

# JOINT SUPPORT

ARTHRITIS NEW ZEALAND NEWSLETTER DECEMBER 2017



*Improving the life of every person affected by arthritis*

## Thank you for your wonderful support!



The Toresen family found the right kind of sunglasses for collecting at the Clevedon market.

Once again, an army of bucket shakers hit the streets to collect for our annual appeal on 22 and 23 September.

We're very grateful to those who gave their time and effort to help make a difference for the 624,000 New Zealanders living with arthritis. And of course, our thanks to those who gave to fill buckets and pharmacy collection boxes with donations.

We were delighted to have the support of the BNZ Closed for Good volunteers who spent a day in Auckland, Wellington and Christchurch to pack materials in preparation for the big event.

Thanks to your generosity and support, the appeal raised nearly \$190,000 (as at the time of publication). Along with the money came the stories – from the elderly woman with osteoarthritis

to the young mum struggling with fibromyalgia. Hearing their stories is a reminder that our work is not over until every person with arthritis has the support they need.

If you missed our collectors, or didn't have cash handy on the day, you can still make a donation via our website, or a gift of \$20 by phoning 0900 333 20.



**ARTHRITIS  
NEW ZEALAND**

KAIPONAPONA AOTEAROA



*"It often surprises people to learn that only 21 percent of our income comes from contracts with DHBs and PHOs."*

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Editor: Andrea Candy  
Email: [editor@arthritis.org.nz](mailto:editor@arthritis.org.nz)  
Phone: 0800 663 463

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## From the President

It is with great pleasure that I welcome Philip Kearney as our new CEO. Philip comes to Arthritis New Zealand with a distinguished record in the charitable sector. His previous roles include Development and Alumni Relations at Otago University, General Manager Education at the Charities Commission and CEO of Sport Whanganui.

Philip has demonstrated great skill in building relationships with a wide variety of stakeholders and he brings an in-depth knowledge of charities and their operation as well as the complexities of fundraising. He joins us at an exciting time as we look to the future and focus on our new direction – developing digital delivery of services and increasing our focus on advocacy and awareness.

I am very much looking forward to working with Philip and I know he is keen to meet our many supporters and build on the strong foundations that we have established.

A continuing challenge remains our dependence on fundraising activities to generate the income we need to continue our work. It often surprises people to learn that only 21 percent of our income comes from contracts with DHBs and PHOs. I invite you all to spread this message – we are heavily reliant on the income we can generate in order to continue our services.

This means we cannot do everything but need to plan and prioritise carefully as we look at how to operate most effectively. By the time you read this we will have held our AGM. A report on this meeting and the decisions made can be found on page 14.

Finally, as you read this, the Christmas season is fast approaching. On behalf of everyone at Arthritis New Zealand, a warm thankyou for your support during this year and continued support in future. All the very best for a safe and happy holiday season.

A handwritten signature in black ink that reads "P.J. Larmer". The signature is fluid and cursive.

**Peter Larmer**  
President

*"We are heavily reliant on the income we can generate in order to continue our services."*

# From the Chief Executive

This is my first opportunity to contribute to Joint Support since joining Arthritis New Zealand in October. Everybody has made me very welcome so I feel very much at home. It's been interesting – when I tell people where I now work, most know someone affected by arthritis and something about our efforts of their behalf.

## First impressions

Most of my meetings so far have been with staff and volunteers to find out more about them and why they're involved with Arthritis New Zealand. I am continually amazed at each person's dedication and passion. A number have been working or volunteering with us for more than ten years and they provide us 'newbies' with valuable knowledge and experience on how our organisation has developed over the years.

Our volunteer network is critical to our future as a leading health charity in New Zealand. Every volunteer's contribution is vitally important – from the Governing Body members who give significant time and expertise to keep us on track, to those who brave the elements and collect for us on appeal day each year. We really appreciate your efforts and support.

No individual or organisation is impervious to change, although this is never easy. As you know, a number of structural changes have occurred at Arthritis New Zealand. This is to secure the long term viability of our important service to the community.

