

ARTHRITIS NEW ZEALAND

# THE JUICE

MEMBERS' NEWSLETTER  
ISSUE 39 | September 2011

## Parliamentary launch of AS campaign

Our ankylosing spondylitis awareness campaign was launched at Parliament on Tuesday 12th July.

Members of Arthritis New Zealand, Members of Parliament, and other special guests were in attendance to be the first to see our new 15 and 30-second television commercials.

23-year-old Matt Lockwood, competitive V8 driver and star of the commercials, was diagnosed with juvenile arthritis at age eight, and ankylosing spondylitis at 16.

"I have had this disease for 15 years now and am used to it," Matt said.

"Some of it, I think, for me, is mind over matter. I'm not saying I have no pain when I'm walking, playing tennis or golf, or even racing cars. But if you want to do something and put your mind to it, I believe you can. I wouldn't be where I am with racing if I didn't think like that."

"Five years ago I didn't think I would be playing any sport let alone racing in New Zealand's premier class of motorsport, but having the right attitude and commitment to fitness got me there."

"If I could pass on a message to people with AS, or any type of arthritis, it would be that things can get better and you can continue to live your life the way you want to, but you have to help yourself get there and fitness is one of the biggest parts to play."

*'If you want to do something  
and put your mind to it,  
I believe you can.'*

MP Michael Woodhouse, who launched our TV commercial, leads our Parliamentarians for Arthritis group.

"I applaud Arthritis New Zealand's brave decisions on revising services and structure this year, and continued support of the more than half a million sufferers of this painful, unpredictable and, at this stage, incurable disease," Mr Woodhouse said.

If you haven't seen our commercial, head to [www.arthritis.org.nz/campaign](http://www.arthritis.org.nz/campaign) and check it out!



**Matt Lockwood and Michael Woodhouse outside Parliament.**

### Parliamentarians for Arthritis

The Parliamentarians for Arthritis group was launched in 2010. It aims to raise awareness and understanding of arthritis among all Members of Parliament by holding regular briefings and providing updates on trends in disease epidemiology and new treatments, as well as to hear from Arthritis New Zealand on the issues facing them and their members.

MP Michael Woodhouse, was diagnosed with psoriatic arthritis and AS about 13 years ago, and he doesn't let either get in his way.

"Yes, I have this disease, but it doesn't define me. There are days that I wake up feeling and looking like a half opened pocketknife and in some pain but most of my life is relatively free of pain and restriction," Mr Woodhouse said.

"This is a disease that, thanks to good diet and exercise, excellent medical care and modern medicine, need not dominate one's life."

"Through the years I've managed to keep up rugby refereeing and for my sins have taken the field for the parliamentary rugby team."

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**If you would like to contribute to the next issue of *The Juice*, please submit content by 21st October 2011.**

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**NOTE FROM**

**The President**

*This is the last time I write as the President of Arthritis New Zealand.*



Our constitution sets the maximum term of a President at four years and my term will end at the AGM in November.

It was a real privilege to be at Parliament in July for the launch of our awareness campaign 'Arthritis it could surprise you'. Michael Woodhouse's speech reminded us all of what we have achieved during what has felt like a very hard year.

The campaign has been a long-held dream, and with the support from Abbott and our own prioritisation of public awareness, we have been able to produce a programme that puts arthritis in the public eye. This is the first of what should become a long-term awareness programme established for the future.

You will have received information about the roles that are up for election this year - including President. This year we also ask for Regional Liaison Group representatives to stand. Staying in touch and making sure that support groups, exercise groups and members have a voice is very important. As part of the review of services a louder member voice was identified as important. Now is the time for that voice to be heard.

The responsibilities of President can, at times, feel onerous. The ongoing sustainability of the organisation is paramount. Like those in the President's

role before me, I have faced challenges. Some of our own making and others, the bigger ones, have been the result of circumstances beyond our control.

I am grateful for the support of the other Governing Body members in ensuring that we have risen above these challenges and have a strong organisation - and one that is well set up to meet the current needs of people with arthritis.

I also take this opportunity to thank all staff and volunteers who carry out the work of the organisation. Without your support and commitment we would not be able to deliver the services we do, nor achieve the successes we have during these tough times.

My next year on the Governing Body is as Past President. I look forward to supporting the new President to take on both the challenges and the honour of heading up the organisation that represents the 530,000 people living with arthritis in New Zealand. May we continue to be in the public eye and the political ear so we can make a difference.

**Kathie Smith**  
President

**Welcome...**

Tui Tararo comes to Arthritis New Zealand following a varied career with Housing New Zealand, Wellington City Council and the wider community.

