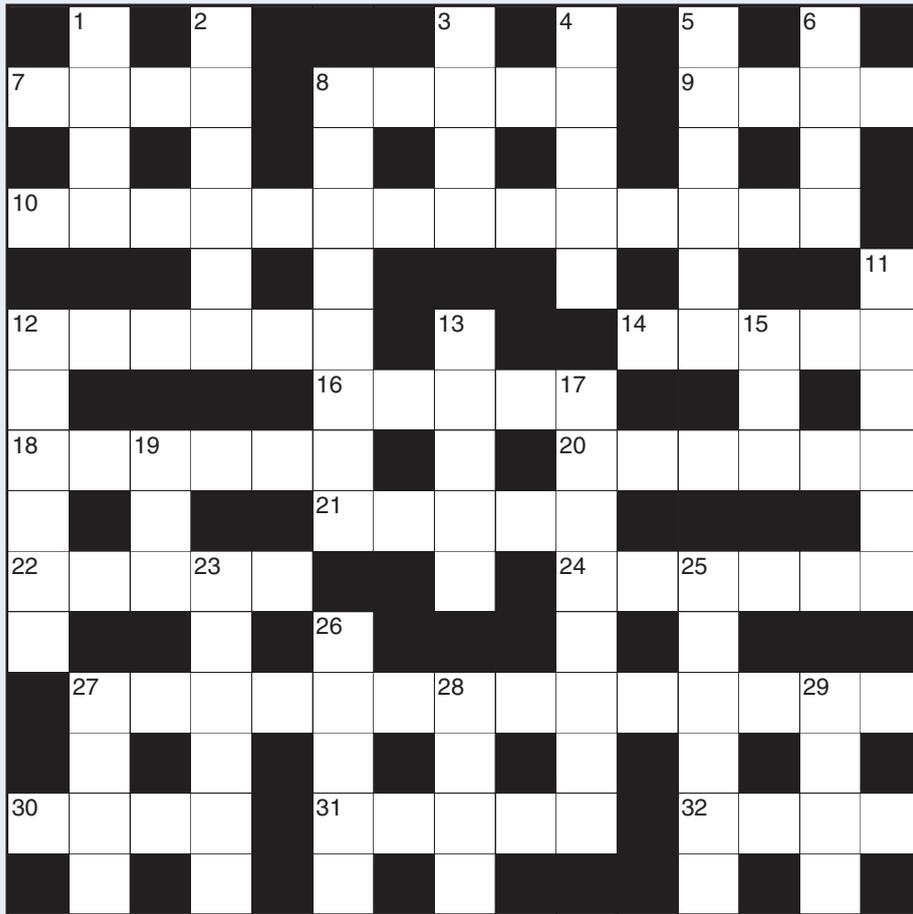


No bending weeder \$25.90

This handy, long handled weeder reaches more than one meter and is ideal for people with back trouble or limited mobility. Featuring an extra-long handle, it means there is no bending or straining to weed your garden. Simply place, twist and weeds are removed in a snap.

Crossword

In this issue, the answers to some of our crossword clues relate to the Mediterranean diet. Turn to page 11 and read all about the health benefits of this wonderful and delicious way of cooking.



© Lovatts Puzzles

DOWN

1. Substances, found generously in meat and 12 across, which form energy stores within the body
2. Country that is strongly associated with Mediterranean cuisine
3. Prescribed course of food
4. Love deeply
5. Casual restaurant
6. Wines such as clarets and burgundies
8. Metabolic disorder which enjoys a low rate of incidence among Mediterranean populations
11. Dinner crockery
12. Water jug
13. The highest quality of olive oil available is ... virgin, produced via a specialised extraction method
15. Superior wine, premier ...
17. Brief outline
19. Round bread loaf
23. How often sweets and sweet drinks should be consumed to maintain good health
25. Tropical lizard
26. Branches
27. Kitchen boss
28. Calf meat
29. Italian wine region, or the famous bubbly produced there

ACROSS

7. Couple
8. Mediterranean-style foods, such as raisins, apricots, and apples, which have had most water content removed, ... fruit
9. Chilled
10. Keeping to a Mediterranean diet is likely to improve symptoms of this debilitating joint disease
12. A key component of Italian cuisine, often eaten in pecorino or ricotta varieties
14. Surrounding (area)
16. Government revenues
18. Cooking directions
20. Fermented dairy food sometimes used to accompany marinated lamb
21. Alarm sound
22. Many staples of the Mediterranean diet are naturally high in ...
24. Salty stone fruits used for producing oil
27. Research has demonstrated that adhering to a Mediterranean diet has positive effects on ... health, thus reducing the chance of many heart diseases
30. Main course
31. Haricot and lima
32. Key ingredients in baklava and karydopita



Busting the myth

Raising awareness among community, peers and schools is important for young people living with arthritis. There is a lack of knowledge and understanding, and a myth that it is only an older person's condition. Arthritis NSW wants to bust this myth on the following fronts:

1. On an interpersonal level, awareness of the issues faced by young people living with arthritis leads to understanding, compassion and empathy. This helps reduce the feelings of isolation and lack of understanding from teachers and peers at school or in other social situations.
2. For the individual, awareness of the condition and its symptoms enables early diagnosis which is key to preventing further damage.
3. Awareness, understanding and compassion are the stepping stones towards taking action and providing support. Individuals and organisations could give either financial support, through donations and sponsorship of Camp Twinkletoes and Camp Footloose, or their time and skills through volunteering.