## The way forward

We are very much committed to improving the life of everyone affected by arthritis. To do this, I want to work on the following:

1. Remain connected to those we support and serve – through the work of our trained staff and volunteers, and increasing use of technology.
2. Continue to be a strong voice for the sector that is evidence-based and tackles some of the ongoing issues faced by those with arthritis.
3. Be innovative – we must adapt and develop new ways to engage with those who have arthritis.
4. Ensure that we are a great place to work – that staff and volunteers are valued and supported to be the best they can be.
5. Financially sound – we want to be here for the long term so we will need to be prudent with the services and support we provide.

I welcome your feedback – the ongoing development of the organisation is important to us all as we look forward to continuing to make difference in the lives of those we serve.

Ngā mihi nui



**Philip Kearney**  
Chief Executive



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## Introducing Philip our new CEO

Philip Kearney, our new CEO, hails originally from the UK but considers New Zealand home. His family emigrated when he was young, first to Australia and then across the Tasman to settle in Matakana, north of Auckland.

Philip went to secondary school in Hamilton, followed by study for a Bachelor of Commerce from Otago University and later a Master of Business Administration from Massey University.

After saying he would never work behind a desk and never in Auckland, he then spent 22 years in marketing and business development roles in the country's biggest city.

*"...he spent 22 years in marketing and business development roles in the country's biggest city."*

After time in Whanganui looking after a Sports Trust,

Philip moved to Wellington to establish and manage the Charities Commission's education team. He then spent five years as Director of Development and Alumni Relations at the University of Otago in Dunedin.



Philip has been married for 33 years to Lesley who has a nursing and sales background and they have a daughter, Beatrice. Philip is an avid sports fan, especially golf, cricket and rugby, and is also keen on DIY, having spent three months renovating the family's house in Wellington before leaving it to the professionals to finish.

## Governing Body 2017/2018

There is one new face on the Arthritis New Zealand Governing Body following the AGM held in Christchurch on 25 November.

Els Dutton is the new Northern Regional Representative, replacing Joe Stanton who remains as an appointed member. Els lives in Whangarei and has been associated with Arthritis New Zealand in various capacities over the years. She is a retired occupational therapist with a long history of practice in New Zealand and briefly in the UK.

"This experience has increased my interest in arthritis in its many forms, and its effect on the individual's life and limitations. I have seen the progress of modern medications and treatments... but with all that is available, the most valuable is the support and knowledge that you are not alone," Els says.

### Members

Peter Larmer – President

Digna Toresen – Vice President

Els Dutton – Northern Regional Representative

Laurie Breadmore – Midland Central Regional Representative

Cate Grace – Southern Regional Representative

Martin Lenart – appointed member

Roy Tiffin – appointed member

Steve Renata – appointed member

Joe Stanton – appointed member



## Annual appeal

Here are some photos of our fabulous volunteers preparing for our annual appeal, and out and about collecting.



## Advocacy action

Thank you to those who talked to your local MP about arthritis during the election campaign. We met with all the major parties to discuss arthritis and have been sharing our manifesto 'Taking the Next Steps for Arthritis' in order to raise the issues that you told us are important for you.

The biggest event for us was our parliamentary dinner on 16 August, hosted by MP Dr Shane Reti. Guests heard from Jacob Toresen who was diagnosed with ankylosing spondylitis at age 11; his mother Digna Toresen (a member of the Governing Body); and Olympian Mahe Drysdale. It was a great evening that inspired lots of good discussions.

In the new Government, Dr David Clark has been appointed Health Minister and Carmel Sepuloni is the Minister for Disability Issues. We will be engaging with them and other MPs to raise awareness of the challenges facing people with arthritis in your local area. Please get in touch with us on [advocacy@arthritis.org.nz](mailto:advocacy@arthritis.org.nz) to share your issues or if you would like information to take or send to your MP.



Speakers at the parliamentary dinner, from left: Digna Toresen, Jacob Toresen, Mahe Drysdale and Dr Shane Reti.