Tui, who is of Cook Island Māori descent, is passionate about working in the community to improve people's lives.

In addition to leading the Midland Central region, Tui will take responsibility for our work with Māori and Pacific communities. "I am looking forward to my role at Arthritis New Zealand, particularly in ensuring that we demonstrate the value of our work to our members, volunteers and the people living with arthritis," Tui said.

**FROM THE Chief Executive's Desk**

*Kia ora tatou*

*If it's spring it must be time for our Appeal. Are you Appeal-ing? I know I will be, along with members of my family and thousands of other volunteers.*

*From the bottom of my heart I say thanks in advance. We can't do this without you.*



I've been asked about our Appeal this year, in light of the restructuring. It is true that we have fewer offices and fewer staff to support this year than we did last. For some of you the loss of a long-time staff member and place with a flag is an everyday loss and I acknowledge this sadness. The changes we made were essential for the long-term growth of the organisation. However this does not mean that we aren't providing services in local areas.

Our telephones are busy with calls from all around the country - and the constant feedback is that people love getting a voice at the end of a phone, not a message. Our Arthritis Educators and regional staff are visiting all around the country - in planned excursions that combine meetings with support groups and seminars.

More than 300 people met our two Arthritis Educators in a recent three-day visit to Tairāwhiti (Gisborne and East Coast). Seminars, courses, clinics and telephone consultations remain key features of our

advice, information and support all around the country.

One of the priorities our members, clients, medical colleagues and other supporters stressed was the need to raise the public awareness of arthritis. We have struggled to do that from our local bases - not for want of effort. It has been a pleasure to be part of the 'Arthritis it could surprise you' campaign.

I can tell you that we are planning a second campaign for next year and hopefully re-run the ankylosing spondylitis campaign. The responses we have had to date tell us that more people have seen something about arthritis from this campaign than had seen us in our offices over the past six months.

Our efforts over the Appeal Week remind New Zealanders the length and breadth of the country about arthritis and Arthritis New Zealand. The smile we offer, the words we say, the gerbera we give are for many people the link with an organisation

that could assist a family member or friend with arthritis. Even with our advertising campaign this remains an important awareness-raising event.

There is research that shows people who donate to charities are happier than those who don't. Our collecting will raise people's health and wellbeing. Isn't that food for thought?

The efforts we put in to raising money and awareness do help meet the needs of thousands of people. So for our members, for the people who are currently living with arthritis and those who are yet to be diagnosed, I will be standing on the street collecting money. I hope you will be there too.

**Nga mihi nui**

**Sandra Kirby**  
Chief Executive

**Arthritis New Zealand 2011 AGM**

**Call for Remits, Notice of Motion, Call for Nominations for Honorary Life Membership**

*When: 19 November 2011*

*Where: Wellington Airport Conference Room*

*All financial members are welcome to attend this year's AGM.*

*For a registration form to attend the AGM and information on Remits, Notice of Motions, and Nominations for Honorary Life Membership, please phone 0800 663 463 and ask for Karen Baker, or you can download this information from [www.arthritis.org.nz](http://www.arthritis.org.nz).*

# Arthritis New Zealand for the future

After an extensive review into the service we provide, we have restructured our organisation so that we can continue to provide excellent and viable service for all New Zealanders.

We received a lot of feedback from our members, key stakeholders and staff members, and in listening to what we were being told, have re-aligned our organisational focus to add greater emphasis to arthritis awareness and advocacy, as well as research.

We will, of course, continue to provide support through information and education.

As you may be aware, we have closed several of our service centres. Our focus now is our 0800 663 463 information line. This is a free service and an approach we adopted after hearing from many people that they would call their local service centre and not hear back from an Arthritis Educator for a few days. With an Arthritis Educator on duty to answer your queries during office hours, the 0800 number is the easiest way to speak to an Educator when you need to. Most of our Educator services can be managed over the phone.

We will also be holding regular information sessions in regional areas. Whether it's a seminar, workplace education, self-management workshop or health professional education, we are committed, more than ever before, to providing these



Arthritis Educator Robyn McFarlane in a telephone clinic.

