

# Arthritis Matters

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Summer 2019/20  
Edition

 **Arthritis**  
SOUTH AUSTRALIA

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For information and support

**Arthritis Helpline**

**1800 011 041**

**Country Free Call**

Arthritis Foundation of South Australia

A: 118 Richmond Road Marleston SA 5033

T: (08) 8379 5711

[www.arthritisau.org.au](http://www.arthritisau.org.au)

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# A message from the President

It feels like it has been a long cold winter and it was delightful to see some warmer days during spring. I hope that many of you are feeling just a little more comfortable without the biting cold and able to move just that little bit more freely in the longer warm sunny days.

However, with the advent of spring our hearts go out to all those affected by the terrible fires both in Queensland and New South Wales and most recently here on the Yorke Peninsula. Although it is a terrible reminder of the unpredictability of mother nature it is also heart-warming to see how communities in Australia come together in times of need and a reminder of the essential contribution our volunteers in all walks of life make.

World Arthritis Day was an enormous success with both our Public Lecture and the “pop up” session in Rundle Mall well attended; many thanks to Professor David Hunter for his insight on the benefits of adopting an evidence based ‘Model of Care’ and the Minister for Health and Wellbeing for taking the time to drop in – more details and pictures inside.

Delivery of our strategic plans are well underway with site works having commenced on the build of our location at 111a Welland Avenue. At the same time, those of you who visit us here at Richmond Road would have seen the “For Sale” signs go up as we move through the sale process.

I am really excited to confirm that in our new premises we will have access to a wonderful warm water hydrotherapy pool and a rehabilitation gym so hope to see more of you on site engaging in physical therapies.

Finally, I would like to warmly welcome Justin Sharman and Dr Fiona Goldblatt to the Board as our newest Directors. We are privileged to have two highly acclaimed specialists join our team. Justin brings a wealth of legal and commercial experience to the board and has experience of living with arthritis through a family member.



Dr Goldblatt is a highly respected rheumatologist and will serve as our Medical Director following in the footsteps of Drs Simon Burnett and Scott Graff before her.

May I take this opportunity to again thank everyone for their support over the last year and wish everyone a safe and Merry Christmas.

Take care of yourself and those around you and I look forward to catching up with many of you next year.

Dr Tiffany Gill

Board President



Pictured: Dr Tiffany Gill, Dr Fiona Goldblatt, Justin Sharman at the Governor's Garden Party

# A message from the CEO

In my role as Chief Executive Officer I get to meet many highly qualified, influential and simply inspirational people from all sections of our community.

It was wonderful to meet so many of you at the Public Lecture and later in the week under the gazebo in Gawler Place as we brought our wonderful health educators out to meet you for Word Arthritis Day; I particularly loved watching everyone participating in the Tai Chi demonstration.

Over the past three months I have had the privilege of listening to Professor David Hunter talk about how the introduction of an evidence based Model of Care has improved outcomes for many people living with osteoarthritis in New South Wales; I have listened to members of the Australian Rheumatology Association (SA Branch) talk about their science based research aimed at understanding arthritis conditions and improving quality of life, and I have met with members of our government and health departments hoping to raise awareness for everyone impacted by living with arthritis.

I have also met with members of our support groups, who routinely describe the number of operations they have had and daily challenges they face to manage what for many has now been a life-long condition. The camaraderie and sheer courage is what shines through most and it is hard not to be affected by the positive attitude our members exhibit in just getting on with life.

However, perhaps the most moving meeting was with fourteen-year-old Dayna and her mum Christina.

Dayna was diagnosed at 3 years old with JIA. The diagnoses has been life changing. Not just for Dayna, but her whole family who have had to adapt to a life filled with unpredictability revolving around medical appointments, pain management and bouts of debilitating fatigue.



I also had the absolute pleasure of talking with the niece of one of our benefactors who chose to make a significant bequest in his will and understand the unique character he was.

Whilst much of my time is spent in an office doing “businessy” things, it is the people I meet that remind me why what we do is so important; why we need to continue to advocate for improved access to education and resources, improved shared understanding and person centred care across all parts of our health care system, and finally, an unrelenting focus on research to reduce the impact and hopefully one day find a cure for the mostly invisible and largely unnoticed condition that is arthritis.

To those I have spoken with and the many more I have not, thank you for being part of our community.

May I take this opportunity to wish you a wonderful Christmas and may you be the best self you can be.

I look forward to seeing you in 2020!