## Packaging update

We are working towards signing a Memorandum of Understanding with the Packaging Council of New Zealand. They have agreed to add accessible packaging provisions to their existing code of practice and we will work with them to promote this among New Zealand businesses.

There has been some media coverage about packaging on both Fair Go and Breakfast TV, where our Manager of Awareness and Advocacy, Francesca Holloway, spoke to Hilary Barry about the work we have been doing on this.

Thank you to those who filled out our surveys. You gave us some great feedback on specific products and we will use this information to continue campaigning for change. The survey is still open on our website if you haven't already completed it – we would love to hear the views of people of all ages.

**Sharon Humphreys, Executive Director of the Packaging Council New Zealand (left) with Arthritis New Zealand CEO Philip Kearney.**

# Gout champions revisited

Taking part in a review of the Gout Champions programme is a key focus for Richard Tankersley, who took up his role as Māori Community Development Coordinator in August.

Gout champions provide support to people who have gout or have family/whānau with gout. They complete training that empowers them to educate others about gout, counter myths and stereotypes, and help spread the message that gout is a manageable form of arthritis. Gout champions may be health or social service professionals, community volunteers, or family/whānau representatives.

*"I'm really excited about this. We want to give whānau the knowledge and skills so they can access effective treatment and reduce the long term harm from gout."*

The first step is to review the current Gout Champions programme in consultation with key Māori and Pacific health and

community service providers. Arthritis New Zealand will then "train the trainers" who will identify, train and coach people in their own organisations and communities to act as gout champions.

Richard himself is no stranger to the damaging effects of gout. He says he has "arthritic genes" on both sides of his own family and knows lots of people with gout as well as other forms of arthritis.

Alongside his Irish, Scots, Welsh, English and American ancestry, Richard is of Kāi Tahu, Kāti Māmoe and Waitaha descent and is actively involved in the social and cultural life of the iwi and his local community in Christchurch. He is a practising civil celebrant who has been a Māori cultural consultant to a range of organisations, and worked for the past eight years part-time as a Human Rights Commissioner.



# Updating doctors on gout

In October, Arthritis New Zealand held the first of a series of educational programmes for general practitioners and allied health professionals.

The first session was on gout. New Zealand has the highest rate of gout per capita in the world. It is under-reported and successful treatment can be problematic.

The programme discussed the current best practice guidelines around the clinical management of gout, and also looked at possible self-management strategies for people with the condition.

The session was led by our Primary Care Liaison Coordinator, Dave Cox, at Compass Health PHO in Masterton. Dr Rebecca Grainger helped put the programme together and it was endorsed by the Royal New Zealand College of GPs as part of their regular continuing medical education activities.

If you are a health professional, and you would like more information on our programmes, please contact Dave Cox on 0274 545 644 or email [dave.cox@arthritis.org.nz](mailto:dave.cox@arthritis.org.nz)

To talk to one of our arthritis educators about gout or any other form of arthritis, please call **0800 663 463**.

## Life as a child with arthritis

Polly Johnson has had arthritis (JIA) since she was 10 years old. Now in her 30s, she has also developed some osteoarthritis. During a recent Facebook Q & A session, Polly commented on what it was like to have arthritis as a child. She had some good advice for parents too! We thought it well worth sharing with you.

### Growing up with arthritis

“To put it bluntly, having arthritis as a kid (or at any time) really sucks. You feel different from everyone else – isolated, sore, frustrated, and like no one really understands. Trying to manage this adds a whole extra layer to growing up.

“I was lucky to have the support of a caring but pragmatic family and access to good health care which, in combination with a bit of hindsight, have helped me pinpoint a couple of things that I think have really helped me grow into an adult who is able to manage life and their arthritis pretty well.

### Let kids be kids

“First, kids with arthritis are still just kids, so let them be like other kids. Telling them that they can’t do this or that because of

their arthritis means they never get a true sense of what they can actually achieve. Let them play and interact with the world in a way that means they can explore the boundaries of their own physical abilities on their own terms. This will allow them to challenge and extend themselves as they grow.