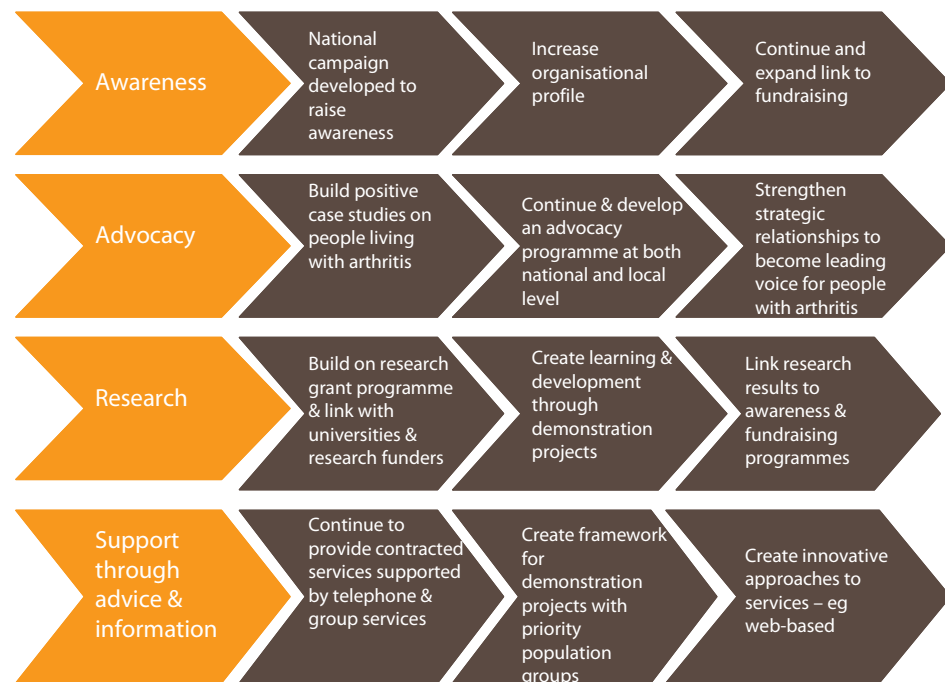
services to all New Zealanders, no matter where they live. To find out what's on in your area, visit [www.arthritis.org.nz/category/events](http://www.arthritis.org.nz/category/events).

"We've made some significant changes, and many of these reflect the economic climate. We want Arthritis New Zealand to be a permanent fixture in this country, and we've taken steps now to ensure that happens," said Arthritis New Zealand Chief Executive Sandra Kirby.

"I encourage people to call our freecall 0800 number," Sandra said.

"Our Arthritis Educators want to hear from you, so please don't hold back."

"We're excited to be focusing more on arthritis awareness, and will have some great campaigns coming up to spread the word that arthritis is the leading cause of disability in New Zealand."



A diagram of our new organisational model.

# Arthritis, it has surprised you!

You can never underestimate how important it is to stop and take stock of what you're doing.

This is exactly what we did with our fundraising review, and we're already starting to see some really positive results.

Our new-look website has been a success since its launch in July, receiving thousands of hits every week.

Closely linked to this is our 'Arthritis it could surprise you', ankylosing spondylitis (AS) campaign website, featuring Matt Lockwood. This website provides the opportunity to send an AS-related question to an arthritis expert.

"Feedback has indicated that many people who have AS (or care for somebody who does), and may not have previously been familiar with Arthritis New Zealand, saw our television commercials and subsequently visited our website to find out more," Arthritis New Zealand Chief Executive Sandra Kirby said.

"We have experienced a surge in AS-related calls to our 0800 number, as well as other enquiries. We're thrilled about this. It shows that people are embracing the new system, and taking advantage of the 0800 number to speak to an Arthritis Educator exactly when they need to," Sandra said.

"Our annual Appeal Week will continue to be our flagship fundraising event. It is also a good opportunity for us to raise awareness about arthritis, as well as Arthritis New Zealand, throughout the community."



2010 Appeal Week Volunteers.

Arthritis New Zealand is a membership-based organisation. We encourage people who utilise our services to in turn support us by becoming a member. Membership costs \$20 per year for an individual, or \$30 per year for a household. If you would like to show your support for us, please fill out and return the membership form on page 13 to us.

We will continue to seek fundraising support through donor mail-outs, grants, as well as encouraging bequests. If you leave us a bequest, you can ask that your gift is used for a particular aspect of our work, such as research or awareness.

Finally, we are excited to announce that we will be holding another Lottery later this year. Stay tuned to find out what exciting prizes are available, and how to get your tickets!

"Findings showed that our fundraising programme is largely a sustainable and ethical programme that meets industry best practice," Sandra said.

"We are grateful to everyone who shows their support for us, whether it's by telling their friends about us, reaching into their pocket to support our Appeal, wearing an orange gerbera, becoming a member of Arthritis New Zealand, or all of the above!"



