

Arthritis Matters

In this issue

A moment with Jeff
New building
World Arthritis Day
Focus on Pain



Spring
Edition 2020

 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: 111A Welland Avenue Welland SA 5007

T: (08) 8379 5711

www.arthritisau.org.au

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President's Message

2020 is presenting as the most challenging year many of us can remember. In our Autumn Winter Magazine we were just on the cusp of the COVID pandemic, and for a short while it seemed by acting swiftly and decisively South Australia had avoided the worst impacts. Now in September as the virus sweeps the world, and Victoria in stringent stage 4 restrictions, I encourage everyone to be vigilant about social distancing and hygiene practices to minimize potential for a second wave here.

Despite the challenges, the Board and executive of AFSA have been working hard to ensure we continue to deliver on our core activities of investment in research, providing practical support for those living with or caring for someone living with arthritis, and advocating on behalf of all those living with arthritis.

In this edition we are excited to bring you news about the John Stuart Colville Science Scholarship and a new Memorandum of Understanding with the private sector and Commission on Excellence and Innovation in Health (CEIH) which has the potential to

greatly enhance the options open to those people living with painful joints and contemplating the need for a joint replacement.



Arthritis SA have been able to continue to provide services by telephone and online and we know by the feedback from many members that they appreciated the call from Rosalie checking in to see how everyone was doing during self-isolation.

Finally, I am delighted to advise that on Wednesday 29th July, the long awaited move into our new home finally took place. Whilst we are very sad to leave behind Richmond Road, we look forward to welcoming you at the new site as we mark a new chapter in the journey of the Foundation.

Warmest wishes,

Dr. Tiffany Gill
Board President



Arthritis SA President Dr Tiffany Gill was delighted to take delivery today of our Honda Foundation Hero Loan Vehicle. The car will be used to travel the state supporting delivery of arthritis education services and support into the community.

We've had our first drive and absolutely love it!

Thank you Honda!

CEO's Message

It has been a challenging few months for the team as we contended with the ramifications of COVID as well as the planned relocation to Welland. Sadly it meant we had to pause all of our face to face events across education and Kidsflix. Fortunately, some of the ICT changes we had instigated meant we could continue working and like many others we quickly became adept at creating videos to put information online.

Whilst we were unable to see you at planned seminars, Rosalie was able to chat with many members during the height of restrictions and it reminded us how important checking in with family and friends is at any time but especially during times of stress.

As restrictions eased, we were able to complete planned seminars and restart the Kidsflix events by holding functions at Mitcham, Noarlunga and Mount Gambier; all with COVID safe plans in place of course. There is no doubt everyone was delighted to be out and about again, particularly the children and Kidsflix families who have found social restrictions particularly hard. Support groups managed to meet and even got out to visit a couple of members at home.

I would like to say a particular thank you to all of those special people who supported a Kidsflix function or donated to our recent tax appeal.



Without your generosity we would not be able to continue to support the community. Thank you for making a difference; we really couldn't do it without you.

In this edition and for World Arthritis Day we are focusing on pain and pain management. When people come to us it is often for advice about how to cope with pain rather than technical information about their condition. We know that long term opioid use can introduce new problems so we are looking at ways to help the community understand the nature of pain and give insights as to how they can self manage chronic pain.

Finally, we are very excited to finally be able to bring hydrotherapy to our arthritis community with some dedicated classes in the brand new Adelaide Hydrotherapy Pool.

See inside for more information.

Denise McMillan-Hall
Chief Executive Officer



We could not let the occasion of a very special 90th birthday celebration go by without acknowledging and wishing a "happy birthday" to one of our longest serving volunteers and most valued officers of Arthritis SA.

Peter Thompson along with his wife Jill, have been supporting the arthritis community since 1984 and in both official officer roles with the Board and as volunteers and fundraisers. Peter and Jill have been committed members and particularly loved volunteering at the Kidsflix events, only retiring last year at the grand age of 89!

*"- from all us here at Arthritis SA and the Kidsflix SA families,
HAPPY 90th BIRTHDAY PETER!!!*

You are an inspiration and we have missed you and Jill dearly at this years events."