### Let them take charge

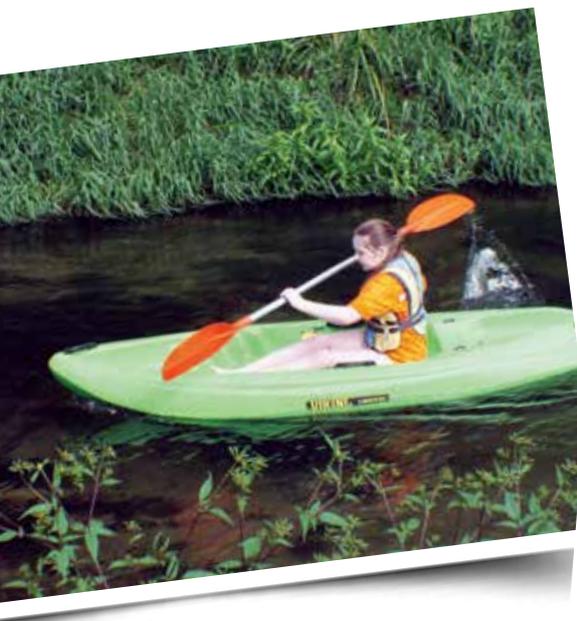
“Second, let kids take charge of their own condition. Obviously this depends on their age and understanding, but I think it’s really important that kids are involved in decisions about how to manage their arthritis as early as possible. For me, this meant being left to do my physio exercises by myself, being responsible for taking my medication, arranging and getting my own blood tests, and

eventually, attending appointments by myself.

### Growing confidence

“By the time I was in my mid-teens, I was confidently able to make my own decisions regarding my treatment, alongside my specialist. Of course my parents always kept an eye on what was going on, but they purposely became less and less involved as I got older. I believe this really helped me become a stronger advocate for myself as I entered the adult health care system.

“Obviously everybody’s situation is unique but these are the things that have helped me keep on top of my arthritis as best as I can, and stay sane!”



## Pack your bags for Children's Camp

A highlight of every year is our Children's Camp, held at Totara Springs Camp near Matamata. Next year's will be no exception, with a range of exciting activities planned for children with arthritis and their caregivers.

The camp is for children who have been referred from a paediatric rheumatologist or recently diagnosed with arthritis. It gives them the opportunity to extend themselves in a safe environment. For parents, there is plenty of information available, with health professionals on

hand to answer questions. A number of young people with arthritis will also be returning to camp as leaders.

Families often find camp a huge boost as they discover they're not the only ones living with arthritis and can socialise with

others who understand what they're going through.

Camp is on the weekend of 23 to 25 February. For more information, please phone 0800 663 463 or email [beatrice.fisher@arthritis.org.nz](mailto:beatrice.fisher@arthritis.org.nz)



## Research:

# Healthy life-years lost to osteoarthritis

Knee osteoarthritis (OA) causes pain and affects people's physical ability to function in their various roles, impacting work, family and social life. Although it is (or, perhaps, because it is) one of the most common causes of health losses over people's lifetimes, this form of arthritis is an often overlooked quality-of-life issue for many New Zealanders. Other than surgical waiting lists, it gets little attention despite significantly affecting people's lives for many, gradually more painful years before reaching end-stage, when joint replacement surgery becomes an appropriate option.

### Calculating the loss of healthy life-years

It is important to know the healthy life-years lost in New Zealand due to OA so that this form of arthritis gets the level of attention and priority it warrants in health policy. The New Zealand Burden of Diseases, Injuries and Risk Factors Study (NZBD) – part of the Global Burden of Disease project, which was originally commissioned by the World Bank in the 1990s – calculated that the disability-adjusted life-years (DALYs) caused by OA in a single year (2005), was around 22,245 DALYs. Around a quarter of these are knee OA in adults. DALYs represent both the health loss due to living with disease and the years of life lost due to disease-related premature death (which in the case of OA is assumed to be zero). But OA doesn't affect people in only one year; it affects people over the rest of their lifetime after it is established. So how much is that over the lifetime of people with knee OA?