The front page of our AS website, [www.arthritis.org.nz/campaign](http://www.arthritis.org.nz/campaign).

# Smoking and rheumatoid arthritis

For a long time, research has shown a strong link between smoking and rheumatoid arthritis (RA).

A Swedish study, published in December 2010, indicated that the odds of developing RA are also linked to genetic makeup.

This means heavy smokers with a certain gene variation (called HLA-DRB1) are more likely to develop severe RA.

Studies have also shown the leading cause of death in patients with RA is cardiovascular disease.

“Very clear studies indicate that tobacco is highly associated with and probably causal in rheumatoid arthritis,” Dr Susan Goodman told health information service WebMD.

“In a lot of studies on the course of rheumatoid arthritis, patients who smoke do less well, and they’re less likely to achieve remission,” Dr Goodman said.

“They’re more likely to have a worse outcome. Smoking gives them a worse prognosis.”

Smoking can also worsen heart disease for people with rheumatoid arthritis.

“We have known for some time that a person’s risk of developing rheumatoid arthritis can be influenced by lifestyle factors such as smoking,” said Arthritis New Zealand Chief Executive Sandra Kirby.

“You can’t choose your genetic makeup and you certainly can’t change it, but people can take control of their smoking and reduce their chances of RA by quitting.”

It was shown that the risk of developing RA diminished once a person stopped smoking, in all but very heavy smokers.



For most smokers, the risk of developing RA lessens upon quitting.

## What we’ve done

Rheumatoid arthritis is a common chronic disease resulting in joint damage requiring joint replacement surgery, disability and increased mortality due to cardiovascular disease.

Smoking has recently been shown to be a powerful environmental risk factor for onset of RA.

Smoking also results in worse disease outcomes and reduces the efficacy of medications used to treat RA.

These effects, together with the increase in cardiovascular deaths make smoking cessation the most important modifiable lifestyle factor in RA.

Such lifestyle changes are particularly difficult for patients living with the stress of a painful chronic disease.

A research project recently funded by Arthritis New Zealand explored the knowledge and beliefs of patients with RA in relation to smoking as it affects their condition.

Specific arthritis related factors that contribute to difficulties with smoking cessation will be explored.

A RA-specific smoking cessation programme will then be developed based on the findings and piloted in patients with RA with the help of Arthritis New Zealand.

The results of this work were published in *Biol. Chem, J Autoimmunity and Arthritis and Rheumatology*.



Radiology films showing hands with arthritis.

# Medications guide

This month we cover Diclofenac, brand name Voltaren.



### Brand names

Voltaren is the most common brand. Others include Diclohexal, Imflac and Clonac.

### How it works

Voltaren is a commonly prescribed drug to manage the pain associated with different types of arthritis. It belongs to the group of non-steroidal anti-inflammatory drugs (NSAIDs). NSAIDs reduce pain and stiffness due to inflammation of the joints. NSAIDs stop cells making chemicals prostaglandins which cause inflammation and swelling. If you make less prostaglandins, you have less inflammation and less pain. However, NSAIDs do not stop ongoing inflammation or prevent the disease progressing to joint damage.

### Dosage

Voltaren is usually taken in a tablet form (although there is also a gel available). Your doctor may start your treatment with anywhere from 50 to 150mg per day, depending on your situation. After the early stages of treatment your doctor may change your dosage.

If you forget to take it, if it is almost time for your next dose (e.g. within two or three hours), skip the dose you missed and take the next dose when you are meant to.

Do not take a double dose to make up for the one that you missed.

### Side effects

The most common side effects are:

- stomach upset including nausea (feeling sick), vomiting, heartburn, indigestion, cramps, loss of appetite
- drowsiness, sleepiness, dizziness and tiredness
- bleeding or bruising more easily than normal; reddish or purplish blotches under the skin
- can increase blood pressure
- may slightly increase the risk of heart attacks and strokes.

Less common side effects include:

- stomach or duodenal ulcers – severe stomach pains, pass blood or black stools

- anaemia - tiredness, being short of breath, looking pale
- shortness of breath
- unusual weight gain, swelling of ankles or legs
- eye problems such as blurred or double vision
- tingling or numbness of the hands or feet
- fast or irregular heart beat, also called palpitations
- difficulty hearing.

Tell your doctor if you have any of these side effects.

### Pregnancy and breastfeeding

Like most NSAID medicines, Voltaren is not recommended for use during pregnancy or breast-feeding.

### Other medicines

NSAIDs can interact with other medicines. You should tell your doctor about all medicines you are taking, including herbal and naturopathic medicines.