Denise McMillan-Hall  
Chief Executive Officer

# Please join me in welcoming our new Board Members



Dr Fiona Goldblatt MBBS (Hons), PhD, FRACP, has worked as a Consultant Rheumatologist for nearly 20 years in a combination of public and private practice,

both here in Adelaide and London. She currently works as a Staff Specialist at Flinders Medical Centre and in private practice. She has been President of the Australian Rheumatology Association (SA Branch) from 2015-2018, also serving as a Director on the National Board during this time. Dr Goldblatt has a clinical research interest in systemic lupus erythematosus and patient compliance with medications



Justin Sharman is a Principal at DMAW Lawyers in the Dispute Resolution and Risk Management team. He has worked on a wide variety of complex commercial

litigation, contractual and property disputes, insolvency, bankruptcy and mediation of commercial disputes. He has provided advice and compliance training to clients in the retail sector regarding their trade practices obligations.

## Research



Arthritis SA, in association with the South Australian Branch of the Australian Rheumatology Association, was proud to announce the winner of the Postgraduate Rheumatology Grant of \$20,000 for 2019 at the ARA SA Branch Annual Scientific Meeting, AGM & dinner on November 1st.

The purpose of the grant is to support recent Rheumatology graduates to embark or continue research projects which lead to the improvement of the lives of patients with arthritis and associated musculoskeletal conditions.

The award winner, Dr Joanna Tieu has set out to extend existing research to establish and validate a new Anti-neutrophil cytoplasm antibody (ANCA) and associated vasculitis (AAV) tool, to reliably measure self-reported quality of life in the Australian context.

Since graduating from University of Melbourne with Bachelors of Medicine in Medicine and Surgery in 2010 she has gone on to establish a highly regarded reputation in clinical, non-clinical and academic areas including time as a visiting research fellow at the University of Cambridge in 2017.

She commenced her PhD in 2017 under the supervision of Professors Catherine Hill, Susanna Proudman and David Jayne from Cambridge.

# World Arthritis Day



World Arthritis Day is held each year on 12th October to bring awareness to the over 100 different forms of arthritis and to remind the community, health sector, business leaders and the government about the impact of this condition on the 1 in 4 South Australians who have it.

This year Arthritis SA held three events including a stakeholder meeting, a public lecture and a community event in Rundle Mall.

The first event was a meeting with key personnel from the university, government and research sectors to discuss a Model of Care for osteoarthritis in South Australia and the positive impact this strategy is having in New South Wales. World expert in osteoarthritis, Professor David Hunter presented at this meeting and discussed the benefits to the health system and individuals of a comprehensive Model of Care. Arthritis SA will continue to work with stakeholders to progress advocacy and research in this area.





Professor David Hunter also presented at the public lecture which was held at the Adelaide University Health and Medical Sciences Building, and was well attended by members of the public, health professionals and researchers. Professor Hunter's presentation focused on osteoarthritis, how lifestyle factors contribute to the development of the condition and the impact that healthy behaviours and the prevention of sporting injuries can have on the incidence of osteoarthritis.

Friday 11th October saw the Arthritis SA Team in Rundle Mall attending a stall where we spoke to many members of the public who came in to chat or just collect information about arthritis. We were fortunate to be joined by not only SA Ambulance Service who provided CPR demonstrations and Mardiyah Vigor who provided Tai Chi for interested people, but the Minister for Health and Wellbeing the Honourable Stephen Wade also visited to promote awareness of arthritis.



# A New Direction

## Background

For many years the organisation operated a very successful telemarketing contact centre, which was our income generating backbone enabling Arthritis SA to provide direct support services to those living with arthritis, and the ability to invest in meaningful research to give hope for the future.

It is a credit to all the staff, some of whom have worked for up to 20 years, that the centre was so successful over such a long period. However, in a complex changing external environment in the not for profit sector influenced by technology and changing expectations in the community, it has become evident, following a deteriorating financial operating position, that if we want to be in a position to continue to offer the same level of service and develop more client based services

going forward we need to rethink both how we derive our income and how we use it.

