

Arthritis Doesn't Discriminate.

Over 1000 children in New Zealand are living with arthritis.

If you didn't know this you are not alone, most New Zealanders are unaware of this fact.

Nelson's 18 year old James Lowe is well aware of the fact that arthritis doesn't discriminate between the ages. He was diagnosed with Juvenile Idiopathic Arthritis (JIA) only a few years ago.

In October 2007, James returned home from playing cricket with a rash.

When James, who was normally extremely active, became increasingly lethargic, his parents took him to a doctor who then referred him onto a rheumatologist.

The rheumatologist ran blood tests and James was diagnosed with JIA.

By February 2008, James's symptoms had all but disappeared and James made the Nelson Boys Colleges 1st XV rugby team for the first time.

Unfortunately for James, his symptoms returned with vengeance in May 2008 that lasted through till July, but after being prescribed prednisone (which is a type of corticosteroid medication) the arthritis symptoms appeared to be under control.

But in December 2008, James's arthritis flared up with a vengeance. He could hardly walk on Christmas Day which had a huge impact on a chap whose life revolves around being active.

The worse was still to come. In February 2009, James was hospitalised for several days.

James's specialist Dr Porter, started James on enbrel (Etanercept) injections and James began to show swift improvement. After six weeks of having the injections, James was back on the playing field.

James's father Geoff Lowe, is incredibly thankful to Dr Porter: "When James was at his worse, he could only spend two hours at school and at times because the school was on a hill, James would fall and his mates would have to help pick him up."



"No one knew kids could get arthritis."

"Thanks to Dr Porter for putting James on the injections, he now feels 100% with no side effects and is full on."

James, under the influence of his grandfather, also takes complementary treatments to keep him healthy including Omega-3 and a joint supplement.

This year saw James contribute to the New Zealand School Boys rugby team beating their Australian counterparts by scoring one of three tries and he has just been signed by Tasman

Rugby Union for two years.

On hearing James's story of determination and success, Arthritis New Zealand couldn't resist the temptation to fly James up to meet an established rugby star with arthritis, All Black Neemia Tialata.

Neemia, who is an official ambassador for Arthritis New Zealand, and has osteoarthritis in his knees, took young James under his wing and introduced him to the team at the Captain's Run before the Vodafone Wellington Lions took on Taranaki. James was also allowed to sit on the bench with the rest of the team at the game.

Sandra Kirby, Chief Executive of Arthritis New Zealand, was delighted that the two elite sports people got an opportunity to meet: "This occasion helps highlight how arthritis can strike anyone, regardless of age or fitness. It also illustrates that having arthritis doesn't relegate people to the sidelines of life."

Arthritis New Zealand continues to try to break down the common misconception that arthritis is an 'old person's disease' and hopes that by having a rising rugby star and rugby legend like James and Neemia as official ambassadors, it will help strengthen this message.



Sandra Kirby,
Arthritis New Zealand Chief Executive

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Editor: Megan Hubbard
Phone: 04 472 5640
Email: megan.hubbard@arthritis.org.nz

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FROM THE Chief Executive's Desk

Kia ora tatou

In years to come when we reflect back on 2010, I think Christchurch will be the place we recall. The earthquake on September 4th and the ongoing aftershocks have had a huge impact on the city and the people.

We were so fortunate that no lives and comparatively few buildings were lost. However like many things the impact wasn't always on the surface. Arthritis New Zealand staff, members, volunteers and clients were all affected by the earthquake. Every person lost sleep and some a whole lot more than that. From outside of Canterbury there seemed little we could do but be there for support.

In some ways arthritis causes the same kind of impact. While for some people the affects of arthritis will be obvious for most the damage to joints and certainly the pain is out of sight. Constant pain, like lack of sleep, creates its own challenges for daily living. And just like Cantabrians, most people with arthritis will carry on asking for little in the way of support.

The word we use to describe the impact can be challenging. Are people with arthritis suffering or affected? Is arthritis a disability or a disabling illness? Is Christchurch flattened or damaged? Words are important because the wrong words are often a barrier rather than a bridge. Words are also the main advocacy tool we have – and unfortunately the more dramatic the word the greater the likelihood of the message being picked up – with the risk of whether it's earthquake damage or the effect of arthritis, we might overstate the case.