Research

Arthritis SA is pleased to announce the establishment of the John Stuart Colville Research Fellowship which will be awarded to a South Australian based early career researcher, focusing on musculoskeletal pain over the next three years.

The research will be 'translational' meaning it will be using the scientific evidence gathered through bench top research and work on the translation of this evidence into new therapies, medical procedures or new recommendations for people with musculoskeletal pain.

We are currently working with the three universities in Adelaide to select an exciting new research project to progress the body of evidence in the area of musculoskeletal pain, as we know that it is a major area of concern for many of our members.

The successful research Institute will be announced at the World Arthritis Day celebrations in October and we look forward to following the recipient of the Fellowship with interest over coming years.

This Fellowship has been made possible from the generosity of a South Australian gentleman who valued science and the progress research could make to the health and lives of the community.

Arthritis SA is proud to enable a new generation of South Australian researchers to progress not only evidenced based practices in the area of musculoskeletal pain, but to progress South Australia as a research state.



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



Focus on Pain

Pain is complex and everyone experiences it differently. Injury, disease or sickness can be the cause of pain or it may occur without a clear reason. Pain is not just sensory but can be affected by emotions, beliefs, personality and social circumstances.

Pain can be acute, meaning it lasts for a short time and happens due to injury, surgery or another condition, or it can be chronic, meaning it lasts beyond the normal healing time of around three months. Chronic pain is ongoing and will be experienced most days of the week.

Around 1 in 5 Australians aged over 45 experience chronic pain and, when compared with those without pain, were 2.6 times more likely to have arthritis (AIHW 2020). While there are inherent risk factors for the development of chronic pain that we don't have control over, ie being female, genetic predispositions. There are others such as physical inactivity, smoking and being overweight or obese that we do have some control over.

Coping with ongoing pain often sees people in a cycle of tense muscles, poor sleep, stress and anxiety, dealing with difficult emotions, depression and medication issues which in turn all impact on the underlying condition. To break this cycle, neuroplasticity, or the brain's ability to grow and change, is important in the adoption of new ways of approaching pain and techniques for coping.

To reduce pain and improve the quality of life we encourage and support people to:

- Increase their physical activity. This doesn't mean you need to join the local gym, adding a gentle walk around the garden or neighbourhood each day can make a difference.
- Eat a healthy, balanced diet rich in fruits and vegetables.
- Take time out to relax. Trying a new technique such as mindfulness or meditation or listening to your favourite music may help you to de-stress and relax tense muscles.
- Reduce alcohol intake and give up smoking.
- Pace yourself to avoid over doing things. Plan your day to include regular rest breaks.
- Make sure you stay connected with friends, family, neighbours and your social networks.
- Improve sleep. Sleep is so important for our health and ability to cope and there are many simple techniques that may help you to change your sleeping patterns.

2020 is the Global Year for the Prevention of Pain. Join us for Arthritis SA's World Arthritis Day Public Lecture with leading expert on pain, Professor Lorimer Moseley delivering the keynote address.

National News

National arthritis update

The COVID crises brought about an unexpected shortage of hydroxychloroquine when President Trump suggested it might be useful in the fight against COVID. Sadly, this created a shortage as it was stockpiled by some unscrupulous parties causing anxiety for arthritis patients, who experienced delays getting access and prescriptions filled. In discussion with the states, the national body Arthritis Australia was able to get limitations placed on prescribing in order to protect access to those with genuine needs.

Behind the scenes the Health Educators of each state have been working closely together to maximise resource availability nationally and ensure the latest information is available to everyone. They are also looking into a review of the Help Line to find any opportunities to improve the service.



JIA Camps for South Australians

Currently operated out of New South Wales and Western Australia, JIA Camps create an opportunity for children and young adults with Juvenile Idiopathic Arthritis (JIA) to spend time with others of their own age living with similar challenges and hear from experts about how to manage their condition.

Arthritis Australia was recently successful in gaining some Federal funding to support the Arthritis National Strategic Action Plan and some of the funding will be dedicated to extending these camps to support access by young people from other states including South Australia. This will be a wonderful new opportunity which to date has not been available for younger people living with arthritis in SA. Planning is still underway but if you want to register early interest please email info@arthritissa.org.au and leave your details.