World Arthritis Day

Arthritis NSW used World Arthritis Day on October 12 to raise awareness through a social media campaign using the following key messages:

1. Kids and arthritis – we and our followers shared stories of young people in our community with juvenile arthritis to raise awareness that 1 in 1,000 kids in Australia have the condition.
2. Early diagnosis – the signs and symptoms to look out for and how arthritis is diagnosed.

The support the campaign received was fantastic and we hope to continue to fly the flag for the juvenile arthritis families in our community. If you are interested in donating to or volunteering at our two annual camps, call us on 02 9857 3300.

Leanne Hinden

Social Media & Digital Marketing Coordinator
Arthritis & Osteoporosis NSW



Australian Government

Australian Digital Health Agency

My Health Record

An online summary of your key health information



This year, you will get a **My Health Record** unless you tell us you don't want one by 15 November 2018.

For more information go to:

MyHealthRecord.gov.au | Help line 1800 723 471

Mediterranean feast

The Mediterranean diet is good for us in so many ways. Here are three recipes to try from *The Mediterranean Diet Cookbook* by Dr Catherine Itsiopoulos, Head of the School of Allied Health at La Trobe University.

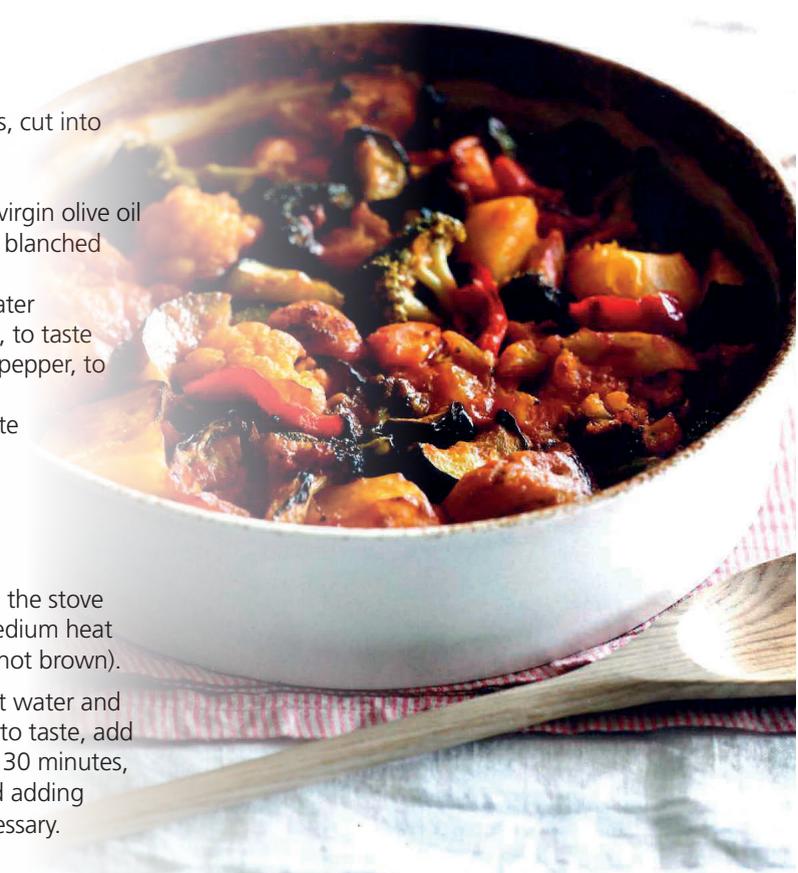
Vegetable bake (briami)

Ingredients

- 1 medium eggplant, cut into large cubes
- 2 medium zucchini, cut into 1 cm slices
- 2 medium carrots, cut into 1 cm slices
- 250 g broccoli, cut into large florets
- 250 g cauliflower, cut into large florets
- 3 small brown or red onions, cut into quarters
- 3 medium potatoes, cut into 1 cm slices
- 2 small red capsicums, cut into large chunks
- 2 cloves garlic
- 1/3 cup (80ml) extra virgin olive oil
- 3 medium tomatoes, blanched and peeled
- 1 cup (250ml) hot water
- freshly milled sea salt, to taste
- freshly ground black pepper, to taste
- dried oregano, to taste

Method

1. Preheat oven to 180 degrees Celsius
2. Place eggplants in salted water for 20 minutes to draw out bitterness, then drain.
3. Place drained eggplants, zucchini, carrots, broccoli, cauliflower, onions, potatoes, capsicum, whole peeled garlic cloves and olive oil in a large baking dish on the stove top and sauté over medium heat for 5–10 minutes (do not brown).
4. Add tomatoes and hot water and mix well, then season to taste, add oregano and bake for 30 minutes, checking regularly and adding extra hot water if necessary.