I hope for our staff, members, volunteers and supporters in Canterbury life can return to normal and that the year ahead is little less shaky than this one has been. I equally hope that the words we use as we try to show our support are ones that resonate rather than create more strife – that will be our intention.

May the Christmas season bring you the security of knowing your family and friends are safe and secure. For those of you who have lost family or friends over the year may their memories make you smile.

It was the American president Calvin Coolidge who said "Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas." I hope you can cherish peace and goodwill and be generous in your mercy. I also hope that is what you receive from others.

Nga mihi o te Kirihimete me te Tau Hou

Sandra Kirby
Chief Executive

Our Sun – Friend or Foe for those with Lupus?

Written in conjunction with Kay Macfarlane,
Lupus New Zealand

With the summer just around the corner we all need to be responsible in the sun. Everyone must remember to be sun smart, but for those with lupus extra care may need to be taken.

The question is do lupus patients really need to avoid the sun?

Many lupus patients say the sun does not bother them and ask if they really need to avoid it. On the other hand, another group are so sun-sensitive that they develop a rash along with fatigue and aching even when they are exposed to open, uncovered fluorescent lights.

The truth about sun exposure lies somewhere in between. In general 60-70% of lupus patients avoid the sun because it gives them a rash or makes them feel tired, achy, or feverish.

Medical advice for sun-sensitive patients is to:

- undertake your outdoor activities in the early morning or late afternoon
- be aware that some medications can increase sensitivity to the sun i.e. most sulfa-containing antibiotics and certain tetracyclines
- be aware of how sunscreens work – SPF (sun protection factor) below 15 are of little value in lupus and those over 30 may cause the skin to dry, burn, sting or itch
- apply a sunscreen every 2 to 3 hours to any uncovered area, especially the face
- wear protective clothing and a wide-brimmed hat

Background on Lupus

Lupus is a worldwide condition which in New Zealand affects 1 - 2 people in 1000 and is 3 to 4 times more prevalent amongst Māori, Pacific peoples, Asians and ethnic groups with pigmented skin.

Lupus is more common in women; however young children and men are also affected.

Lupus can present itself in a bewildering number of ways, often mimicking other diseases. It can be difficult to diagnose. Every case is different and rarely do two people experience exactly the same symptoms. For suggestions on how to cope and live well with lupus visit website www.lupus.org.nz.

Olivia Clarke, who is 20 and has lupus was caught by the spring sun recently: "A couple of weeks ago I sat out in the sun for twenty minutes, and that night I realised that my arms were burnt. The sunburn appeared to bring on a flare the next day."

"Spring is tricky, still not hot hot but enough to burn you, I have been really careful since that day, and even if I'm not in the sun I put sunscreen on anyway, and I always take an umbrella to the beach with me."

"Be aware of your limits, it takes just two minutes to put sunscreen on and it may save you from a flare."

Useful tip – if you wish to check out the ultraviolet index on a particular day visit:
sunsmart.org.nz/uvi



World Arthritis Day

Tuesday 12 October 2010, marked World Arthritis Day.

World Arthritis Day was launched by Arthritis Rheumatism International in 1996.

It is celebrated each year on October 12th.

People with arthritis from around the world join together to make their voices heard on this day.

The aims of World Arthritis Day are:

- To raise awareness of arthritis in all its forms among the medical community, people with arthritis and the general public
- To influence public policy by making decision-makers aware of the burden of arthritis and the steps which can be taken to ease it
- To ensure all people with arthritis and their caregivers are aware of the vast support network available to them.

The World Arthritis Day website – www.worldarthritisday.org supported and managed by EULAR, proved to be a fantastic opportunity for organisations/people to share what they were doing on World Arthritis Day by using a google world map tool. And of course Arthritis New Zealand was on the map for New Zealand!

We issued a nationwide press release asking New Zealanders to consider how arthritis affects the young and old and how much of an impact arthritis has on a person's life and the wider New Zealand

community.