### Quality-of-life loss over lifetimes

Researchers at the University of Otago, in collaboration with researchers at Harvard Medical School in Boston, USA, have recently calculated the quality-of-life loss due to knee OA in New Zealand over the lifetimes of New Zealand adults. The study, published in the international journal *PLOS ONE*<sup>1</sup> is the first to specifically look at the burden of knee OA in New

Zealand. It estimates that across the adult population, on average, each person living with knee OA loses 3.44 years of healthy life (QALYs), compared with people without knee OA. One QALY equates to one year in perfect health. Overall, adult

*The study estimates that across the adult population, on average, each person living with knee OA loses 3.44 years of healthy life compared with people without knee OA.*

New Zealanders (that is, people who were between 40–84 years of age in 2006, calculated forward through to their predicted life expectancy) lose a total of 467,240 quality-adjusted years of life (QALY) across their lifetimes. That's around 20 to 23 per cent of their total quality-adjusted life expectancy, compared with people who do not suffer from knee OA.

### Conclusion

This significant loss of health due to knee OA suggests that we could potentially make large health gains from public health and policy measures aimed at decreasing the incidence, progression, pain, and disability of osteoarthritis. Such measures could include models of care that remove system and funding related barriers to the access and timely delivery of recommended best-practice interventions.



The research is part of a wider study on osteoarthritis in New Zealand funded by the Health Research Council.

**Associate Professor Haxby Abbott conducts research at the Dunedin School of Medicine on the management of osteoarthritis.**

<sup>1</sup> The study is freely available at: <http://tinyurl.com/y9sbfvoh>

## Kylie's race to beat ankylosing spondylitis

Kylie Frost is a battler. Two years ago she could barely walk and was in constant pain. Ankylosing spondylitis, with its severe and ongoing inflammation, was causing her bones to fuse together, limiting her movement.

Every day, Kylie deals with draining tiredness and she often finds it hard to breathe because the disease is gradually restricting her rib cage. But she's determined to keep moving and prove that AS does not rule her life.

She started with hydrotherapy, which led to swimming. Little by little, Kylie increased her distances; then, with encouragement from her husband and coaches at the gym, she began training for her first triathlon.

So far, she's completed three triathlons, a 12km traverse over the Auckland Harbour Bridge and numerous running races. The Auckland half marathon was part of her training for the IronMāori Half Ironman – a 2km swim, 90km bike ride and 21.1km run. It's all good practice for the full Taupō Ironman she has her sights on for 2019.

Like others living with arthritis, Kylie has good days and bad days. Even changes in the weather can cause painful flares, but Kylie says no matter how she feels, she can't stop now. Every



event is an opportunity to raise awareness about her condition, and funds for Arthritis New Zealand.

"I am too stubborn to quit. I refuse to let myself and my family down. Failure is simply not an option. That means I can keep going even if I have to crawl over the finish line."

## Coming up this summer

### 26-28 January Redwood Park Men's Masters Golf Tournament

Arthritis New Zealand is delighted to be the charity partner for this tournament being held over Auckland Anniversary weekend in Swanson. It's a chance to raise awareness of arthritis among golfers aged over 40 and we're looking forward to this partnership lasting many years.

### Sunday 4 March Elvis in the Gardens

Fun, friends, food, family, music and rock & roll! A free event in the Auckland Botanic Gardens with top performers and the Elvis Concert Band. Arthritis New Zealand is the chosen charity for the bucket collection which is an annual feature of this event, along with vintage dress competitions and activities for the kids.



### Thursday 8 March National Golf Tournament

Teeing off at 12 noon, this event at the Paraparaumu Golf Club will be a great day with lots of banter and prizes at the 19<sup>th</sup>. If you are in the area or have friends who you think may be interested, please encourage them to join us. Details from [dianne.armstrong@arthritis.org.nz](mailto:dianne.armstrong@arthritis.org.nz)

## Celebrating success

We were delighted to be named as one of the finalists in the Capital & Coast DHB's Celebrating our Success Awards in November.