Water exercise and Arthritis

What is Water Exercise?

Water exercise involves exercising in a pool, usually a heated, warm water pool, and may also be called 'hydrotherapy'. It's one of the most comfortable and effective ways that a person with arthritis can exercise because the joints and muscles can be exercised while supported in the water.

What is a Hydrotherapy Pool?

A hydrotherapy pool is heated to around 34 degrees Celsius, which helps loosen up joints and muscles and keeps you warm while you are exercising.

If you have pain it may be easier to exercise in a warmer pool.

Hydrotherapy pools often have a ramp, hoist or gently sloping steps, rather than a ladder, to make it easier to get in and out of the pool.

Who benefits from water exercise?

Water exercise can be beneficial for people with any form of arthritis. It is particularly helpful for people with arthritis in several joints as all joints can be exercised at once. People with conditions affecting their feet, knees, hips and back, or preparing for or recovering from joint replacement surgery who find it difficult or painful to exercise on land will also benefit.



What are the benefits of exercising in water?

- Water exercise is an excellent way for people with arthritis to build strength, ease stiff joints and relax sore muscles.
- The buoyancy of the water takes the weight off painful joints. For example, if you stand in chest deep water, your legs only have to support a third of your body weight.
- This is why, many people with arthritis in their feet, knees, back and hips find they are more comfortable and can move more freely in water than they can on land.
- The heat of the water can also relieve pain and warm up your muscles and joints so they are able to move easily.
- Water can provide as little or as much resistance as you like. This means exercises can be easily adjusted to suit varied strength and mobility.
- You can start off gently and gradually build up as you become stronger or ease off on days when pain or fatigue are an issue.
- Exercising in water can also improve endurance and fitness.

Who benefits from water exercise?

Water exercise can be beneficial for people with any form of arthritis. It is particularly helpful for people:

- with arthritis in several joints as all joints can be exercised at once.
- with conditions affecting feet, knees, hips and back.
- preparing for or recovering from joint replacement surgery.
- who find it difficult or painful to exercise on land.

What sort of exercise can I do in water?

There are several different ways you can exercise in water.

- It depends on your type of arthritis and how it is affecting you, your fitness level, ability and interests.
- If you are new to water exercise or your arthritis is limiting your ability to exercise, you may find it useful to have one-on-one sessions in a hydrotherapy pool with a physiotherapist or exercise physiologist to develop a program to best suit your needs.
- When you are familiar with your exercises, you may continue your program independently or join a suitable water exercise class.

Hydrotherapy for arthritis classes

Enjoy some gentle movement and strength building exercise with a qualified instructor. In these 45 minute classes you will be guided through some supervised exercises to get those joints moving.

Cost: \$15

45 Mins Wednesday 1.00pm and 2.00pm
45 Mins Friday 1.00pm

Do your own exercise

Book some time in the warm water to do your own exercise or simply spend some time walking in the water. These sessions are for 1 hour and are not instructor led.

Cost: \$10

1 hour Tuesday 10.00am and 11.00am

A lifeguard will be on duty during each of the session times.

Contact Arthritis SA 8379 5711 or email hydro@arthritissa.org.au for more information

A moment with Jeff



With a focus on Pain in this edition, today we spend a moment with Jeff, a keen footy player with a long sporting career. We know sporting injuries can have long lasting impacts and without proper care and management can cause problems years later.

This is Jeff's story....

Jeff was your typical 1950's South Australian kid, he loved playing footy with his brothers in their back yard in Magill. It was just a bit of fun nothing too serious. Being a very active kid Jeff loved being outdoors playing sport till dusk. Over summer a few kids were into cricket and tennis, but winter was all about the footy.

At 16 Jeff left school and started working in the local bank. With his love of sport he looked for an outlet for his active side so started playing club football with regular training sessions and games every week. With skill, enthusiasm and height on his side it wasn't long before Jeff was a star player in his league.