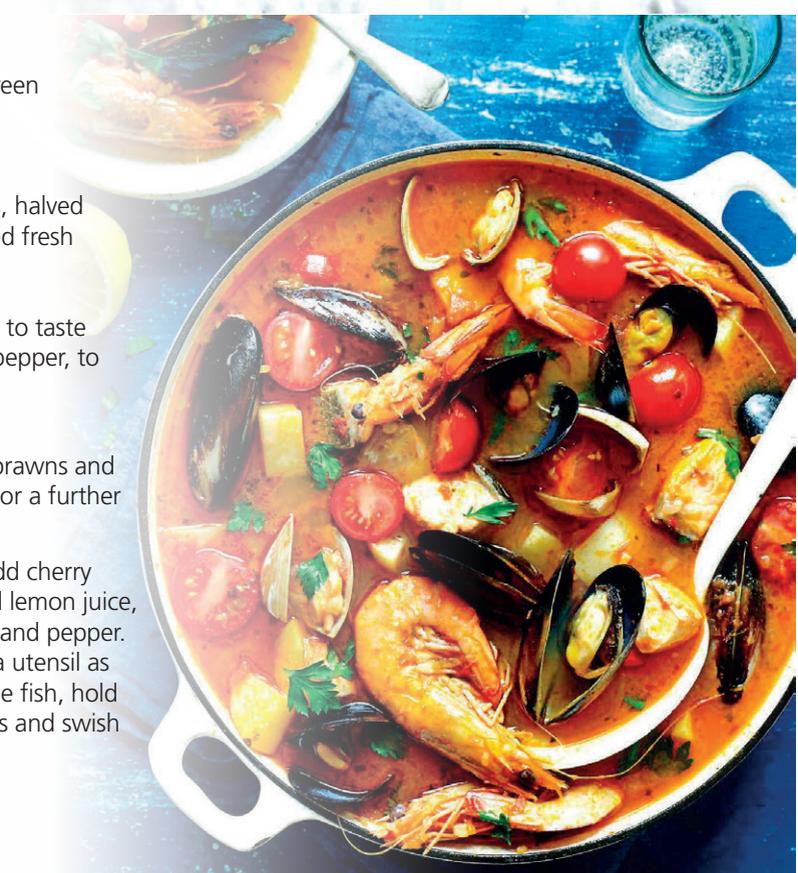
Fish soup

Ingredients

- 80ml olive oil
- 1 medium onion, finely chopped
- 1 clove garlic, finely chopped
- 1 cup pureed or grated tomato
- 250ml white wine
- 300g salmon or snapper fillet cut into large cubes
- 4–6 small potatoes, cut into cubes
- 500ml fish stock
- 4–6 large unpeeled green prawns
- 10–12 mussels
- 10–12 pipis or clams
- 200g cherry tomatoes, halved
- 2 tablespoons chopped fresh flat-leaf parsley
- Juice of one lemon
- Freshly milled sea salt, to taste
- Freshly ground black pepper, to taste

Method

1. Heat olive oil in a large heavy-based stockpot over medium heat and sauté onion until translucent. Add garlic, pureed tomato and wine. Bring to the boil, then reduce heat and simmer, uncovered, for 10 minutes.
2. Add fish fillet, potato and fish stock, then return to a simmer for 10 minutes. Add prawns and shellfish and simmer for a further 10 minutes
3. Just before serving, add cherry tomatoes, parsley and lemon juice, then season with salt and pepper. Rather than stir with a utensil as this many break up the fish, hold the pot by the handles and swish soup around.