Arthritis New Zealand was a frontrunner in the innovative use of technology category. In total, there were 125 nominations for the awards across eight different categories. Judges said they were 'blown away' by the calibre of the nominations and the range of great initiatives to improve the work of the DHB and the health of the community.

While our contract with the Capital & Coast DHB is for face-to-face work in clinics, workshops and seminars, our nomination for the award was about our use of digital communication to make our services more accessible to a wider audience. These initiatives mean that information about arthritis is available at any time to those who need it:

- Webinars – two have been held so far and others are scheduled
- Streamlining and promoting our Facebook Q & A sessions on Monday evenings
- Delivering our first presentation by distance to a support group, using a venue with computer facilities.



Catherine Epps (left) from the Capital & Coast DHB presents a finalist certificate to Arthritis New Zealand's Zoe Pullman, Maureen Gillon and Philip Kearney

## Our valued volunteers

If you haven't already met her in person, or through her newsletter, Beatrice Fisher is our new Coordinator of Volunteers. She comes from a varied background, including teaching, but over the last 10 years she has worked closely with volunteers in a range of not-for-profit organisations.

In contacting volunteers and support groups around the country, Beatrice says she's impressed by the efforts of so many people.

"Many of them have quietly got on and run an exercise class or been part of a support group or collected for us, sometimes for years. Their service to others with arthritis is outstanding. Our volunteers are as essential to the work of Arthritis New Zealand as they've ever been, and they'll continue to be so," she says.

If you're a volunteer or support group member, Beatrice would love to hear from you! Please phone 04 471 0450 or email

**[beatrice.fisher@arthritis.org.nz](mailto:beatrice.fisher@arthritis.org.nz)**



Beatrice and her dog Abby

## A winning picture

Kay Walsh from Christchurch was the winner of our Orange photo competition with this stunning image of a tulip in her mother's garden.

Kay was diagnosed with rheumatoid arthritis as an infant. Although she went into remission at the age of 9, the damage to the joints and tissues had already been done. Over the years she has had eight hip replacements (four each side), two knee replacements and a fused ankle. One spell in hospital lasted six months.

In spite of decreased mobility, Kay tries to walk every day with the help of crutches and her brother's dog. The photo was taken late in the afternoon when the sun was low, adding extra vibrancy to the colours of the flowers.