### Special instructions

1. Swallow the tablets whole with a full glass of water. Do not chew them. The tablets have a special coating to stop them dissolving until they have passed through the stomach into the bowel. Chewing them would destroy the coating.
2. Do not take Voltaren if you have an allergy to aspirin, diclofenac (active ingredient in Voltaren) or other NSAIDs. Symptoms of an allergic reaction to these medicines may include asthma, wheezing or shortness of breath, swelling of the face, lips or tongue which may cause difficulty in swallowing or breathing, hives, itching or skin rash, fainting.
3. Heavy alcohol (more than four standard drinks) should be avoided while taking NSAIDs due to the increased risk of an ulcer.

### More information

Visit [www.medsafe.govt.nz](http://www.medsafe.govt.nz).

# Arthritis New Zealand ambassadors

We are thrilled to announce our newest Arthritis New Zealand ambassador, Mahé Drysdale.



Source: www.mahedrysdale.com.

Mahé, who represented New Zealand at the 2008 Beijing Olympics, was chosen to carry the flag at the opening ceremony and finished third in the Men's Single Sculls to receive a bronze medal.

In 2010, Mahé was diagnosed with osteoarthritis in his spine and, as a result, has adapted his training regime to better manage his condition.

Mahé is currently preparing for the 2012 London Olympics, where he plans to achieve his dream of winning an Olympic gold medal.

Our other ambassadors, who are very supportive of the work we do, are:

- Billy Bowden
- Geraldine Brophy
- Jaynie Hudgell
- Steve Joll
- Matt Lockwood
- James Lowe
- Clementine Marshall
- Mary Jane O'Reilly
- Neemia Tialata
- Mark Treffers



Arthritis New Zealand ambassador Neemia Tialata.

## Arthritis Appeal Week 2011

It's not too late to volunteer for this year's Arthritis Appeal Week! From 20-26 September 2011, we'll be turning New Zealand orange to raise vital funds for Arthritis New Zealand and we need your help.

If you have time that you could donate to help us with our Appeal Week, please call us on 0800 663 463.

If every New Zealander donated \$1 during Appeal Week, we'd raise over \$4 million to support the 530,000 New Zealanders who live with arthritis.

Arthritis New Zealand receives only 12 per cent of its funding from government agencies. Without donations, support from volunteers and events such as this, we would not be able to deliver our programmes.

For more information about arthritis or how to make a donation, please visit [www.arthritis.org.nz](http://www.arthritis.org.nz) or call 0800 663 463.

## On the death of Sir Paul Reeves

The Governing Body and staff of Arthritis New Zealand extend our sympathies to the family of Sir Paul Reeves.

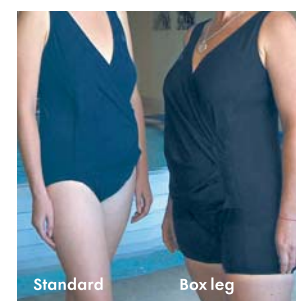
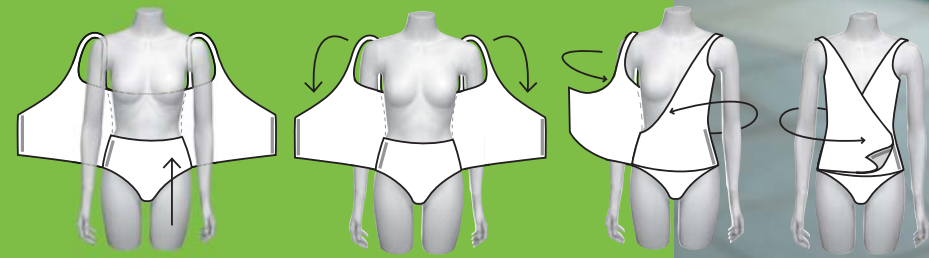
Arthritis New Zealand was honoured by the support and interest from Sir Paul and Lady Beverly Reeves during Sir Paul's term of office as Governor General.

"We join the many other individuals, groups and communities who have been touched by his compassion and desire for social justice," said Arthritis New Zealand Chief Executive Sandra Kirby.

"He was, and will remain, a taonga for this country."

Now you can spend your time in the pool, not the changing room.

SlipOn - the revolutionary swimsuit that simply slips on...and off!



The benefits of water exercise are well known for those with arthritis, fibromyalgia, the elderly and physically challenged. But the energy and effort required to get in and out of your bathing suit often outweighs these benefits.