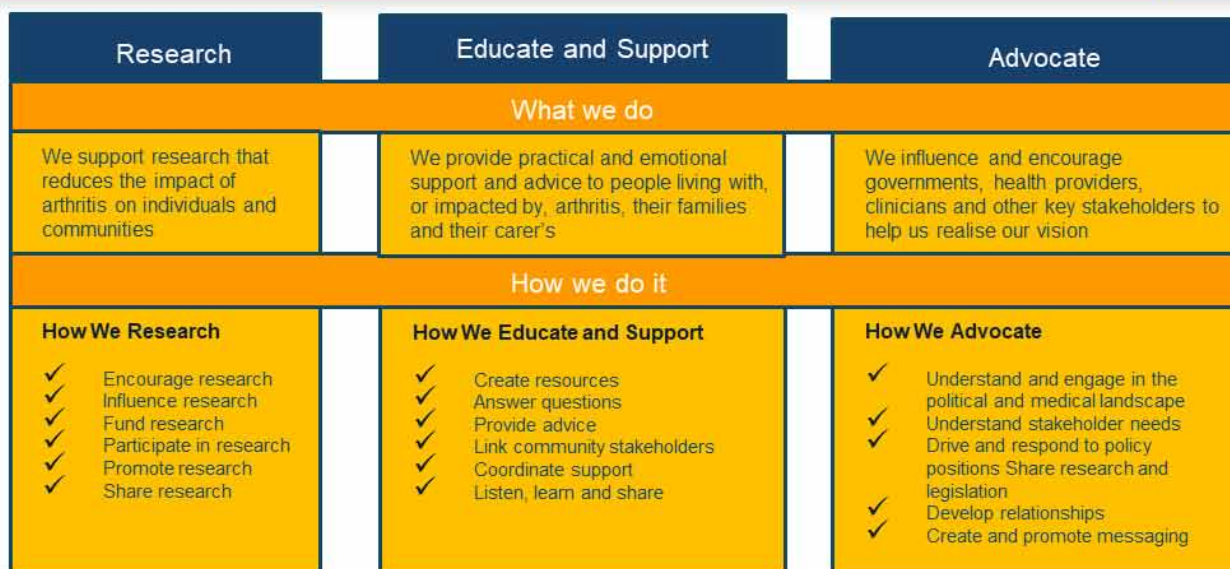
In order to remain relevant and sustainable the Board undertook a major strategic review in November 2018.

## A Revised Vision and Mission

The Board re-confirmed a commitment to the core 'purpose for being' of the organisation; to improve the lives of those living with arthritis. However, it was recognised that this should also reflect at the highest level how the outcomes would be achieved.

The resulting Vision and Mission Statement diagram articulates at the highest level what we want to achieve, but also the underlying mechanisms and strategy to be used for achieving our goals.

### Help and Hope For those Living with the Impact of Arthritis



**Governance :** board | strategy | management |  
**Channel :** website | social media | email | office | publications | stakeholders' channels  
**Actions :** fund raising | meeting | responding | contributing | advertising | publishing  
**Infrastructure :** office | IT systems | software | hardware

# ...and we are on the move



## A New Beginning

A detailed analysis of income, expenditure and activities over the past 5 years indicated a strong deterioration in operating outcomes.

Accordingly, the Board has concluded that effective use of assets applied to our central purpose must drive decision making at all levels.

It is in this context that in early 2019 the Board made a strategic decision to re-purpose premises located at 118 Richmond Road and undertake future operations from a facility in Welland which will provide ready access to two hydrotherapy pools and a rehabilitation gym in a brand new development.

Whilst we are sad to say goodbye to the Richmond Road premises which have served the organisation well for 10 years, they are no longer suited to meeting future needs. The new premises will be extremely accessible and will benefit from support of the local council who are strongly advocating the Welland location for development as a health hub and are encouraging other allied health professionals to move into the vicinity in the near future.

## Sustainability

The strategic review also took a deep dive look at how we engage with donors and how we offer services to those living with arthritis.

The Board concluded that, as an organisation we reflect society needs by embracing the opportunities presented through modern technology to connect with the community more readily and by partnering more widely with other organisations from both not for profit and corporate sectors to achieve efficient use of resources.

We need to be able to connect with each segment of the community in a meaningful way and this means potentially re-designing how we deliver current programs and developing alternatives, always ensuring we are doing so in the most efficient and effective way possible with consumers at the centre of our care.

# AGM - A year in review

## The year that was

**6000+**

### Attendees at

- Arthritis Condition Specific Informations sessions
- Take Charge of (Tco....)
- 'Below the Belt'
- Pain Management Seminars
- Allied Health Education sessions
- World Arthritis Day Public Lecture
- Bone & Joint Health
- GLA:D exercise information
- Movie events

### We worked with:

- Country SA PHN
- University of Adelaide
- Orthopaedics SA,
- GPs,Physiotherapists
- SA Health (JIA team)
- ARA (SA Branch)
- Onkaparinga Council
- Continence Foundation
- Corporate supporters

The AFSA AGM was held on October 22 2019 and well attended by members keen to hear outcomes for 2018-19 and planning for 2019 -2020.

As anticipated we finished the 2019 financial year with a significant loss as noted in our Annual Report brought about primarily by the challenges faced by all charities through declining donations. Although we reduced operating costs this was not sufficient to offset the drop in donations and supports the Board's decision to review our strategy for delivery going forward.

At the AGM the President spoke about AFSA's commitment to re-connecting with the community and the opportunities the new premises will present in this regard with access to hydrotherapy and gym rehabilitation facilities.

We are very excited about the additional services we will be able to offer once the relocation takes place.

We also took time to celebrate the good work of our team highlighting all of the incredible events and information sessions held during 2018/19 to support all of those impacted by living with arthritis.