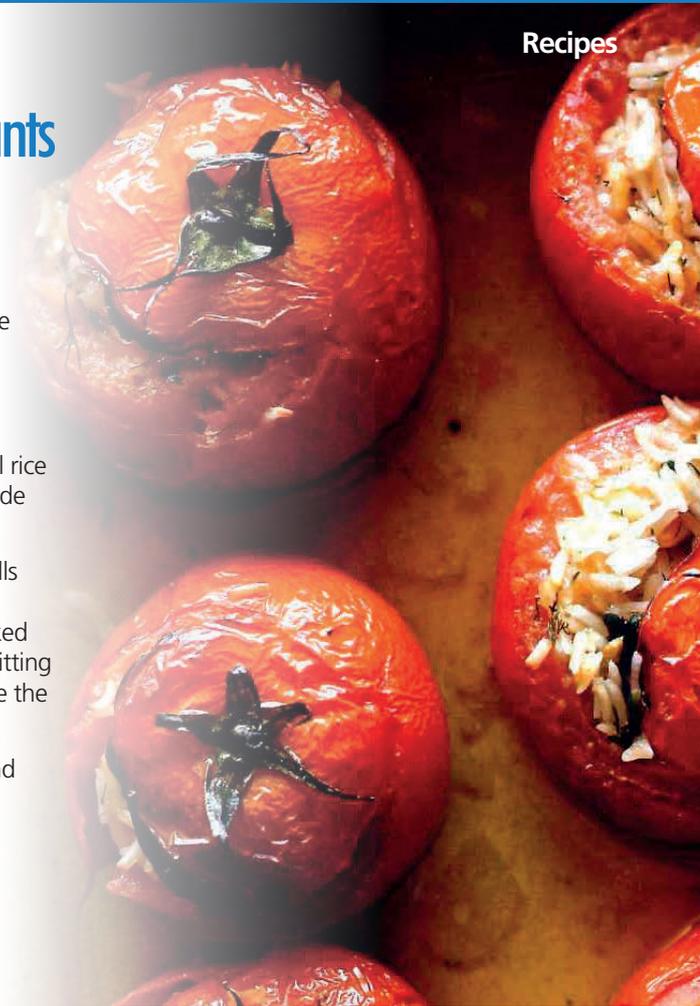
Stuffed tomatoes with pine nuts and currants

Ingredients

- 8 truss tomatoes
- 2 tablespoons olive oil, plus extra for drizzling
- 1 small onion, finely chopped
- 1 cup (200g) rice
- 60g pine nuts
- 60g currants
- dried mixed herbs, to taste
- freshly milled sea salt, to taste

Method

1. Preheat oven to 180°C and grease a baking dish.
2. Cut off tops of tomatoes and put aside. Remove pulp and reserve for filling.
3. Heat oil in a frying pan over medium heat and sauté onion.
4. Add rice and cook for 5 minutes, stirring until well coated in oil and heated through.
5. Add pine nuts, currants, herbs and tomato pulp, then season with salt and pepper. Cook for a further 5–10 minutes, or until rice is almost cooked, then set aside to cool.
6. Spoon filling into tomato shells and arrange in baking dish, ensuring they are tightly packed to prevent tomatoes from splitting open and falling over. Replace the tops on the tomatoes.
7. Drizzle over a little olive oil and bake for 40 minutes.
8. Serve 2 tomatoes per person



The 10 commandments of the Mediterranean diet

Professor Itsiopoulos has developed 10 commandments of the Mediterranean diet:

1. Use 60ml extra virgin olive oil as the main added fat per day
2. Eat vegetables with every meal: 100g leafy greens 100g tomatoes and 200g other vegetables
3. Include at least two legumes meals (250g serve) per week
4. Eat at least two servings of fish (150–200g serves) per week and include oily fish: Atlantic and Australian salmon, blue-eye trevalla, blue mackerel, gemfish, canned sardines, and canned salmon. Canned tuna is not as high in omega-3, but still a good choice
5. Eat smaller portions of meat and no more than once or twice a week
6. Eat fresh fruit every day and dried fruit and nuts as snacks or dessert
7. Eat 200g yoghurt every day and 30–40g cheese per day
8. Include 3–4 slices wholegrain breads and cereals per day
9. Consume wine in moderation (100ml a day), always with meals. Try and have a couple of alcohol-free days a week
10. Have sweets or sweet drinks for special occasions only

Source: www.abc.net.au/news/health/2017-02-16/10-commandments-of-the-real-mediterranean-diet/7541786

Sharing their challenges at Camp Footloose



Freedom from arthritis for young people Arthritis NEW SOUTH WALES

Thirty children aged 9 to 18 attended Camp Footloose on 8–12 October at the Sydney Academy of Sport and Recreation, Narrabeen. Some were first timers, some were on their third or fourth camp, but their one common element was that they all live with the challenges of juvenile arthritis (JIA). Here four of them tell their personal stories.



Cooper

Cooper, 12, is from Victoria. This was his first time at Camp Footloose. At age 10 he was diagnosed with JIA in both ankles, both knees and his left wrist.

'When I was nine I started having painful and sore ankles after playing soccer. Then one day

at Little Athletics doing the 100m sprint I thought I had twisted my ankle, so I stopped running for a while. After two weeks it was still sore so I went to the doctors, I had x-rays and there was nothing there. My doctor thought it was growing pains, but I was still sore. Then one day after school we were shopping and I was in so much pain I could barely walk. We went back to the doctor and asked for another opinion and that's how we met rheumatologist Dr Randall.

'Arthritis is very challenging. Sometimes I can't help Dad on the property because I'm sore or tired from being sore. Even doing the groceries can be hard at times.