The SlipOn swimsuit has been purpose-designed just for you.

The unique, patented cross-over design is easy to get on and off, whilst the pleated adjustable styling gives a slender, forgiving fit. Made from the highest quality four way stretch fabric, 4.5 times more resistant to chlorine, this suit brings the benefits of the water exercise back in reach.



Available in sizes 8-30+ • 3 lengths • modest standard cut in blue and box leg cut in black

Please fill in this form and post, email or phone:  
SlipOn Swimsuits, PO Box 448  
Orewa, Hibiscus Coast, Auckland 0946  
Ph 09 427 6595. [dcsheetz@xtra.co.nz](mailto:dcsheetz@xtra.co.nz)

First Name \_\_\_\_\_ Surname \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Post Code \_\_\_\_\_  
Email \_\_\_\_\_ Phone \_\_\_\_\_



"I can get straight into the water without having to struggle in and out of the swimsuit when my energy levels are low and I'm in a lot of pain."  
Ashley Kilham  
Fibromyalgia sufferer

[www.sliponswimsuits.com](http://www.sliponswimsuits.com)



Post or email today for your free info pack and DVD!

# The benefits of physiotherapy



**This young man has osteoarthritis of the knees, secondary to hemophilia. He's lost over 20kg since starting physio and strengthening exercises four months ago. This means he is without pain in his knees for the first time in many years. A talented musician, he can now stand up on stage more easily.**

*Physiotherapy is crucial for people with arthritis who wish to enjoy an active and independent life.*

That's the message from Physiotherapy New Zealand (PNZ) this World Physiotherapy Day on 8th September.

PNZ will lead a nationwide push to raise awareness of the benefits of physiotherapy for people with arthritis – helping them to be fitter, stronger and more flexible.

The campaign will emphasise the importance of keeping moving – and that physios are well placed to assist people to manage their symptoms and develop a balanced activity plan that's right for their particular situation.

The awareness week – which will target local and national media as well as health and lifestyle publications – is aimed at women and men from mid 20s to mid 50s who may have family members with arthritis or who may be developing symptoms themselves.

Physiotherapy clinics will have leaflets available for people who want more information.

The leaflets and the publicity will direct people to the websites of PNZ and Arthritis New Zealand.

## How do Arthritis New Zealand research grants work?

*Have you ever wondered about the research we support, and how the grant application process works?*

Arthritis New Zealand works in the areas of education, public awareness, direct support, lobbying and funding research.

Every year, Arthritis New Zealand invites applications for quantitative and qualitative research studies in the field of arthritis from around the country.

Funds that we raise for research are used to help us achieve these objectives:

1. To determine the cause of arthritis; prevention of arthritis; improve early diagnosis and treatment of all forms of arthritis.
2. Document and describe the impact of arthritis on the individual, the community and the wider New Zealand society.
3. To contribute to international research on arthritis through assisting New Zealand participation in international research projects.
4. To evaluate specific programmes or treatments to demonstrate effectiveness and an improvement in the quality of life for people with arthritis.

Applications received are reviewed by the Research Grants

Committee of Arthritis New Zealand, who make a recommendation to the Governing Body.

Grants are then awarded, for a period of up to three years.

During that time, Arthritis New Zealand will be informed on the progress of the research.

At the end of the grant period, researchers submit a final report on research outcomes, including a copy of any publication in scientific or medical journals, or presentation to conferences.

One of the projects we are currently funding is a study of folate supplementation in RA patients receiving methotrexate. The purpose of this project is to determine whether a reduction in supplemental folic acid results in improved response to methotrexate.

Another research project involves investigating genes involved in the progression from hyperuricaemia to gout in New Zealand Caucasian, Māori and Pacific Islanders, with particular focus on those involved in immune system recognition of uric acid crystals.

This is of major relevance to healthcare in New Zealand due to the severe, early onset, debilitating gout often observed in Māori and Pacific Island people.

# Exercising with osteoarthritis

There are a few different kinds of exercises that you can do to reduce joint stiffness if you have osteoarthritis. Remember to start slowly and ease your way into more prolonged periods of exercise.

Aerobic exercise can be as simple as walking. Whether it's outdoors on footpaths, in the bush, indoors on a treadmill or at the shopping mall, walking is a gentle way to build your fitness and improve your endurance. It is just as beneficial to take two or three shorter walks in a day, as one long walk.

Water aerobics is another way to improve mobility, though some classes can be quite intense. A gentler alternative to water aerobics is walking in water. Water takes weight off the joints, while providing some resistance.