**“Thank you to everyone who has supported us and made possible all of the above activities either though donating to our Appeals, Kidsflix, buying lottery tickets or making a major gift, grant or sponsorship. It is only with your ongoing support we are able to continue to offer our support to those in need.”**

# Thank you - The wonderful gift of a Bequest

Born in December 1927 John Stuart Colville (John) was the last in a long line of John Colville's. Although a quiet private man who did not marry, John was an imposing man with a sharp wit. At his happiest when engaged in any form of intellectual activity he particularly enjoyed playing chess, building and developing short wave radio and building his own computers. Perhaps not surprisingly he also took great delight in a bit of robust debate!

John continued his love of learning throughout his life, especially languages studying German, Swedish, Dutch, Hungarian and Romanian, as well as French, Italian, Serbo-Croat, Russian and, in later years, some Malay and Korean purely for the satisfaction it brought him. John also had an immense passion for books and music accumulating a library of over 8000 books, many being in foreign languages, over 1500 'LP's and a great many CDs and DVDs, mostly of classical music.

In 1949 John completed a B.Sc. Honours in Physics. He spent 1950 working on a research project - his special interests were atomic magnetism and practical thermometry - before joining the Physics Department at the University of Queensland in 1951. Here he was employed as a lecturer while embarking on research for his Master's thesis.

Returning to Adelaide in 1954 John went on to complete his M.Sc. thesis in 1955 on the Thomas-Boltzmann theory of thermoelectricity, before joining the CSIRO where he worked in the Division of Soils at the Waite Institute, specialising in the hydrology of the Murray River Basin. In 1961 John completed a BA, majoring in History and German. Testament to his character this degree was undertaken just for interest while he continued his work as a soil scientist.

Retiring in 1987, John continued to devote his time to his love of all things intellectual, continuing to build and invent, and adding to his already extensive library collection. John passed away at the age of 91 on 29th January 2019.

In discussion with his niece, and in recognition of his love of science and learning, the Foundation will be establishing a basic science research scholarship for the next three years to be named in his honour, **the John Stuart Colville Science Scholarship.**

**"With grateful thanks and acknowledgement to a man of enormous spirit, generosity, character and intellect."**



Arthritis  
SOUTH AUSTRALIA

## Make a lasting impact

Research holds the key to more effective treatments of Arthritis. By remembering Arthritis South Australia in your will, you can play a role in finding a cure for these debilitating diseases.

If you would like to leave a gift in your will, please contact us at

**08 8379 5711 or  
info@arthritissa.org.au**



## Congratulations Tiffany!

Arthritis Foundation President Dr Tiffany Gill was recognised by the University of Adelaide winning the Community Volunteering Award for University Staff.

Introduced in 2017 through the support of University of Adelaide donors Ron and Marilyn Seidel, this award acknowledges staff who lend their expertise to the general community on a voluntary basis. The award recognises outstanding achievements by an individual University staff member who has been volunteering for a community or cause outside the workplace for at least two years.

Dr Gill was recognised for her 15 years of commitment to Arthritis SA. Now President, Dr Gill has previously served as Board member, Chair of the Research Education and Advocacy Committee and Vice President. She has worked tirelessly over this period giving up her own time despite a very demanding professional career and private life as mum to two gorgeous and very mischevious twins.

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# National News



## More funding for JIA Camps and the Arthritis Infoline

It has been a busy time for Arthritis Australia (AA) with the release by the Federal Government of invitations for applications for grants as part of the \$4m committed in the last election to support for the National Strategic Action Plan for Arthritis.

Of the \$4m, \$2m (over 4 years) has been committed to support Consumer Information, Education and Support. Arthritis SA has partnered with the other states and AA to submit an application to secure funding support through this grant opportunity in two areas

- expanding and enhancing the existing Arthritis Infoline support service.
- Expanding the reach and coverage of Juvenile Idiopathic Arthritis (JIA) kids camps run by arthritis organisations to allow more children to participate.

In South Australia this would give us the opportunity to support young people with JIA to attend camps in New South Wales to connect with others facing the same issues and importantly – to chill out and have fun for a few days.

If you read the “moment with....” in this edition it is clear having others to connect with is an important aspect for young people living with JIA and this would be an enormous step forward for support in South Australia.

The balance of the \$2m will be awarded to support health professional education and awareness. Whilst the health professionals we work with are very knowledgeable and skilled there is still much to be done in enhancing training of non-specialist health professional in the areas of

- Early diagnosis and treatment for inflammatory arthritis
- Things you can do to better manage OA
- Managing inflammatory arthritis.

Now, we wait and see if we are successful. More in the next issue....



# Focus on... Fruits & vegetables

Nearly everything we hear or read these days suggests a miracle diet for losing weight or curing a myriad of health conditions. In most cases, eating a balanced diet based on fresh fruits, vegetables and whole grains sets you up for a healthy intake of vitamins, minerals and fibre to provide your body with fuel.