Chief Executive, Sandra Kirby was quoted in the release: "Time and time again we hear arthritis incorrectly referred to as an 'old person's disease'. This is simply not true. This painful and often debilitating disease does not discriminate between age groups. Try telling a parent whose 18 month year old baby has just been diagnosed with Juvenile Idiopathic Arthritis that it's an old person disease."

"The burden of arthritis on the New Zealand community is massive. Our research confirms that half of the people in New Zealand with arthritis are of working age. If we really want to improve the economic outlook for New Zealand, we must make arthritis a national health priority so those who suffer from it are granted access to specialists and the right treatment options."

Disability Issues Minister Tariana Turia also issued a press release for the day encouraged New Zealanders to support the day, by taking the time to better understand the impact of arthritis.

The Minister said: "Having experienced the pain of psoriatic arthritis for the last twelve years I have some understanding of what many might describe as living with broken glass in your joints."

Camp Sunshine 2011

- Let's move together

For this first time in many years Arthritis New Zealand will host a Children's Education Camp, in conjunction with Kids With Arthritis (KWA). The Camp will be held from the 1st April – 3rd April at Lake Taupo Christian Camp, Turangi.

Arthritis New Zealand has received two grants to support the attendance of recently diagnosed children and a caregiver. KWA will provide assistance to other interested families.

The programme will include fun and learning activities for the children plus workshops and Q & A sessions with Arthritis staff for parents and caregivers.

For further details, or a registration form, please contact Natalia Valentino, Service Development Manager on 04 472 1427, or natalia.valentino@arthritis.org.nz



We want to say **THANK YOU** to everyone who helped with this year's Arthritis Annual Appeal.

It was an exciting week with a TV advert campaign with Geraldine Brophy, a launch with Neemia Tialata and MP Michael Woodhouse, numerous fundraising events around the country like the Mystery Joint Walk in Gisborne and the Scooter Race in Masterton and so much more!

THANK YOU to everyone who helped behind the scenes, who held a bucket on the street collection day, who displayed a gerbera box and most of all to those who donated.

We can't offer our services and support without our volunteers help or donations, so once again **THANK YOU VERY MUCH!**

The total amount we raised will be available on the website shortly!



Gardening Tips for Everyone

Sourced from Arthritis Today website



Summer always inspires us to get out in the garden, and arthritis shouldn't prevent this. Try these gardening tips to reduce your pain.

- **Ask for help.** The first garden tip is to know your limits. Examine your to-do list and determine which tasks you can easily do and which tasks you may need assistance with. Consider hiring someone to do the heavy work.
- **Be kind to your body.** Do some gentle stretches to loosen joints and prevent injury. Try this simple stretch: with your arms straight out in front of you, reach forward as far as you can.
- **Use joint-friendly tools.** Long-handled tools that allow you to stand, not stoop, and easy-to-grip hand tools are gardeners' friends. Buy a kneeling pad you can sit on while weeding.
- **Practice correct posture.** Let your larger/stronger joints do the work when possible. Instead of using your fingers to lift an object, try using the flat palm of your hand, your forearms or even your elbows. Keep items close to your body as you carry them. Stand or sit up straight while you work, and change positions often.

- **Think "inside" the box.** Instead of a traditional flowerbed, try a flower box or a raised flowerbed to eliminate stooping.
- **Take frequent breaks.** When you're gardening, arthritis pain can build if you don't rest your joints properly. Stop and smell the roses and take a refreshment break. Well-earned, frequent breaks allow you to appreciate your garden's beauty, plan your next tasks and get more done before fatigue sets in.

Handy Hint: Fiskars have developed a range of gardening products that have earned Ease of Use certification. You can find these great products in leading Garden and Hardware stores. This certification is part of the Ease-Of-Use (EOU) trademark programme that Arthritis New Zealand and Australia is working to establish which recognise companies that design user-friendly products and packaging.



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Eight fabulous prizes to be won – worth a total of \$203,116 including cars, a HotSpring Spa pool, international air travel, a 46" HD TV, an Apple laptop and iPad package plus MTA Gift Vouchers.