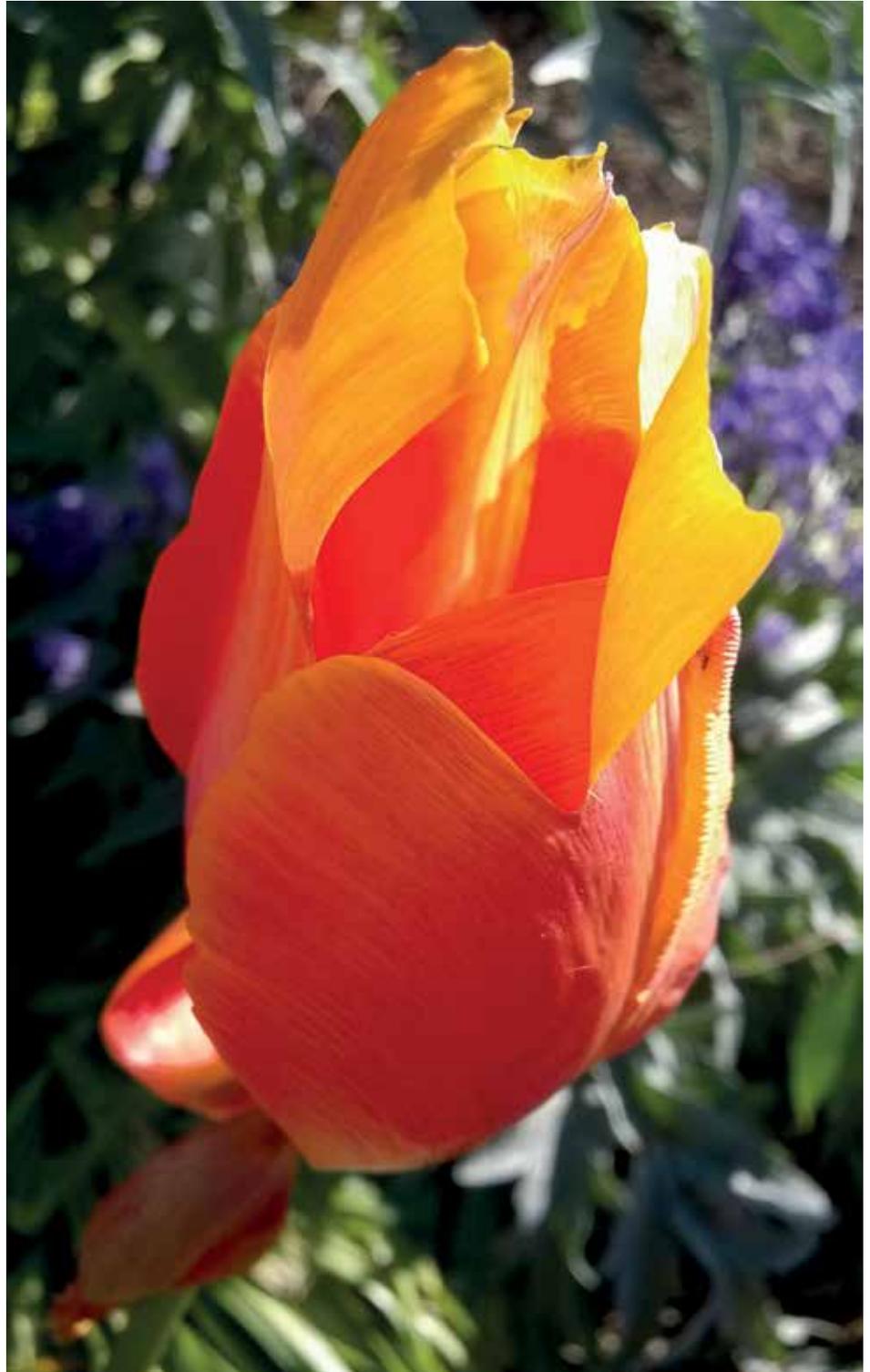
*"I was lucky with that one. I just wander about taking photos on my phone camera of things I see. Because I'm a slow walker I can take more interest in the little things and notice the details."*

Kay was a member of the Canterbury Arthritis Advocates for 13 years until increasing age, illness, joint surgeries and an inability to attract new members led to the closure of the group four years ago.

The group advocated for issues that still affect people with arthritis – access to rheumatology services, funding for medications, and lobbying for disability support services to be in line with ACC standards. They also prepared a booklet on tips to make life easier for those living with arthritis and distributed copies to hospitals and medical centres.

Along the way, Kay says she learnt a lot about effective advocacy and the need to balance passion and experience with facts and research.

"Sadly most of these issues seem to have resurfaced. Advocacy can be extremely



frustrating but when you get a result through your efforts, it is just the best feeling."

## AGM decisions

Our AGM in Christchurch last month considered which legal structure would best serve the organisation as we work to meet the challenge of improving the life of every person with arthritis.

Last year we adopted a new strategic plan with ambitious goals intended to greatly increase awareness of Arthritis New Zealand and our work and services. Earlier this year we changed our staffing structure to align with this new plan and since May our focus has been on the governance options for the organisation, recognising that these also need to adapt to changing circumstances.

A Task Group was set up to look at options, and online and postal surveys were held along with consultation meetings in the main centres. The Task Group recommended that the Governing Body explore the creation of a charitable

trust as the preferred governance structure for Arthritis New Zealand.

The reasons for the recommendation included a declining and ageing membership, low voter turnout for elections, and the cost and time required to remain as an incorporated society. As a charitable trust we will retain our vision, values and objectives, and continue as a registered charity with tax exempt status.