When you have arthritis, your body is working hard to manage sore and inflamed joints so it needs extra nourishment from the food you eat to not only keep your body systems working well but to replenish the extra vitamin and mineral stores it uses when the body is under stress.

While there is no miracle diet for arthritis, eating a variety of fruits and vegetables, lean meat and wholegrains can help support your body to manage the condition.

It is recommended that you eat at least five serves of vegetables (1/2 cup cooked vegetables, 1 cup of salad) each day, but we know less than 1 in 10 Australians reach that – are you one of them?

When planning meals think about the vegetables you are including and remember the more colour and variety on your plate the bigger the range of nutrients you are consuming.

## **‘Try to aim for at least half of your plate to include vegetables’**

Including at least two serves of fruit each day provides not only essential vitamins but also fibre to your diet. One of the roles of fibre is to slow down our digestion, allowing the body to absorb nutrients from food.

So what is a serve?

One medium or two small pieces of fresh fruit or one cup of chopped or canned (no added sugar) fruit.

## **How do you include more fruits and vegetables in your diet?**

## Breakfast

- Add fresh fruit to your breakfast cereal – blueberries, strawberries and raspberries are sweet and readily available at this time of year so why not add a handful to your cereal.
- Add vegetables to your omelette or include avocado, tomato or mushrooms on toast.
- Use vegetables in a breakfast smoothie – carrots and spinach work well – as well as fruits, yogurt or milk.



## Lunch

- Enjoy a frittata, hot or cold, packed with vegetables. Why not add a side salad to boost those serves even more.
- Roast vegetables and sprinkle with herbs and spices for an added flavour touch and remember the rainbow, including as many different varieties as possible.
- Why not try one of the many varieties of flat bread and fill it with salad vegetables to make a wrap – add some hummus for added flavor.



## Snacks

- Enjoy a vegetable dip with veggie sticks and/or crackers
- Try some frozen grapes for a snack on a hot day
- Use star shaped cookie cutters to cut festive watermelon pieces to add to your Christmas celebrations – children big and small will enjoy these. Try dipping in coconut for some added texture and flair.
- Make fruit kebabs, using different coloured summer fruits. Try watermelon, rockmelon, honey dew, strawberries or banana.



## Dinner

- Add a side salad to your usual evening meal to increase vegetable serves.
- Make 'vegetable noodles' to add to pasta sauces – you can buy these now at the supermarket if you'd prefer not to make your own.
- Although the weather is warmer, soups are always an easy way of including more vegetables in your diet. Add vegetables to chicken or beef soups or have a vegetable only soup.



# Sjögren's Syndrome

Sjögren's (pronounced 'Show-grins') Syndrome is an autoimmune condition where the immune system attacks the cells in the body that produce moisture.

It is more common in women than men. Sjögren's can be diagnosed at any age but is most commonly diagnosed between 40 - 50 years of age. The glands that produce tears and saliva are most commonly affected, but it can also affect those in the nose, throat and skin.

Symptoms of Sjögren's include dry eyes with few or no tears or the sensation of having grit in the eye, dry mouth which makes chewing, swallowing and speaking difficult, and swelling and tenderness of the glands around the face, armpits, neck and groin.

Sjögren's Syndrome is systemic, affecting many different parts of the body including the kidneys, lungs and liver. Symptoms can also include fatigue, muscle and joint pain, vaginal dryness and bowel irritation.

The health care team involved with the treatment of Sjögren's will often include a Rheumatologist, who specialises in musculoskeletal conditions, an Ophthalmologist who specialises in treating dry eyes and a Dentist to manage oral health.

While there is no cure for Sjögren's, there are treatments available that can help manage symptoms including, but not limited to, eye drops, nasal sprays, specialised toothpastes, mouth washes and sprays, skin moisturisers and medications that work to calm the immune system.

Managing the symptoms of Sjögren's can include using artificial tears and lubricants for the eyes, avoiding conditions which will be drying to the eye including drafts from heaters and air conditioners, and exposure to dusty or windy weather, using a humidifier so the air isn't too dry, eating a healthy diet including soft, moist foods, sipping water or sucking ice cubes, staying physically active and smoke free.

Tennis Champion Venus Williams was diagnosed with Sjögren's Syndrome in 2011 and continues to compete while managing her symptoms.

Action Images via Reuters / CARL RECINE - stock.adobe.com



# Symptoms of Sjögren's Syndrome



- Fatigue
- Dry eyes with few to no tears (sensation of grit in eye)
- Dry nose
- Dry mouth which can make chewing difficult
- Higher risk of dental decay
- Swollen/ painful saliva glands
- Difficulty swallowing
- Swollen glands around the neck, armpits, face and groin
- Heartburn
- Muscle & Joint pain
- Dry skin
- Stomach
- Bowel Irritation
- Vaginal Dryness

## What is an autoimmune condition?

Our immune system fights disease and viruses and works to keep us healthy. Sometimes, for unknown reasons, our immune system mistakenly believes our body's cells, tissues or organs are foreign and sends antibodies to attack them, resulting in inflammation and damage.