A tall man, Jeff had the advantage of long legs, great for kicking goals - but always found it difficult to run. With an unusual gait the other kids would often comment on his unusual waddling walk and rolling running style, but it never caused any pain or discomfort so it was never seen as a problem.

An early, neglected and unrecognized sign of underlying issues that many years later would come to feature heavily in Jeff's life.

During his 20 years of playing competitive football he had a few ankle injuries but no other major physical trauma.

"back in the 70's, club footy didn't have the trained professionals on the sidelines to assist with aching muscles and joints"



Over time, he increasingly developed lower back pain which he tried to relieve through wearing arch support in his shoes recommended by a podiatrist but his condition was largely unmanaged and as Jeff himself admits – there were no specialists around to help with injury management, so he just put up with it.

With the benefit of hindsight and some reflection, Jeff believes he should have stopped and sought professional help earlier but, at the time, it was normal to “just push through”.

In the later years, a volunteer physio and a masseur would be on standby to help but by this stage the damage had already been done. Jeff knew he had pushed his body to its limits and was experiencing tightness and pain in his lower back having no idea the root cause was a hip issue.

Done with the best of intent and thinking he was helping, little did Jeff know that the back stretches he was doing regularly to relieve the back pain were actually putting more stress on his hip, triggering more pain.

Finally at the age of 50 Jeff saw a chiropractor who referred him for an X-ray. The results showed that Jeff had no cartilage in his left hip and had developed calcification of the hip joints. He remembers feeling a sense of shock and a growing feeling of fear and anxiety about what might come next.

The doctor discussed alternative conservative therapies and spoke about options with joint replacement surgery being the last resort. Not wanting to go down the surgery path and reluctant to take pain killing medications, Jeff tried multiple ways to manage the pain on his own and spent time researching alternative therapies. Chinese massage, yoga, warm packs, and physio all helped to relieve pain short term. He did indicate he would have tried medicinal cannabis oil if there had been more information available and it had been presented as an option to try.

Persevering for about a year under the management of his doctor, surgery was again offered as an option, but Jeff turned it down, choosing to continue with the alternative conservative treatments available.

Over time, the pain gradually worsened. Jeff's quality of life and overall wellbeing was now being impacted by the constant pain in his back and hips, restricting his movement.

Things he loved but could no longer do included riding his bike, playing footy with his kids, walking to the beach (only two streets away...), or work on the house.

Jeff noticed that being unable to do the things that mattered to him was starting to affect his mental health and decided it was time to go back to the doctor and review the next stage options.

An MRI confirmed there was irreversible damage and the other hip was now also at risk. Jeff was sent to a surgeon who finally, diagnosed him with arthritis. He was 52 years old and in severe shock to be told he required a joint replacement at such a young age. The surgeon agreed that he was too young and it could potentially have been prevented, or at least postponed, if he had received an earlier diagnosis.

The news that really shocked Jeff was that he'd probably had arthritis in his hips since he was 8 or 9 years old. With no other family members having ever been diagnosed with arthritis, and under the impression arthritis only affects older people, Jeff had a lot of unanswered questions about how and why this was happening to him.



He still had 2 teenage children living at home and struggled to work to make ends meet. Jeff asked for the surgery to be deferred which led to a delay of a further 2 years, during which time Jeff decided he needed pain relief.

For the first 18 months he only used medication (Panadol Osteo) when he had a painful day, but in the 6 months leading up to the surgery, he could not function without the powerful opioid painkiller Tramadol with the relief it brought.

He did not like the side effects and said it was a double-edged sword, medication made him feel cloudy and hungover, but he had exhausted all other pain-relieving options.

In 2013 at the age of 55 Jeff had his first hip replaced. The recovery was hard but in time he regained his strength and confidence to get back on his bike, walk to the beach and body surf at his favorite beach at Port Willunga. A highly creative man, Jeff is always planning a new project, renovating his house or working in his ever-evolving garden.



Collecting wood from everywhere, Jeff has created an oasis of natural objects that work together to create a unique and cosy home.

This creative outlet has helped Jeff stay positive through his daily life, and very much assisted with his mental wellbeing.