It is also important to try and keep your muscles strong. A way to improve your strength is to gently lift light weights. Using elastic tubing can make this easier.

However, before you start any form of weight training, it's important to consult a physiotherapist or your GP to discuss what exercise options are best for you.

Don't forget, if an activity makes you uncomfortable, it is very important that you stop.

Also remember, another way to increase your physical activity is to try and be more active in your current daily routine. Remember, house work can be aerobic exercise!

## Out and about...

- The annual 50s Up Brass concert in Christchurch has been rescheduled and will be held in the CSB Arena on Monday 31st October at 2pm. Tickets cost \$24 through Ticketek.

The Governing Body and staff of Arthritis New Zealand would like to take this opportunity to extend our condolences to the family of Murray Wood, the Managing Director of CTV, who was killed when the CTV building collapsed. Murray played a key role in the establishment of the 50s Up Brass concert, and with Arthritis New Zealand being selected as the Recipient Charity.

- Viva La Voice concert was held on Sunday 28th August at Founders Theatre in Hamilton. Award-winning chorus groups Mighty River Harmony, Waikato Rivertones and Young Singers in Harmony all joined forces to raise money for Arthritis New Zealand.

- The Arthritis Marathon in Hamilton was held on Sunday 4th September. We'd like to thank all the runners and volunteers for getting involved and helping to raise funds for the 530,000 New Zealanders who have arthritis.

**Yes, I want to support New Zealanders affected by arthritis!**

First name: .....  
 Last name: .....  
 Mailing address: .....  
 .....

**Please fill in this donation slip and post back to us:**  
 Freepost 157311  
 Arthritis New Zealand  
 PO Box 10020  
 Wellington 6143

Enclosed is my donation of:

\$120  \$80  \$50  \$20

or \$

I am paying by:

- Visa
- Mastercard
- Amex
- Diners
- Cheque enclosed (please make out to 'Arthritis New Zealand')

Card number:

Expiry date:  /

Card holder:

Signature:

**Did you know that you can also donate online?**

[www.arthritis.org.nz](http://www.arthritis.org.nz)

**Thank you for your generosity!**

# Hard work leads to hydrotherapy pool in Hamilton

Pennie Evans was part of a dedicated team of people living with arthritis who were committed to lobbying for a hydrotherapy pool in Hamilton.

On the 22nd of July, the group's efforts paid off as the new pool was opened at Waterworld in Hamilton by Mayor Julie Hardaker.

"The arthritis hydro group has been going for 26 years at a local pool, but there were stairs; it wasn't appropriate," Pennie said.

"Eventually one of the ladies could no longer get in the pool. She had some contacts, who became our support group."

"They formed a Trust to help raise money, and the Contact group, an arthritis support group in Hamilton, did as well."

"We worked very hard for a long time. We held stalls, printed pamphlets and handed them out."

"We proved it doesn't matter if you've got a disability, I mean, we raised just over \$20,000 towards the pool, in six years."

"Some people, who couldn't help physically, donated goods."

"Everyone in the Contact group and the hydro group really got stuck in and did a lot of work."



Photographs taken by Noel Morris. Further information available on the Hamilton Hydrotherapy Pool Charitable Trust website [www.hydrotrust.co.nz](http://www.hydrotrust.co.nz).



The Contact group gave a demonstration at the pool's opening.

"Margaret Holroyd and Chris East worked so hard for it; we all did, but especially them."

"Sometimes we weren't having good days [with our arthritis] but for the hydro pool we kept working to make sure we got the publicity we needed."

"Now we've got our arthritis classes going again. One of our old trainers from the previous pool is there doing it."

The pool is energy efficient, with a cover that provides a 20 per cent energy saving.

It is wheelchair accessible and has a fixed hoist to enable people with disabilities to be lowered into the water.

"The opening was so fabulous," Pennie added.

"It was unbelievable, after all that time that we had our pool. We were invited to go and we were the first in for a swim, it was great."



Chris East [left] and Margaret Holroyd speaking at the pool's opening.

# Bequests

Many people choose to leave bequests to Arthritis New Zealand in their Will.

Over the years these gifts, large and small, have contributed significantly to our work.

Arthritis New Zealand relies on the generosity of our members, as well as other people in the community for gifts and donations to continue the work we do.

In fact, only 12 per cent of our funding is received from the government, and the rest we raise through the community.

No matter what your age, making a Will is important. After you have provided for your loved ones, you might like to consider leaving a gift to Arthritis New Zealand.

Your generosity will make a tangible difference to our work. It will enable us to continue providing education and support services for others in the community with arthritis, as well as increasing awareness and providing vital funding for research.