This attack on the body can be localised to a single cell, tissue or organ or systemic meaning many different sites in the body are affected. The result of this attack on the body is called an autoimmune condition.

# A Moment with... Dayna Mattchewson



Looking at the picture above you would never know that Dayna Mattchewson lives with chronic pain, constant fatigue, and debilitating nausea and sickness.

Dayna is one of around 600 children and young adults living with Juvenile Idiopathic Arthritis (JIA) in South Australia. Diagnosed at three years old, Dayna's life, and that of her whole family unit, has been shaped by her condition and although she bravely deals with it head on, the truth of what it means for her is very confronting.

Dayna and her mum Christina sat down with Arthritis SA Chief Executive Officer Denise McMillan-Hall to share her story in the hope of creating greater understanding in the community about this silent and largely invisible condition.

Here is some of what she had to say.... \*

Q "Dayna, can you tell us a little bit of what living with JIA means for you"

A "... a lot of stress, a lot of pain, a lot of medication, not getting to hang out with friends"

What comes through loud and clear when asking Dayna about living with JIA is the absolute dominance it plays in her everyday life. The phrase that comes to mind is the famous quote by Sir Isaac Newton – "To every action there is always opposed an equal reaction".

To manage her condition Dayna takes some powerful Auto Immune Suppressant medications which manage her immune response and hence manage the physical consequences associated with inflammation of the joints (which is essentially the core problem).

Unfortunately for Dayna, the medications cause her to have severe anxiety, nausea, vomiting and chronic fatigue. Dayna knows she must take the medication but she also knows there will be consequences which have an enormous impact on her daily quality of life. Catch 22!!

As a result, the family is constantly balancing Dayna's 'must do' activities with 'want to do' activities. Special occasions such as family get-togethers, socialising with friends, shopping, dancing, playing sport etc all need to be considered in the context of activity versus consequence. Nothing can be taken for granted; everything has to be carefully planned and considered in context of demands for 'healthy' time and managing the consequences of doing too much and medication reactions.

Q "what was the first indication that Dayna had a health issue and how old was she"

A *"Dayna was three years old and one night developed an extreme temperature. She struggled to get up some stairs and was quite distressed but there were no other symptoms. Concerned about the temperature we called a locum who noticed extreme inflammation in her knee and referred her immediately to hospital. Overnight the tests at the hospital immediately diagnosed our child with juvenile arthritis. At the time we had never heard of JIA and certainly had no idea of what the diagnosis meant for the immediate and long term future for Dayna and all of us. We weren't really given much information as to what the diagnosis really meant, or where to get help or support.*

*Currently Dayna is diagnosed with JIA in both knees, both sides of her Jaw joints and has Uveitis/Iritis in her eyes. The medication has placed her in remission at the moment, but it's still there and being managed".*

In listening to Christina it appears they are in the small minority who are diagnosed very quickly – all credit to the locum who attended and making the decision to refer. In many instances we hear cases where a diagnosis takes months if not years because arthritis in children is something not usually front of mind.

We know that the earlier the condition is diagnosed and treated, the less impact and chances of damage occurring due to 'flares', the better the outcome. This is why it is extremely important the government's commitment to funding more education and awareness for the public community, health professionals and people living with this debilitating disease is so essential.

Q" Christina, what impact has Dayna's condition had on the family as a whole and how do you manage the pain that goes with the condition"

A *"enormous... there is no such thing as an "ordinary" day because we never know how Dayna is going to be feeling on a daily basis. Being self-employed gives me the freedom to work around Dayna's health needs.; there are several weekly/ monthly ongoing medical appointments to attend, we have 6 in Dayna's team of specialists and practitioners caring for her. Her morning routine is a series of stretches and very slow moving to warm up the joints. Schooling is a challenge, I often receive calls from school to pick her up due to being in pain and needing to be cared for at home. Dayna has recently been placed on a half time trial program at school to help manage her fatigue. We have stairs and a ramp at home but sometimes Dayna is so tired or in so much pain dad has to carry her from the car into her bed. As a family we have to think ahead and plan the best we can. We know medication, any physical activities and their after effects can result in severe fatigue, pain and nausea; we must think about all these things to try and ensure we time and pace things around Dayna so she is able to do as many activities that really matter to her".*

*"In 2018, in addition to her existing diagnosis, Dayna was also diagnosed with Uveitis / Iritis ; this is a form of arthritis affecting the eyes. The uncertainty of her future, of not knowing the potential of her going blind, plays on our minds a lot. We try and give Dayna as many good memories as possible to remember in the event it does happen. Dayna often spends a lot of time resting in bed and having something to occupy her mind is really really important. She loves to read and draw. Anything that can stop her thinking about her condition and the ongoing pain and medication she has to take helps".*



She has attended boot camps , auditioned for Casting Agents in Adelaide, Sydney, Los Angeles and is now in the process of writing her own song. Remembering the good days gives Dayna something to focus her mind on, as a reminder to keep moving past the pain and badness she is feeling in that moment.