'It affects my life at school because it can be hard walking to my classroom and going up and down the stairs. Sometimes it's so painful to even sit on the floor. I can't run around like I used to without being in pain. I'm also tired a lot, and sometimes I don't play sport because of my arthritis. I tried to play rugby but it was painful doing the side stepping. I still play soccer, AFL and softball but know that after the game and the next day or so I'll be sore.

'My teachers try and understand, but it's hard because some days I'm ok and it's just like normal and the next day I can't join in PE. I wish they could understand just how much pain I'm in some days. I miss a lot of school when I have flare ups.

'I was so excited to go to Camp Footloose, and do archery and kayaking. It was great to meet other kids with arthritis because I don't know anyone else who has it.'



Brooklyn

Brooklyn, 12, is the current NSW Junior Cook Island Dance Champion.

'I don't remember how old I was when I started having arthritis, because for a long time the doctors thought I just had bad growing pains. It got worse when I was nine and that's when I

had blood tests and saw my doctor who knows a lot about arthritis. Sometimes I'd wake up and wouldn't be able to walk because the pain in my legs was so bad. The pain has been in my hands, wrists, knees, ankles, feet, shoulders, neck and hips and I get a lot of pain and aching in my muscles. My fingers have the most permanent damage. I love to make slime and that helps keep my hands from getting stiff. I have to use special jar openers, because my hands are too weak.

'When I saw the rheumatologist, he told me that I have polyarticular juvenile idiopathic arthritis and that I'm rheumatoid factor positive. So, my arthritis is like adult rheumatoid arthritis and I won't grow out of it. I'll have it for my whole life.

'At school the teacher makes sure I can sit on a chair when the other kids sit on the floor, because my legs and hips ache all night if I sit on the floor at school, especially at assembly.

'Writing for a long time is hard, because my hands get really sore. I'm a bit worried about going to high school next year, because there'll be so much more writing and a lot of homework. I also get sick really easily, because of all of the medicine I'm on.

'Unfortunately, the arthritis is also affecting my Cook Island Dancing because I've started to get pain in my hips. That's been really hard, because I dance in a professional Cook Island Dance group called Te Puna Korero Dance Troupe and that's my passion. I will be so upset if I can't dance one day because of my arthritis.

'I got to meet new friends at Camp Footloose who have the same thing as me and know how life is with arthritis.'



Chelsea

Chelsea is 18 and is studying Tourism and Hospitality Management at Southern Cross University in Lismore. This year marked her fourth time at Camp Footloose.

'My symptoms began when I was eight due to a fall. My knee was swollen and I couldn't run

or really walk without having severe pain within my joint. I was finally diagnosed at 13 with JIA with a genetic factor. It affects my eyes and most of my joints: wrists, fingers, back, hips, knees and ankles.

'Having arthritis affected my school life because it caused me to miss a lot of physical excursions. I had severe wrist and knee pain throughout high school and it was difficult to write the work we were given. My knees made it difficult to do hard sport and to walk between classes. I had to get permission from the Board of Studies to use a computer and a scribe for the HSC.

'JIA does affect my life at uni. There is more walking and writing than at high school. Lismore is hotter than Tenterfield where I grew up, and heat makes my arthritis flare up more. I have a parking permit to the disability parking spaces on university grounds, which makes it easier to get to classes.

'I've chosen a career that wouldn't be as hard and stressful on my affected joints, but more importantly I chose something that I was interested in.

'JIA has affected my enjoyment of sports and hobbies. I have JIA in some of my fingers which makes it hard to play piano, and my knees have made it impossible to participate in yoga and tennis. I enjoy reading and music.

'This was my fourth time at Camp Footloose. It's been a good way to make friends who truly understand how I feel and how hard it is to deal with this illness.

'It's incredibly important to have friends who understand your limits, how it affects you emotionally and physically. It's also important that I may have arthritis but it doesn't define who I am.'



Jeremy

Jeremy was diagnosed with oligoarthritis in his right foot when he was six years old. He has attended Camp Twinkletoes and Camp Footloose five times.

'My arthritis story began one day when I was sent to hospital because I was in excruciating pain at

the age of six. I was there for a week and they confirmed I had JIA in my foot. The arthritis was located next to my right middle toe. After that it moved to my heel and ankle. Throughout my life arthritis has occurred in my toes, both my hips, fingers and my back.

'Arthritis hasn't affected me much at home but my family had to make adjustments. Our plans to go out had to be changed sometimes. My mum still took us out but had to be flexible. My family has been very understanding; therefore I preferred staying home because I felt safe.

'My condition affected me a lot in primary school. I couldn't run and play sports. The teachers made me sit out on the benches and watch others run around and have fun. But they also looked after me and supported me. They would help me with my crutches and give me great privileges in class.

'At high school it hasn't affected me at all because I have told none of my teachers since my condition has improved.

'It has affected my sleep a lot. Sometimes it is so painful that I can't go to sleep for hours. One night it was so bad my mum took me to the hospital. The doctor gave me sedative tablets to help me sleep better so I didn't wake up as easily.