Post hip replacement, Jeff noticed almost immediately that his gait changed, with the other hip soon becoming very painful. He spoke to the doctor and was placed on the surgery list. Sadly, it was a 3 year wait before Jeff was able to have the second surgery.

During this time Jeff maintained a regular exercise regime and fortnightly trigger point massages from a Chinese therapist. While this relieved the tension in the muscles around the hip joint, some days Jeff was unable to leave the house due to the pain.

He was unable to work regularly which impacted his finances. Life was pretty tough and he thanks his friends and family for supporting him through this painful period.

The second surgery was a success and his recovery and rehabilitation was smooth thanks to Jeff's dedication to daily exercise and positive mindset. Six weeks post-surgery Jeff felt like he had been given a second lease of life. Every morning he now wakes up and rides along the esplanade soaking in the morning sun and sea air, grateful that he no longer lives in pain.

Looking back, Jeff wishes he had received the diagnosis of arthritis earlier as he may have been able to avoid surgery.

A combination of pelvic instability and growth in his early years probably resulted in the development of his back and hip problems which, with the knowledge we have now, could have been managed with physiotherapy and better pre-sport warm up and cool down after matches.



Arthritis SA says...

We are really pleased to see Jeff now able to resume doing the things he loves, but sadly Jeff's journey is typical of many people.

Jeff showed remarkable physical and mental strength in trying to combat his condition, but the absence of an early diagnosis and an integrated care plan probably resulted in Jeff having to go through more pain than might otherwise have been necessary.

If Jeff's story feels familiar to you or someone you know, here are a few tips to try and better manage the journey:

Sporting injuries can lead to joint problems later in life, so make sure your club is actively implementing a sports injury prevention program with pre-game warm up to protect joints.

As with any health condition, the sooner a diagnosis of arthritis and specific management plan can be started, joint damage can be minimized and well managed, improving the quality of life.

When planning a visit to the doctor to discuss your symptoms, think about and write down some questions you'd like to ask, take any test results with you, ask them to explain any information you don't understand, ask about the benefits, side effects and costs of any treatments they recommend, take the time to write down important information or instructions you are given and check where you can learn more about your form of arthritis.

Arthritis management is about a team approach with you being the most important lead. Conservative integrated care from a range of allied health professionals will make all the difference to the management of your arthritis. Seek advice from your GP about an assessment to identify specific treatment options across a range of areas to support your overall health.

This might include:

- Weight management, diet and nutritional advice
- Targeted physio interventions
- Pain management
- Exercise
- Occupational therapy
- Mental health support

The Arthritis Information line (1800 011 041) is free and available to help you navigate the health system, making it easier for you to access the help and support you need.

We have a range of resources to help you better understand and manage your condition. Please get in touch rather than try and manage on your own – chances are we've helped someone just like you in the past!!



Club de Petanque d'Adelaide is the oldest Petanque Club in Australia and has been in continual operation since 1977. The club (situated on the corners of Greenhill, Unley and Pulteney roads) offers a range of social, cultural, recreational and physical activities through Petanque to schools, health organisations, corporates, clubs and the French community of South Australia.

Club de Petanque d'Adelaide will be partnering with Arthritis SA from August in offering a place for people with Arthritis to enjoy gentle exercise. Sessions are each Thursday from September 2nd between 1-3pm. Cost is \$5.00 for two games and a Gold Coin donation towards refreshments. All ages and levels are welcome to join and the club can be contacted at adelaidepetanque@gmail.com, arthritissa.org.au or adelaidepetanque.com

Kidsflix



South Australia has been fortunate to host two Kidsflix events in July. We welcomed children and their families to the Mitcham and Noarlunga events. It was fantastic to see so many happy smiling faces excited to be at the movies. Although numbers were restricted families and carers ensured their kids enjoyed the morning.

Elmo and the Minion were the stars of the show, Ethan who is one of our special JIA kids and his dad Nathan were brilliant at greeting and engaging with the children. The Storm Trooper was a selfie favorite, as was our

Mickey Mouse duo. Minnie Mouse danced along with Tony from Cool for Kids who sang uplifting songs about staying COVID safe.