Attendees at the AGM considered and debated this proposal and its implications. Members voted to accept the recommendation that Arthritis New Zealand establish a charitable trust. It was

agreed that it was important for us to stay connected with supporters, continue to grant honorary life friend status, and encourage participation in Arthritis New Zealand. The Governing Body will now work towards transitioning to this new structure by 30 June 2018.

The AGM also expressed support for retaining Regional Liaison Groups while acknowledging that they need to become more representative of stakeholders; this will be considered further as part of the transition to a charitable trust. Services and activities will not be affected by these structural changes.

## Arthritis ambassadors

We have farewelled ambassador **James Lowe** off on his new challenges playing rugby for Leinster in Ireland. We will be following his new team from afar and making sure James continues to play in his orange Arthritis New Zealand wristband. James has been an amazing spokesperson for us and when his rugby schedule allowed, he attended our Children's Camp and parliamentary functions, sharing his story of life with arthritis.



Another ambassador, athlete **Dick Tayler**, is progressing well after a suspected heart attack in June while he was following the British and Irish Lions Rugby tour. Dick tells us it has been a long way back to good health but he is determined not to be beaten. Dick is best known for his upset win in the 10,000m at the Christchurch Commonwealth Games in 1974 before arthritis cut short his running career.



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## Leaving a legacy

You may have seen the publicity back in September about including a charity in your Will. There are many reasons why it's important to have a valid, up-to-date Will.

The first, of course, is to protect loved ones. It is only by means of a valid Will that you can be certain that your family and friends will be taken care of when you are no longer there.

Once you have provided for loved ones, you might like to remember Arthritis New Zealand in your Will. We are always grateful when we receive advice of a bequest. These gifts mean your legacy continues for generations as you support more than 624,000 New Zealanders with arthritis.

If you would like to talk to someone about leaving a gift to Arthritis New Zealand in your Will, or would like more information, please phone Dianne Armstrong on **0800 663 463** or email [dianne.armstrong@arthritis.org.nz](mailto:dianne.armstrong@arthritis.org.nz)

*We're also grateful to the people who ask family and friends to donate to us in lieu of flowers. These generous thoughts and donations help fund our work for all those, young and old, who live with arthritis.*



## Hip and knee OA: Research participants wanted

How do you decide which treatment for hip or knee osteoarthritis is best for you or your patients? What factors are most important to you? (e.g. accessibility, benefits, cost, effectiveness, harms.)

Researchers at Otago University want your opinion about different treatment options for hip or knee osteoarthritis. Your opinions will inform policy recommendations for managing OA in the public healthcare system.

All you need to do is complete an online survey. If you are living with hip or knee OA, or are a health care provider, health policy-maker or Māori health advocate with an interest in OA, please register your interest here:

<https://tinyurl.com/ybootx2l>

This research is approved by the University of Otago Human Ethics Committee.  
*The survey closes on 15 February 2018.*



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

### My details:

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  \$25 other:

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

Thank you for your generosity!

# JOINT SUPPORT

## For further information...

### Call free 0800 663 463

Call this number and ask to speak with one of our trained Arthritis Educators who will talk with you about managing your arthritis. They can advise you on medications, exercise, joint protection, pain management and healthy food as well as refer you to other community support or exercise groups.

### Make a donation

Phone 0900 333 20 to make an automatic \$20 donation to support the more than 624,000 New Zealanders living with arthritis.

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

Visit our website for information about the different types of arthritis, latest news, blogs, downloadable brochures, and more.

### Offices

Auckland	Unit B, 383 Khyber Pass Road, Newmarket, Auckland 1023 Phone 09 523 8900
Wellington	Level 2, 120 Featherston Street, PO Box 10 020, The Terrace, Wellington 6143 Phone 04 472 1427
Christchurch	Unit 3, 15 Washington Way, Sydenham, Christchurch 8145 Phone 03 366 8383

### Facebook



[www.facebook.com/ArthritisNewZealand](http://www.facebook.com/ArthritisNewZealand)

### Twitter



[www.twitter.com/arthritisnz](http://www.twitter.com/arthritisnz)

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