Dayna attends every rehearsal, although sometimes she has to sit on the sidelines and watch others as they learn the steps. Her condition means that in order to protect and conserve her strength for the final major event; again she is constantly juggling and making choices that most of us never have to worry about.

For a young person just entering adulthood it's a lot to deal with. As Dayna says, *"it's been a big year and I'm just beginning to realise, ok... so this is my life"*

Her advice to all the parents and medical profession caring for someone with JIA is wise beyond her years. *"Be patient; a lot of things can be going through their heads at any time; and dealing with JIA is as much mental as physical. It isn't just the immediate pain or situation you are dealing with, but thinking about what will follow, and then what. And what's after that...."*

Having JIA doesn't hold Dayna back from having a go and her courage and enthusiasm to make the most of things is contagious. Most recently she has been accepted into the cast for the upcoming musical production "We Will Rock You" and if there is one certainty, it is that she will give it everything she's got to shine.

<https://www.starnow.com/daynamattchewson>

*\*answers are edited for ease of publication.*

Throughout the whole of our chat the pervasiveness of the impacts of JIA on the entire lives of Dayna and her family is overwhelming. The unpredictability and constant planning and reacting is like a never-ending battle and even just listening to how the family copes felt exhausting.

However, what also shines though is the family's determination to make the most of every opportunity to be positive and create happy memories for Dayna. Dayna has developed a love of acting and being on stage. When asked why she loves it so much her answer speaks volumes " It allows me to be someone else....I don't have JIA and I don't have to think about it".

This led to a holiday to America where Dayna took part in an acting program.

Since then she has immersed herself in the Creative Arts industry, training in acting and singing. Dayna has appeared in several stage productions including most recently The Wizard of Oz and High School Musical.



# Top Tips for Christmas



## In the lead up to Christmas, preparation is the key.

With the festive season on our doorstep, preparation and planning are important to help ensure you get to enjoy all the activities you love at this time of year.

**Here are a few tips to help you plan your activities and manage sore joints.**

- **As you get busy, one of the first things that often falls off the 'to do' list is exercise.**

Make sure you maintain your exercise routine whether it be attending a class, a regular morning walk, a swim or some gardening. Your joints will thank you.

- **Pacing becomes a vital strategy at this time of year, and not just for those with arthritis.**

Building rest breaks into a busy day, even if your joints are feeling ok, is an important way to manage arthritis. Try not to overdo activities or repetitive tasks that use your sore joints such as Christmas shopping, wrapping presents, cooking or putting up the tree, build in rest breaks to ease the strain on your joints.

- **If you have overdone it, take some time to rest and recover.**

Use heat or cool packs on sore joints to ease the pain and when you are ready, ease slowly back into the festive activities.

- **If you are putting up a Christmas tree or decorations.**

Remember to think about tripping hazards with extra cords, tinsel and lights often put up around the house or garden. Sore hips, backs and knees often make it difficult to walk, so ensuring the floor is clear of tripping hazards will minimize the risk of a fall.

- **It's easy to forget good eating habits at this time of year with so many goodies on offer.**

What we eat can have an impact on arthritis so remember to include plenty of vegetables, fruit and wholegrains in your festive menus and stay well hydrated with water.

- **If you suffer from gout, know your triggers and avoid food and drinks that may cause a flare.**

Be cautious of foods high in purines such as prawns and other shellfish, vegemite, red meats and beer. Enjoy cherries! While the research is still not clear on why, cherries may help prevent an attack in those prone to gout.

# How we can support you

Almost every family in South Australia is touched by one of the over 100 conditions referred to as “Arthritis”. While 1 in 4 people in SA already live with Arthritis, this number is expected to rise significantly in coming years.

## Arthritis Info Line 1800 011 041

Our team of Arthritis Educators have been available to answer your questions of concerned parents, provide helpful information and offer emotional support when it is needed most. Who do you know living with Arthritis?

Being well informed about Arthritis is the first step in managing the symptoms and treatment of your condition. Join us for one of our consumer sessions to learn more or get in contact and hire one of our Arthritis Educators to present at your event.

## Health Education Courses & Seminars

## Funding of Research

With the elusive cure for Arthritis still out there, investment in research has never been more important. Help us to support research through a donation today.

Advocacy is a fundamental part of our work to ensure policies, systems and services are in place to support those with Arthritis in South Australia.