'Camp Footloose is a great environment for kids like me with JIA. There are fun activities, great staff, great accommodation, good food and it's a great experience. I have met new people with the same condition as me and I don't feel left out. The kids and staff at Camp Footloose make me feel like we are one big family and everyone is there for you.'



Thank you to our champions

who is the Head of the Paediatric Rheumatology Department at the Sydney Children's Hospitals Network.

'Dr Chaitow is a very active advocate for our children's camps and has been responsible for connecting many children with juvenile idiopathic arthritis (JIA) to Arthritis NSW,' said Health Services Manager Andrew Cairns.

Dr Chaitow has spoken at Camp Twinkletoes, our camp for families of children up to nine years old impacted by JIA. He has also spoken at Camp Footloose and this year he is the paediatric rheumatologist for 15 of the 30 teenagers with JIA who attended this year's camp in October.

'I send my patients to the Arthritis NSW camps because it's important for them to meet other children with the condition,' said Dr Chaitow. 'Often they are the only kids at their school

with arthritis and they find great support and comfort from meeting and relating to the other children at Camp Twinkletoes and Camp Footloose.

'Their first question to me after their first camp is usually whether I can book them into the next one.'

Dr Chaitow has appointments at the Sydney Children's Hospital, Randwick; Children's Hospital at Westmead; and John Hunter Children's Hospital. He sees children of all ages and adolescents with a range of musculoskeletal problems and autoimmune inflammatory disease. These include JIA, SLE dermatomyositis, vasculitis, auto inflammatory disease and scleroderma.

Andrew Cairns
Health Services Manager
Arthritis & Osteoporosis NSW

Arthritis NSW has relationships with a number of senior health professionals who value and champion our health programs. Thanks to our connection with them, more people living with arthritis have access to information and services that improve their lives and ease their conditions.

One of those champions is Dr Jeffrey Chaitow (pictured above), a paediatric rheumatologist of 30 years' experience

Children's camp research

Our wonderful Camp Footloose provides fun, support, education and respite to children aged nine to 18 living with juvenile idiopathic arthritis.

We experienced a high level of demand to attend the event this year, with many patients referred by paediatric rheumatologists such as Dr Jeffrey Chaitow (see story above).

With such a strong and positive response, Arthritis NSW has commissioned an impact study into the camp to measure its effectiveness, and to determine how the program could be expanded and improved. Field work was carried out at Camp Footloose in October this year and we will report on the outcomes and recommendations once the findings are finalised.

The research was funded thanks to the generosity of the late Nancy Somerville who left a bequest to our organisation in her Will.

Lindy Sivyver
Marketing and Campaigns Co-ordinator
Arthritis & Osteoporosis NSW



Osteoarthritis Summit 2018

The Osteoarthritis Summit 2018 will be held on Tuesday, 27 November, bringing together experts in the field of osteoarthritis, primary and specialist healthcare providers, industry, consumer groups and key government, non-government and private sector stakeholders.

The Summit will provide the latest developments on the National Osteoarthritis Strategy and an opportunity to move the strategy to a national implementation plan. Recommendations from the strategy will also feed into the National Strategic Action Plan for Arthritis.

National Osteoarthritis Strategy

The National Osteoarthritis (OA) Strategy will identify the most effective and appropriate interventions to reduce the impact of osteoarthritis in the community and lead the way internationally in osteoarthritis prevention, management and research.

Source: consol.eventsair.com/QuickEventWebsitePortal/osteoarthritis-summit-2018/oasummit18

My Health Record reminder

We would like to remind our members that the deadline of the opt-out period for My Health Records ends on 15 November 2018. If you don't opt out, a My Health Record will be automatically created for you.

If you have been delaying your decision, because you are unsure, discuss it with your doctor, medical specialists and family members.

Please note that you don't need a myGov account to complete the opt-out process, you will just be required to verify your identity.

For further information, go to: myhealthrecord.gov.au.

Leanne Hinden

Social media Co-ordinator
Arthritis & Osteoporosis NSW



Your health record in your hands

Ten tips for pain-free travel

The stress and tension that often come with a trip can add to physical discomfort and worsen joint symptoms. But with a little research and proper planning you can make your next trip as pain and anxiety-free as possible, and have a pleasant journey.

1. Ask an expert

Before you hit the road, talk with an occupational therapist or a driver rehabilitation specialist who can give you tips for preparing your car or choosing a rental car.

2. Book smart

Try to avoid long lines and airport congestion by traveling mid-week, which tends to be less busy. Book a seat with extra legroom or an aisle seat so it's easier to stretch your legs. Reserve a hotel room near the elevator or on the first floor. Don't forget to ask about exercise facilities and a fridge in your room for medications.

3. Carry an assistant

Assistive devices can be a great help. Examples include a folding cane or walker, travel chair, beaded seat cover, folding reacher or something as simple as an extra pillow for back support.