1st Prize: His & Hers Cars Camry Sportivo* + Corolla GLX Hatch*, both automatic – RRP \$85,890.

*Winner's choice of colour, subject to availability.



2nd Prize: Toyota Camry Sportivo*, automatic – RRP \$46,490.



3rd Prize: Toyota Yaris T150*, automatic – RRP \$28,990



4th Prize: Vista HotSpring Spa + steps + Cover Cradle – RRP \$27,090



5th Prize: International Air Travel – value \$5,000

BUY YOUR TICKETS NOW. BE QUICK.

TICKET NUMBERS ARE LIMITED TO 100,000 NATIONWIDE. Tickets \$10 each, \$50 for a book of 5. Buy as many tickets as you wish by 15 December 2010. All proceeds will assist Arthritis New Zealand to support people affected by arthritis so they can enjoy a better quality of life. Full competition and prize details at www.arthritis.org.nz

The NZ Gambling Act 2003 prohibits the sale of lottery tickets via the internet, telephone or facsimile. Tickets are available through your local Arthritis Service Centre – or simply complete the order form below.



Mrs. Hobble-a-lot Poem

Written by Sandy Hirst who lives with rheumatoid arthritis, and is an artist and a poet living in Fielding.

Mrs. Hobble-a-lot has an affliction for which there was no cure
 What she would be like from one day to next she could never be sure
 She could wake in the morning and test the waters so to speak
 she would wiggle her toes if they were willing then try to stand on her feet
 some day's she is OK and able to walk the stairs with great ease
 on others she had to conquer stair by bloody stair, the profanities never cease!
 she navigates her routine, some days it makes her cry
 not so much about the pain but what has passed her by
 If there were medals for Hobble-a lots she should surely win
 Because she takes her affliction squarely on the chin
 she watches as other people stride briskly by her smile
 she ponders for just a second because dwelling is not her style
 If anything is to be learnt and I think its safe to say
 nothing is certain in life and you have to live day by day.

NOTE FROM

The President

It is hard to believe that the end of the year is almost upon us. I hope that you and your families enjoy the Christmas season and that the year ahead is one that brings you much joy.

The end of the year also for us marks the time of our AGM. At the meeting I thanked the members of the Governing Body and Regional Liaison Groups– these people are very special volunteers. Each person puts in many hours of behind the scenes work to ensure that Arthritis New Zealand has the resources it needs to achieve our goals. My thanks to each of them.

On a special note this year Alan Henwood has stood down after eight years on the Governing Body. Alan has been a tireless worker in various roles and it was with great pleasure that we recognised these efforts with the Premier Award last month.

It is a fitting time to reflect on the achievements of the past year. And despite the challenges that we have there are a number of things for which we can be proud of. The service we provide to people with

arthritis has been maintained across the country. Around 60,000 people accessed services through one of our Service Centres last year. The feedback from these people tells us the services they received were excellent and did help improve the quality of life. That is us meeting our mission for these people.

We have improved the profile of the organisation and of arthritis as a health condition. It has been good to meet some of the Members of Parliament to talk with them about the challenges faced by people with arthritis as well as by our organisation.

We have faced challenges – and the fundraising efforts that are required for us to sustain our services have proven hard for us all. Our income is unpredictable- despite our best efforts at prediction. We need to continue to trial new ventures as we seek to



grow our income and our services.

For us to meet the needs of even 25% of people with arthritis, we need to both increase our income and change our services – every family knows the pain of arthritis but we are far from reaching every family with our services and information.

The year ahead will bring us all new challenges. I look forward to sharing the challenges with you.

A handwritten signature in black ink that reads "Kathie Smith". The signature is fluid and cursive.

Kathie Smith
President

Christmas Holiday Period

Arthritis New Zealand wishes you all a very merry Christmas...

Arthritis New Zealand wishes you all a very merry Christmas and a happy New Year.

We thank you for your support which is crucial in enabling us to continue to offer services and support to those with arthritis.

All of our Service Centres and our National Office will be closed from Thursday 23rd December.

Please keep safe and we look forward to an exciting 2011!