## Advocacy & Support

## What's on

### February

Thursday 6th - 'Back to School with JIA' consumer information session

Thursday 20th - 'Arthritis Aware' Health Professionals Networking Session

Thursday 27th - '10 Steps to live well with Arthritis' Arthritis mini series

### March

Thursday 12th - 'Understanding Osteoarthritis & Staying Active' Arthritis mini series

Thursday 26th - 'Make Food Choices That Count & Balancing your Life...' Arthritis mini series

### April

Thursday 9th - 'Techniques for Coping with Ongoing Pain' Arthritis mini series

# Christmas Appeal

**This Christmas season, please think about those people you can help right now with this, your Christmas gift.**

Because of your donations, every day here at Arthritis SA our health educators are able to respond to calls for help on our free Helpline. Some callers have been living with arthritis for years, some are just newly diagnosed and don't know where to go to get help. For all of them, life is a constant challenge balancing what they want to do with what their condition allows them to do.

**Arthritis does not discriminate.**

It does not care how old you are or where you come from. Toddlers from as young as two can be crippled with pain, school children miss out on a normal childhood and adults often can't work. It impacts the whole family, financially, emotionally, practically. Everyone is desperately seeking information or guidance that will make life that little bit easier.

Every time you donate, you make a difference to people in extreme pain with sore knees, swollen hands that just refuse to work, and feet so agonising they can barely stand up. Shoulders, necks, backs, all impacting what should be the simplest of movements or tasks such as opening a milk bottle or tying a shoe lace. Carers who are at their wits end just keeping up with day to day life needs and searching for ways to help their loved ones.

Living with Arthritis is exhausting for everyone; poor sleep and just getting out of bed is an extreme effort. Where simply getting showered and dressed is a massive win for the day!

Every time you donate you are helping one of these people. All of these people come to us for practical help and emotional support.

We give tips on how to cope with all aspects of living with the impacts of arthritis from managing the physical pain to mental strain and constant fatigue.

Here are just a few of the courses we ran over the last year to help people "10 Steps for Living Well with Arthritis", "Understanding Osteoarthritis and Staying Active", "Take Charge of Pain", "Make Food Choices That Count", "Techniques for Coping with Ongoing Pain", "Bone and Joint Health".

We also ran 26 Kidsflix events full of joy and happiness to give children and their families a day off from the everyday worries the children's health challenges bring. Many say the Kidsflix event is the only time in a year when they can be 'normal' children.

**You can help; you can continue to make a difference.**

By ensuring there is someone on the phone to help them.

By ensuring our health educators are available to come out into the community and provide practical tips, resources and information on how to live as healthy a life as possible you are changing lives.

The information and support we are able to offer through your donations changes lives.

**Please Help us to Help!**

Please donate today we need your help.

**Please turn over to see the many ways you can donate.**

*You make a difference every time you donate  
Please help by donating now*



## How to donate towards our Xmas Appeal



Directly into our bank account using your contact ID:  
Arthritis SA - BSB 035 212 - Account 220101



Online using our website or partner pages:



[arthritisSA.org.au](http://arthritisSA.org.au)



[paypal.com/au/fundraiser/charity/3496750](https://paypal.com/au/fundraiser/charity/3496750)



[mycause.com.au/charity/21873/ArthritisSA](https://mycause.com.au/charity/21873/ArthritisSA)



To contribute by credit card, cheque or money order, please complete the form below and return.

My Contribution  to the Xmas Appeal 2019

☐ \$50 ☐ \$100 ☐ \$500

☐ Monthly ☐ Annual ☐ One-off

Credit Card Number                 Expiry   /

Card Holder Name

Signature

Contact ID:



I would like my receipt via email  
Saves money and paper!



I would like my receipt via post



I would like details about making a gift in will

### Personal Details

Name

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Postcode

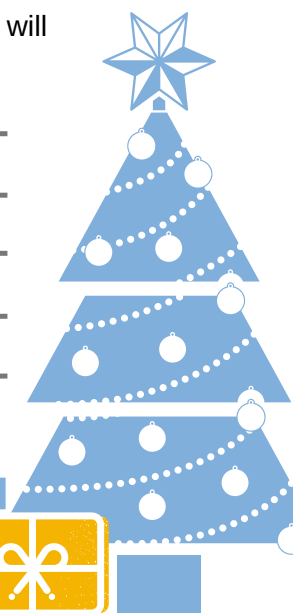
Phone Number

Email



*Your donation is  
much appreciated!*

*Thank you* Denise McMillan-Hall  
CEO Arthritis SA



Arthritis SA is a registered charity (Licence No. CCP2463) all donations over \$2 are tax deductible

1 in 4  
South Australians  
lives with  
arthritis

**Arthritis**  
SOUTH AUSTRALIA

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All donations over \$2.00 are tax deductible