4. Be med ready

Keep all medications with you and not in checked bags. Pack medicines that require refrigeration, like some biologics, in a small cooler or in a Ziploc bag with an icepack. Buy a high-tech pillbox if you need medication reminders. Check ahead to find the closest pharmacy to where you're staying. You may even want to ask your doctor for an extra written prescription to take with you as a backup.

5. Control the temperature

Hot and cold therapies are great for pain and stiffness. Stock up on heat wraps and pads, portable ice packs and topical cream. Choose hotels with heated pools, hot tubs and saunas.

6. Get VIP treatment

Airlines are required to offer pre-boarding, wheelchair or motorized escorts through the airport to disabled passengers who ask. Once onboard, get help stowing your overhead bag from flight staff or a fellow passenger.

7. Choose meals carefully

Most airport and rest stop food choices are high-fat, high-calorie processed foods that promote inflammation. Carry healthy snacks, drink plenty of water and go easy on alcohol and caffeine that can aggravate inflammation.

8. Keep moving

Sitting still for long periods can cause stiffness. Plan road trips with time for rest stops. Move around on a plane or train when it's safe. Too unsafe or too achy to stand up? Try simple stretches while seated, or other exercises like isometrics, which involve flexing and holding muscles for five to six seconds

9. Be sunwise

Use sunscreen, wear a hat and sun protective clothing to protect you against the sun's rays. This is because some medicines used to manage arthritis make you more prone to getting sunburn.

10. Travel insurance

You can get travel insurance if you have arthritis, although you need to understand exactly what your cover provides, and whether it is adequate for your needs. Look at the definition of pre-existing conditions in the policy you are considering. Different types of travel insurance will have different limitations on what is covered, so do your research, read the fine print and shop around. Ask your travel agent or an insurance broker if they can get you the cover you need.

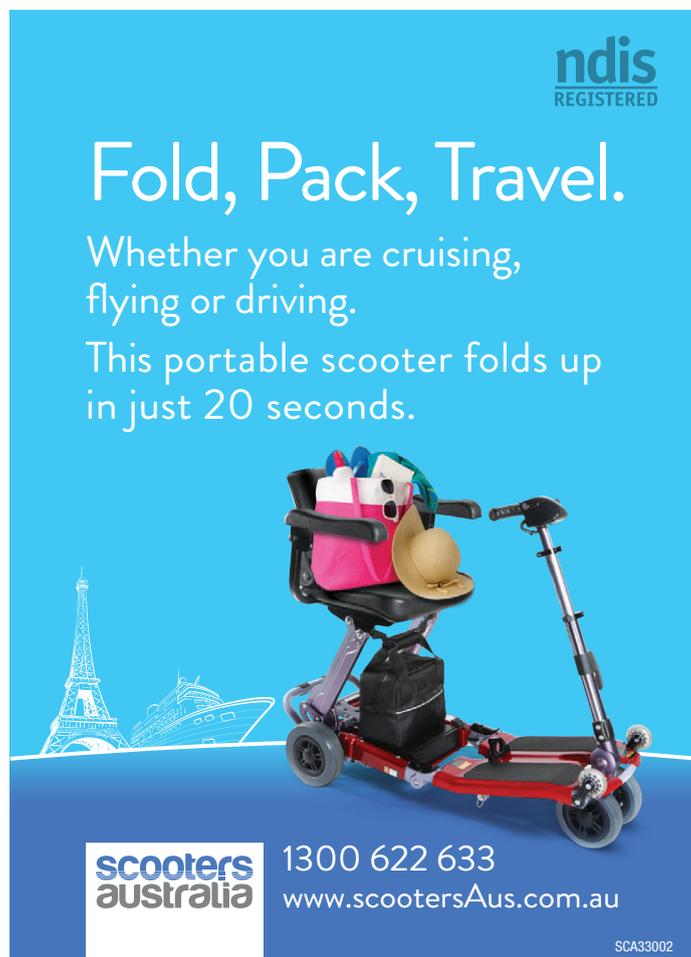
For more information about travel insurance policies visit www.chronicillness.org.au.

For a list of resources and contacts on accessible tourism visit:

www.tourism.australia.com/en/news-and-industry-tools/building-your-tourism-business/accessible-tourism.html

Sources: arthritis.org/living-with-arthritis/pain-management/tips/pain-free-travel-tips-9.php

Living with Arthritis: A guide for young adults. 2016. Arthritis Australia, page 26.