2010 Annual General Meeting Elections

Governing Body Members:

President: Kathie Smith

Vice President/ Southern Region Representative: Lynne McMillan

National Representatives: Peter Larmer & Mike Higgins

Northern Region Representative: Phil Donnelly

Midland Region Representative: Maureen Medley

Central Region Representative: Katharine Bracey

Co-opted Members: Lisa Stamp & Kate Anderson

2010 Election of Governing Body Members

The following members have been elected to their Governing Body Positions:

- **Peter Larmer** (Northern Region) National Representative
- **Katharine Bracey** (Central Region) Central Region Representative
- **Lynne McMillan** (Southern Region) Southern Region Representative

Peter Larmer

Peter is currently Head of the Department of Physiotherapy at Auckland University of Technology. He has been involved in a number of research projects investigating arthritis.

His professional understanding of arthritis has been influenced from his 30 years as a physiotherapist and his recent total hip replacement. Peter believes that caring for arthritis is more than just pain relief and involves the whole person's lifestyle, family and community.

Katharine Bracey

Katharine was co-opted on to the Governing Body of Arthritis New Zealand in 2010. Katharine has been a member of Central Regional Liaison Group for six years

representing the Manawatu.

Katharine has been diagnosed with osteoarthritis in many of her fingers and in 2009 was diagnosed with fibromyalgia.

Lynne McMillan

Lynne has been the Southern Region representative on the Governing Body for the past two years, and is currently Vice President. She is also a member of the Research Grants Committee.

It is a very challenging role, one that she also finds enjoyable, a role made easier thanks to a very supportive husband Doug.

2010 Regional Liaison Group Members

Northern Region:

Els Dutton, Luud Aalsma, Terry Macedo, Karen Derrick, John Pritchard

Midland Region

Chris Cathcart, Elva Anderson, Diana Cole

Central Region

David Orr, Roy Farman, Yvonne Mabey, Jan Finnimore

Southern Region

Robin Harris, Tim Wilkinson, Ian Gray, Bill Neill, Wendy Hocking

The Arthritis New Zealand National Awards were presented at the Awards Dinner on 19 November 2010.

Regional Awards are being presented over the coming month.

These awards are to recognise the exceptional effort and contribution of noted individuals and businesses towards the work of Arthritis New Zealand.

Winners will featured in the next edition of Juice!

Join Us

Arthritis New Zealand Membership Form

I would like to: (please tick)

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Renew my membership

2010/11 Subscriptions: (please tick)

Individual \$20.00

Household \$30.00

Mr/Mrs/Miss/Ms

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Date of birth:

If buying a household membership, how many are in your household?

Do you have arthritis?

If yes, what type do you have?

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Arthritis New Zealand
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Wellington, 6143**

Yoga for rheumatoid arthritis

Could yoga be of benefit to people with rheumatoid arthritis?

University of Otago student Lesley Ward presents findings from her research.



Yoga is gaining in popularity in New Zealand and is an established form of sport and recreation for men and women. I first became interested in yoga 15 years ago when searching for a way to manage my back injury. Like many people with a chronic pain condition was looking for a way to address not only the pain associated with my injury, but also related issues such as interrupted sleep and pain-related fatigue.

I attended my first yoga class at an Adult Community Education programme, and was inspired to see my 74 year old teacher casually sitting on the floor and bending forward to place her head on her knee. I hid in the back row, and spent most of the class just trying to sit comfortably! Although I couldn't do many of the postures, I found the breathing and relaxation practices enjoyable, and soon realised that the nights I attended yoga were my best sleeping nights of the week. I subsequently trained as a yoga teacher, with an interest in therapeutic yoga for chronic pain management.

Although international research has established health benefits following a yoga intervention in a number of chronic medical conditions including cardiovascular disease and type II diabetes, little is known about the benefits of yoga for chronic illness in New Zealand. With this in mind, I gained a research grant from the University of Otago to investigate how people with rheumatoid arthritis (RA) felt about the potential of a yoga practice to help manage their RA symptoms.