You can choose where you would like your gift to be directed. If there is a particular project or area especially important to you, we will ensure that your gift is used as per your wishes.

We advise you seek professional advice when writing a Will, and suggest the following wording:

*I give to Arthritis New Zealand for the general (or specific) purposes of Arthritis New Zealand the residue of my estate (or the sum of \$.....) and I declare that the receipt of a proper officer of Arthritis New Zealand shall be a full and sufficient discharge to my trustees.*

If you would like to talk to us about making a bequest, please contact Dianne Armstrong on (04) 472 1450.



Having an up-to-date Will is important, no matter what your age.

Yes, I would like to become a member of Arthritis New Zealand.

Name: .....  
 Address: .....  
 .....  
 Phone: .....  
 Email: .....  
 Mobile: .....  
 Date of birth: .....  
 Ethnicity: .....  
 Nearest service centre: .....

*Privacy: information only collated for membership purposes.*

Individual membership  \$20  
 Or  
 Household membership  \$30

How many people in household?

Do you have arthritis?  Yes  No

What type of arthritis do you have?

I am paying by:  
 Visa  
 Mastercard  
 Amex  
 Diners  
 Cheque enclosed (please make out to 'Arthritis New Zealand')

Card number:

Expiry date:  /

Card holder:

Signature:

When completed, please detach this form, seal it in an envelope and post to:  
 Freepost 157311  
 Arthritis New Zealand  
 PO Box 10020  
 Wellington 6143

Did you know that you can also join online?  
[www.arthritis.org.nz](http://www.arthritis.org.nz)

## Some facts and myths about pain

### Can the weather impact pain?

Yes. Albeit with mixed results, research has indicated that changes in barometric pressure can cause some people to experience increased pain in their joints. So if your joint pain gets worse in winter, or when it's cold or raining, it's not your imagination.

### Is rest the best treatment for back pain?

No. Although rest may be prescribed, it's best to keep this to a short period of time, and remain active. Experts say that complete bed rest is one of the worst things you can do for back pain. Do limit your exercise during acute episodes of pain, but always continue daily activities and exercise per your GP or physiotherapist's orders as best you can.

### Can losing weight make a difference to chronic pain?

Yes. Having less weight on your body means less pressure and less pain on your joints and back. Losing even 3 to 4 kilos can really help improve joint pain in the knees and hips.

### Should I ignore minor pain?

No. A lot of people might tell you that pain is just something you have to live with, but persistent pain, no matter how minor, should not be ignored. Even if your pain seems to improve with painkillers, see your GP if the pain lasts more than a week or two, becomes worse over time, or if it interferes with your daily activities.

### My doctor can't find a cause of my pain. Is it in my head?

No. Even if the source of your pain cannot be located, that doesn't mean you're making it up. There is no medical test to measure pain, and even if the cause isn't known, your GP can still try to relieve it.

### "No pain, no gain" - is this true?

No. Pain is your body's way of letting you know that something is wrong. Feeling the intensity of a good workout is different to enduring pain. Work within your physical limitations.

## What would you like to see in The Juice?

We are looking for feedback from readers of The Juice to help us make sure this magazine is meeting our members' needs. Please take a few minutes to tell us what you want.

Information about our services?	More	Same	Less
Information about our fundraising?	More	Same	Less
Information about upcoming events?	More	Same	Less
Stories about people in the community who have arthritis?	More	Same	Less
Medication information?	More	Same	Less
Product information?	More	Same	Less
Latest research?	More	Same	Less
Health sector information?	More	Same	Less

### Additional comments:

.....  
 .....  
 .....  
 .....  
 .....

Filling in this slip below is optional, but we'd love to know who we're hearing from!

Name: .....

Phone number: .....

Mailing address: .....

.....  
 .....

Please mail this page to:  
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 Arthritis New Zealand  
 PO Box 10020  
 Wellington 6143

**Thank you for your feedback.**

**woolrest biomag**

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## How to contact us

**Free phone 0800 663 463**

When you call our free 0800 number, you will be put in contact with one of our trained Arthritis Educators, who can give you advice and support on managing your arthritis.

Also by calling the 0800 number, you can find out about your region's support groups, and when an Arthritis Educator will be next visiting your town.

**Visit [www.arthritis.org.nz](http://www.arthritis.org.nz)**

## How you can help

Did you know by calling 0900 333 20 you can make an automatic \$20 donation to support the 530,000 New Zealanders living with arthritis?



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OMEGA-3**

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