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Find help, guidance and support through our local networks

Location	Who to contact			Meeting place
Bathurst	SG	Nelma	0431 829 709	Bathurst RSL, 114 Rankin St, Bathurst
Corowa	SG	Heather	02 6033 4393	Challenge Enterprises, 93 Guy St, Cnr of Redlands Rd, Corowa
Cowra	SG	Christine	0427 423 596	Upstairs, Calare Building, 103 Kendal St, Cowra
Dubbo	SG	Heather	02 6887 2359	"Sporties" 101 Erskine St, Dubbo
Hawkesbury	BR	Julienne	02 4574 1928	Windsor Library, 300 George St Windsor
Holroyd/Merrylands	BR	Michelle	02 9631 7363	Merrylands RSL 14 Military Rd in the coffee shop
Kincumber	SG	Jeanette	0418 226 891	Brentwood Village Auditorium, Scaysbrook Dr, Kincumber
Long Jetty	SG	Liz	02 4332 5245	Nareen Gardens Retirement Village, 19 Bias Avenue, Bateau Bay
Macarthur	SG	Charmaine	0423 500 066	Campbelltown Library, Hurley St, Campbelltown
Maitland District	BR	Veronica	02 4966 4649	East Maitland Bowling Club, New England Hwy, East Maitland
Newcastle	SG	Judy	02 4088 3146	Mayfield Ex-Services Club, 58 Hanbury St, Mayfield
Nowra	SG	Gary	02 4423 3633	Café Continental, 3 Stewart Place, Nowra
Parkes	SG	Sandra	02 6863 4904	Pink Orchid Café, 16-18 Busman St (odd months); AOG Church Hall, 7 Rees Ave (even months), Parkes
Penrith	BR	Jan	02 4722 5940	CWA Rm, cnr Tindale St & Castlereagh St, Penrith
Ryde	SG	Doris	02 9817 7470	Ryde-Eastwood Leagues Club, Ryedale Rd, West Ryde
Wagga Wagga	SG	Lorraine	02 6926 3203	Rules Club, cnr Fernleigh & Glenfield Roads, Glenfield Park
Warilla/Shellharbour	BR	Sheila	02 4296 1340	Warilla Bowling Club, Jason Ave, Barrack Heights
Woy Woy	SG	Heather	0423 017 450	Woy Woy Bowling Club, North Burge Rd, Woy Woy

BR – Branch **SG** – Support Group

For further meeting details, please contact the person listed or refer to our website



November 2018

Kidsflix: *How the Grinch Stole Christmas*

November 10, Hoyts Penrith
November 24, Event Cinemas
Glendale

December 2018

Kidsflix: *Wreck-It Ralph 2*

December 8, Hoyts Warringah Mall

Warm water exercise

Classes operate during the NSW Public School term. The following class times are subject to availability. To register your interest, visit our website at arthritisnsw.org.au/warm-water-exercise to complete and submit the form or call us on 02 9857 3300.

Canterbury Hospital, Campsie

Wednesday 1.30pm
Wednesday 2.30pm
Monday 12.00pm (women only)

Mowll Village, Anglican Retirement Village, Castle Hill

Monday 1.30pm
Tuesday 1.30pm and 2.30pm
Thursday 1.30pm and 2.30pm

Karonga School, Epping

Saturday 8.00am

Lane Cove Physiotherapy, Lane Cove

Tuesdays 1.30pm
Thursdays 5.00pm

St Lukes Hospital, Potts Point

Wednesday 12.30pm
Saturday 9.00am
Saturday 10.00am

Royal Rehab, Ryde/Putney

Tuesdays 4.00pm
Saturdays 10.00am

Hirondelle Private Hospital, Chatswood

Saturdays 9.30am

Physical Therapy, Wollongong

Mondays 10.00am
Fridays 10.00am
Wednesdays 6.00pm

Volunteer

Arthritis & Osteoporosis NSW is grateful for the support of our wonderful volunteers who help us deliver our services and keep our office running smoothly. We are always keen to hear from people interested in volunteering with us, particularly in the following areas:

- fundraising activities
- keeping our database up to date
- phoning members, support groups and branches to update our records
- helping to prepare for Camp Twinkletoes and Camp Footloose
- helping with Kidsflix registration and check in.

Please call us on **02 9857 3300** if you are interested in helping us in any of these areas.

Crossword solution





What legacy will you leave behind?



Your gift is about making a difference in the lives of those impacted by arthritis and its effects.

With one in four adults and one in 1,000 children in the state affected by this condition, we have extended our community education reach into rural NSW. Our programs create awareness of ways to prevent arthritis and to spot symptoms early for better health outcomes. Our annual camps help reduce the isolation experienced by children living with juvenile arthritis and give them a safe space to have fun in a supportive environment. Our gentle exercise programs – warm water and strength and balance classes – help keep people active and moving, building muscle strength and core stability, which reduces overall pain.

Our work helps people to manage their condition on a daily basis.

Leaving a gift in your Will is a very personal decision, and perhaps the greatest commitment you can make to help create opportunities and contribute positively to life changing services and to make a difference in someone's life.

Thank you for your support and helping us to move closer to *Freedom from Arthritis*.

For further information about leaving a gift in your Will, or to have a confidential conversation, please call 02 9857 3300 or email: bequests@arthritisnsw.org.au or visit our website at www.arthritisnsw.org.au/support-us/planned-giving-bequests/



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