In January this year I held four group meetings with people who have been diagnosed with RA. Twenty-two people participated, and discussed their experiences of living with RA and their thoughts on the suitability of yoga to help them manage their RA

symptoms. Participants represented a wide range of backgrounds and experiences, with ages spanning from 26-73 years, and number of years living with RA ranging from 1-49 years. However many expressed both similar experiences of coping with the effects of RA, and thoughts on the use of yoga for its management.

Overall, group participants viewed yoga for RA symptom management favourably. Many people said they found getting into a regular exercise routine difficult as the variable nature of their RA may mean that every day saw them with a different level of physical ability and energy. However, participants thought that yoga could be adapted to the variability of RA; for example, if someone was not able to physically practice yoga postures one day, they could practice the breathing or relaxation techniques instead. Although some people were concerned that yoga may cause a flare-up of their symptoms, they thought that as long as they were able to work at their own pace, then yoga may be a "good fit" to their RA.

The group discussion highlighted certain factors to be taken into account when designing a yoga programme for people with RA. These included:

- 1) planning for the use of props (such as chairs) to help on the days when class participants were physically less able to move;
- 2) ensuring that the class leader would have the knowledge and empathy to adapt the yoga practice to match how each class member was feeling on a particular day; and
- 3) providing a class solely for people with RA or a similar chronic pain condition, so that members could gain social support from others who understood their condition.

The results of this research have indicated that people with RA have an interest in trialling yoga to help manage the various symptoms, and variable nature, of their RA. Based on these results, I am designing a 10-week yoga programme for people with RA, which will specifically address the issues raised in these group discussions. This programme will form the basis of my research for my PhD, which continues to investigate the suitability of yoga for RA symptom management. I aim to begin the yoga classes early in 2011, and look forward to sharing results with you in the coming months.

Main opinions raised by participants in the groups:

- RA affects people physically, mentally AND socially
- Medication addresses the physical aspects of RA, but there are limited options available to address the mental and social aspects of the condition
- Yoga is able to be adapted to the changing needs of someone with RA, through its range of physical, breathing and relaxation techniques
- It is important for people with RA to be in a class with other people with RA or a similar chronic pain condition
- It is important for a yoga teacher to have an empathetic understanding of RA

Lesley welcomes any questions or comments on her research, and can be contacted at lesley@psy.otago.ac.nz

Congratulations to Lesley who won the Inaugural "Innovations in Practice" Award at the Health Professionals in Rheumatology Conference held in Christchurch August 2010 with her presentation on this research. The award is a joint initiative between the Health Professionals in Rheumatology Association and Arthritis New Zealand.

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Did you know that you can also donate online? www.arthritis.org.nz

Clinical Guidelines for treating RA

The late 1990s saw a revolution in the management of Rheumatoid Arthritis (RA) with the introduction of new drugs – biologics.

RA is one of the most severe among chronic conditions. For many people, effective treatment means they are able to stay in work, actively participate in a social life and achieve, in many cases, clinical remission.

However, the report presented in September 2010 by leading international Health Economics Professor, Gisela Kobelt, demonstrated that only 3-4% of patients with RA have access to biologics in New Zealand compared to 13% in UK and Australia.

The cost of RA to New Zealand's health system in 2008 was reported to be close to NZ\$350m, with approximately 16,000 people over 19yrs of age affected by the disease.

Data emerging from treatment registries in Sweden, Denmark and Scotland, show that earlier treatment with biologics provides substantial improvement in patients quality of life, as well as savings in health care cost and sick leaves through reductions in hospital visits and lost work days.

In many European countries treatment guidelines recommend a start

of biologics earlier in the course of the disease with clear evaluation criteria.

On Friday the 15th October 2010, 'Treat to Target' meeting sponsored by Abbott was held in Auckland to discuss New Zealand treatment target guidelines in clinical practice for RA. The group included rheumatologists, rheumatology nurses; Chris Paul and Sandy Hirst represented patients with RA.

Ten internationally accepted recommendations were discussed. The recommendations included the primary target for treatment, adjustment of drug therapy depending on the disease progress and the use of objective measures of disease activity, and the importance of the patient to be appropriately informed about the treatment.