It was a great relaxed morning with everyone being respectful of social distancing. We used multiple cinemas for each event, many thanks to Wallis Mitcham and Noarlunga teams who did a great job in ensuring everyone was happy and comfortable.

It was a great Kidsflix weekend, thank you everyone that came along and enjoyed the morning.

"A big thank you to the Andrews family, Denise, Bernadette, Jo, Lennox, Theo, Fergus, Maia and Savanna for volunteering, we were so grateful for your support.

A big thank you to Nippy's for providing guests with a range of juices and flavored milk they were very popular."



A new chapter

Finally... we have arrived!

After twelve months of planning and watching and waiting, on Wednesday 29th July we moved into our new home at 111A Welland Avenue alongside Novita Health Services and Adelaide Hydrotherapy.

It was a bittersweet day saying goodbye to Richmond Road where so many wonderful events took place over the past 10 years. Sadly, it had just become too big for our needs and here at Welland we will be able to support the arthritis community with other services.

Whilst we are planning an open day during World Arthritis Week In October– please feel free to come and visit us before then; we would love to show you round the new pool complex as well as our offices which includes a boardroom, working offices and a dedicated space for members and guests to chat with our Health Educators.

Or simply sit and review the massive amount of information available for reading. We also have two “consulting” rooms which we hope will be used to bring additional services to you in the future.



Supporter Profile

Arthritis SA relies on supporters through appeals, lotteries, Kidsflix donations and bequests to maintain provision of the services and events that are so valued by those who use our services. Luckily for our community, there are many passionate and generous people out there who, for their own very personal reasons value and support AFSA in many ways.

Going forward, in each magazine we would like to share the story of one of our wonderful supporters and why they support AFSA; this edition we introduce you to Nick Waterman, a key player in the South Australian wine industry.

Nick is South Australia born and bred growing up in Hawthorn. After graduating from University of South Australia, Nick spent his formative years in global technology companies living in Sydney.

Coming home to South Australia Nick made the move into wine in 2003, and has since forged a very successful career with prominent wine company Yalumba wines where he was the first non family member to be appointed into the role of Chief Executive Officer in 2015.

In 2016 Nick was elected to the Board of the South Australian Wine Industry Association (SAWIA) and then as President in 2019. SAWIA is a member based organisation that brings together all facets of the wine industry to assist local South Australian businesses thrive in the face of the global challenges of changing climates, transport, and international business not to mention bushfires and COVID 19!

Life has not always been straightforward for Nick and his wife Anna.

Like many unexpected turning points in our lives, Nick's family was rocked when his young daughter was left a quadriplegic after suffering a virus at the age of one. Bringing the family a range of challenges as they raised their four children Nick remembers one of the highlights as being introduced to the Kidsflix program.

As many of you would know, the Kidsflix program has been running for 21 years and provides an opportunity for families of children with diverse physical, intellectual and social challenges to come together and enjoy a relaxed morning free of stress and worry with other families.

For many families, Kidsflix is one of the rare occasions they can get out together as a family in an environment where health challenges are the norm, siblings can be as noisy as they want, and parents get to socialise with other parents facing many of the same issues.

That was a long time ago and Nick's children are all grown up now. Despite the many physical challenges her

condition brought, Nick's daughter used her intellectual skills to establish a successful career for herself with Blend Creative and is living independently in the community in one of SACARE's high health houses.

Kidsflix seems a long time ago, but because of the wonderful memories and difference it made at the time, the program holds a special place in the Waterman family. It is for this reason that Nick has continued support the program and enable other families to have the same experience.



World Arthritis Day

Self managing
chronic pain –
a new approach

World Arthritis Day is recognised every year in October and this year we are also acknowledging the Global year for the Prevention of Pain with a public lecture on Tuesday October 13th. We know arthritis is one of the leading causes of pain and one of the biggest challenges people face when living with the condition. We also know that chronic pain is often associated with anxiety and depression creating a cycle that is hard to break.

We are so pleased to have Professor Lorimer Moseley, a leading expert in the science of pain, presenting the keynote address this year.