The next step is to reach consensus based on evidence and set recommendations for the clinical practice aiming at the improvement of the management and treatment of RA in New Zealand. We will await this with interest and look forward to participating in the discussion.

Finally a second medication option

Arthritis New Zealand welcomes PHARMAC's announcement that a second biologic option for adult patients in New Zealand with severe psoriatic arthritis (PA), rheumatoid arthritis (RA), and ankylosing spondylitis (AS) will be funded.

Enbrel is the commercial name for a TNF inhibitor known as Etanercept. Until now, only one biologic was funded in New Zealand, Humira. There are currently six biologics funded in Australia.

Arthritis New Zealand have been lobbying for a second biologic option to be funded in New Zealand for some time as no two biologics are the same, and patients who don't respond to one medication may respond to another.

The criteria for funding of these drugs are that they will be a "last line treatment". This means that the drug is only available with a referral from a Rheumatologist.

Sandra Kirby, Chief Executive of Arthritis New Zealand is pleased another line of medication will be available for those who live with severe forms of arthritis: "This is fantastic and will make a real difference to those patients who need it the most."

"Biologics have been available in Europe for many years and it is disappointing that New Zealand is slow on providing access to proven innovative drugs. We are so pleased that after advocating for so long that those who are severely impacted by arthritis will have a second line of medication option available. Today is another triumph for arthritis sufferers."

Become a hero

You can be a hero for Arthritis New Zealand by setting yourself a personal challenge and building your own personal fundraising page

It only takes a few minutes to build the web page and then you can email the page's address url to all of your contacts so they can donate online supporting your challenge, and help raise vital funds for Arthritis New Zealand.

This fundraising initiative was launched initially for the Arthritis Annual Appeal. We encouraged people to get walking during the Appeal week and fundraise at the same time.

One of the Annual Appeal's heroes was Kim Raggett, who alongside the Motorsport for Life Team decided to walk a full length marathon (42kms) raising funds for Arthritis New Zealand along the way. They team raised over \$600 for Arthritis New Zealand, and what makes Kim a real hero is the fact she was diagnosed with rheumatoid arthritis two years ago and the place where she feels the arthritis the most... in her feet!

When asked why she took on this remarkable challenge, Kim said: "Having been diagnosed with arthritis nearly two years ago, I would like to do what I can to help those who are affected by arthritis (directly and indirectly) and what better way than by supporting the



great work which Arthritis New Zealand does. As well as the very important goal of raising funds. It's also my hope that by completing this marathon, it may encourage others that big goals can be achieved, with or without arthritis."

If you would like to set your own challenge and fundraise on our behalf please visit arthritis.org.nz and click on 'how you can help' section.

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Ho Ho ho it is the season to stay healthy!

There is a good reason as to why the festive season is referred to as the silly season...

With presents to buy, then wrap, food to prepare and plans to be made it is very easy to get run down. So to help you look after yourself we have put together Santa's top tips for staying healthy this Christmas.

Santa's Top Tips for Staying Healthy

- 1) **Keep the weight off** – we know that weight gain can affect arthritis, so try to fill your plate with green leafy veges and take the skin of roast chickens
- 2) **Keep on moving** – although the couch seems the better option with a full stomach, instead grab those trainers and head out for a walk. This will help to keep joints from stiffening and those trousers will feel much more comfortable!
- 3) **Take your medication** – Remember that sometimes when in holiday mode, because you are not in your normal routine, medications can be missed
- 4) **Be sun smart** – particularly if you have lupus. Remember to slip, slop, slap and wrap
- 4) **Remember to pace activities** and also take time out for yourself, let guests know that you will need a rest each afternoon if appropriate
- 5) **Have a potluck Christmas dinner**, where all contribute to the meal
- 6) **Do ask for assistance** or accept help when offered
- 7) **Have a kit on hand of essential items** so you are able to go out at a moments notice eg, sunscreen, meds, water bottle, hat, jacket etc.
- 8) **Please call your GP if in pain** or if they are closed, call Healthline on 0800 611 116. Healthline is a free telephone health information service funded by the government
- 9) **If you are feeling a touch of the holiday blues** call a friend, or hop online, Facebook is a great place to chat and be social
- 10) **If you are driving long distances** remember to stop, rest and try and share the driving where possible

Where the money goes..

The fallout from the 2008/09 global economic crisis has continued to have an impact on revenue...

We would like to acknowledge the contribution made by the thousands of donors, volunteers and members who give so generously of their time and money to support our organisation.

The fallout from the 2008/09 global economic crisis has continued to have an impact on revenue and this has once again been a major factor contributing to the current deficit. Whilst operating revenue was slightly up on the previous year, it was

significantly below expectation.

Nevertheless, we continue to hold sufficient reserves to see us through this period of economic uncertainty.

Copies of the Annual Report are available for download from the website and also can be requested by emailing megan.hubbard@arthritis.org.nz or calling 04 472 5640.

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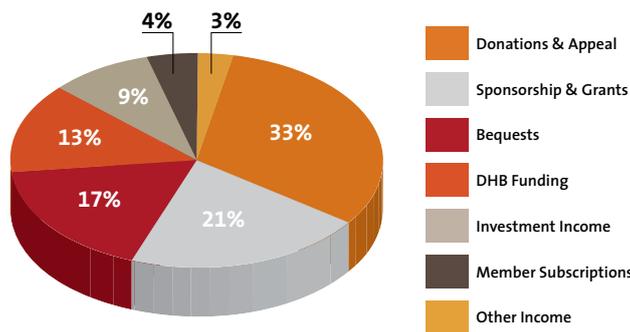
Fastener Free Bra

A clearer picture

We strive to ensure that we maximise the use of every dollar, Following is a clear picture of our commitment to and spending on services that matter most to those with arthritis.

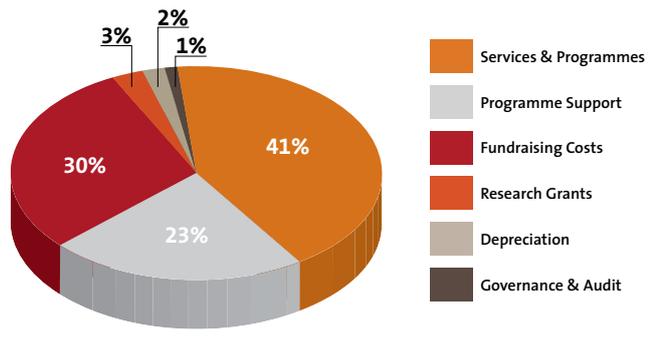
Income Sources

Total – \$5,205,000



Operating Expenditure

Total – \$6,305,000



Andy Leslie, All Blacks Captain, 1974 Jubilee Cup Final

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How the years speed by. Three decades have passed since Andy Leslie captained Wellington, as well as the All Blacks. He was one of the greats—smart as well as fast. Today, Andy's still fit. He appreciates his mobility and freedom. "4JOINTZ® is really helpful. I've tried everything over the last ten years and nothing worked for me until now. But with this, I was playing golf and climbing scaffolding before I'd finished the first two tubes."

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4JOINTZ® is a topical cream that over time works to soothe tired joints and support mobility. It's easy to use and is quickly absorbed into the skin. 4JOINTZ® supports the feeling of freedom right through the day—and soothes tired joints right through the night.

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0800 663 463

Greater Auckland	09 523 8900
– Waitakere & North Shore	09 835 9653
Bay of Plenty	07 571 0088
Canterbury (incl. Ashburton)	03 366 8383
Hawkes Bay	06 871 0980
Lakes District	07 348 5121
Manawatu	06 355 0435
Marlborough	03 577 8773
Nelson Bays	03 546 7689
Northland	09 438 5037
North Otago	03 434 8289

Otago	03 471 6160
South Canterbury	03 687 7367
Southland	03 218 3639
Tairāwhiti	06 868 1060
Taranaki	06 759 0068
Waikato	07 839 1209
Wairarapa	06 370 8318
Wanganui	06 345 2377
Wellington	04 569 1125
West Coast	03 768 7254



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Always read the label. Use only as directed. If symptoms persist see your health care professional. *Data on file. TAPSP8230