Professor Moseley is the Chair in Physiotherapy and Professor of Clinical Neurosciences at the University of South Australia and was recently awarded an Officer of the Order of Australia, for *"distinguished service to medical research and science communication, to education, to the study of pain and its management, and to physiotherapy."*

The lecture will be held in the Healthy Living Precinct at 16-20 Hindmarsh Avenue Welland (access to Hindmarsh Avenue via Welland Avenue) and will start at 6pm.

COVID-19 restrictions mean a limit on the number of people we are able to have in the venue. We are also hoping to make the presentation accessible online.

Please keep up to date with registration arrangements on our Facebook page, by visiting Eventbrite, or email info@arthritissa.org.au if you would like to be kept up to date via email.

Save the date!
13th of October



Located just
around the
corner from
our new office

Top Tips for coping with pain

Is your pain limiting the activities you are able to do? There are many techniques that can help you cope with pain and get back to doing more of what you love doing.

Here are some tips to help with managing pain



Take care of you.

Regular exercise, healthy eating and plenty of sleep can all have a positive impact on managing pain

Use heat or cold on painful joints. A warm bath or shower or a heat pack placed over a painful joint for 15 minutes can bring relief. A cold pack on a warm, swollen joint can also provide relief. For some people heat will relieve pain and for others it will be applying a cold pack. What works best for you?



Distraction can help you to focus on something enjoyable, instead of your pain. Distraction techniques may include listening to your favourite music, doing a crossword puzzle, playing a game on your device, watching a movie, exercising or reading. What could be your distraction when you have pain?

Relaxation can help ease tense muscles caused by the stress of being in pain, often making it worse. Learn some relaxation techniques such as meditation, deep breathing or mindfulness to help ease tension and pain.



Pain can be complex. Surround yourself with a support team to help you manage. Team members may include your doctor, physiotherapist, occupational therapist, exercise physiologist, family and friends and many more. Who is in your support team?

Medications are only part of a good pain management plan and should be regularly reviewed. Talk to your healthcare team about your medications and the part they are playing in your pain management.



What's on

- Tuesday 15 September at 10am – 'Ask an expert' seminar.
A/Professor Maria Inacio is the Director of the Healthy Ageing Consortium at the Registry of Senior Australians and will be presenting on her work.
- Tuesday 13 October 6pm – World Arthritis Day public lecture
Healthy Living Precinct 16-20 Hindmarsh Avenue, Welland
Topic – "The might and wonder of your Amazing Pain System".
Guest Speaker - Professor Lorimer Moseley.
- Thurs 22 October 10am – 'Who's who in your healthcare team?'
Seminar at Arthritis SA, 111A Welland Avenue, Welland
- Wednesday 4,11,18,25 November 10am-12.30pm – Arthritis mini series -
10 Steps to living well with arthritis. Held at Arthritis SA, 111A Welland Ave, Welland.

As we will be working to strict room capacity rules at our new premises at Welland, please ensure you register for the education sessions you are interested in as early as possible to avoid missing out. Likewise, if you have registered for an event that you can no longer attend, we would really appreciate you notifying us as soon as possible so we can maximise availability to all those wanting to attend.

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V R E U R G G V Z O C R W L R A N G I E
I A R M A J B W A O V P D U K R O N E C
R B A U N Q I B A C P D S N E E T A U N
L I L A G U J O V Z F U S B T N S L M E
S P C U E C F H Z F H Q X O T V E E R P
D N A L S I O O R A G N A K J A M B A S
H G T B A Q P B F D E Y X W N L I W E V
M T X Z J E O Q X V E U Q P I E L P A A

South Australia Word Find

Adelaide	Wine
Fleurieu	Farmers Market
Eyre	Langhorne Creek
Yorke	Limestone Coast
Flinders Ranges	Coorong
Hills	Spencer Gulf
Barossa	Kangaroo Island
Clare	Riverland
McLaren Vale	Nullarbor

Words may be
backwards, forwards,
sideways, diagonal, or
up and down

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My Contribution

\$

☐

\$50

☐

\$100

☐

\$500

☐

Monthly

☐

Annually

☐

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

Address

Suburb

Postcode

Phone Number

Email



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Your donation is
much appreciated!

Thank you Denise McMillan-Hall
CEO Arthritis SA

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