

# Arthritis Matters



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## Plus

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Kidsflix

Spring Edition 2021

Arthritis  
SOUTH AUSTRALIA



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au.linkedin.com/company/arthritis-sa-foundation

For information and support  
**Arthritis Information line**  
**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](http://www.arthritisau.org.au)

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# President's Message

We live in very challenging times. Masks, handwashing, social distancing, QR codes, and vaccinations have become a part of everyday life. Lockdowns are not just talked about but are part of our experience.

Like many of you, I am concerned. But I continue to hope fervently for a post-COVID world. Whatever that world looks like, arthritis will remain. Indeed, without sustained action, the number of people with arthritis will continue to grow.

Arthritis SA is committed to supporting this sustained action. However, COVID has created significant financial and logistical challenges for doing this work on your behalf.

Because of these challenges, we know we must continue to look at new ways of doing things. Moving forward, we will increasingly focus on innovation, to discover and take advantage of new opportunities.

For World Arthritis Day in October, the Arthritis SA staff have been doing just that; focusing on innovation. In this issue, you will see something of what they have planned.

I am pleased that our new Chief Executive Officer, Steve Morris, comes to us with a reputation as an innovator.



Steve commenced in the job in August, and the Board and I want to warmly welcome him as his tenure starts.

"On behalf of the Board, I also want to thank Vicki Toovey for her sterling work as the interim CEO. And her preparedness to continue working with us for a while."

Kind Regards,

A handwritten signature in black ink that reads "David Waterford".

David Waterford  
Board President

The logo for Arthritis South Australia, featuring a stylized 'A' with a person inside, followed by the word 'Arthritis' in a large serif font and 'SOUTH AUSTRALIA' in a smaller sans-serif font below it.  
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](mailto:info@arthritissa.org.au)**



# CEO's Message

As I write this article I'm just starting my third week as the CEO of Arthritis SA. I am honoured and excited to be leading this organisation.

It is an organisation with a proud history and enormous potential. I look forward to working with members, partners, and stakeholders to explore how we can further expand the reach, influence, and impact of Arthritis SA in its critical work on behalf of South Australians living with arthritis and related conditions.

In my first few weeks I have been struck by the passion and commitment of the staff and volunteers working for and supporting Arthritis SA who are absolutely committed to making a difference to people through the work we do.

I hope to bring my experience from other positions I have held in South Australia and beyond and my professional background as a pharmacist to ensure that Arthritis SA makes the biggest difference it can.

I would like to thank you all for your generosity in the recent tax appeal.

This edition of Arthritis Matters includes an article on an exciting new research project being conducted in South Australia that aims to tackle barriers to healthy futures for people living with arthritis. Supporting research is a fundamental element of our work in making a difference.

World Arthritis Day this year falls on October 12th. This is an important day in our calendar to remind everyone of the impact of rheumatic and musculoskeletal diseases on the lives of individuals. Because of uncertainty caused by COVID, we won't be holding a face-to-face event this year. We will make sure we share resources, bust myths and advocate for the whole week.



We will be releasing recorded content online, focussing on a specific condition each day recorded by fantastic expert speakers.

Finally, despite COVID and the related restrictions, we will be holding Kidsflix events for children and Kidsflix families in South Australia over the coming weeks and months.

I look forward to participating in all of them.

I'm keen to listen to your thoughts, ideas, and concerns and I'm happy to be contacted directly by phone at (08) 8379 5711 or by email at [steve.morris@arthritissa.org.au](mailto:steve.morris@arthritissa.org.au).

Kind Regards,

A handwritten signature in black ink, appearing to read 'Steve Morris'.

Steve Morris  
Chief Executive Officer

A background image showing a medical syringe and a glass vial with a blue cap, both containing clear liquid. The syringe has '1.0 mL' printed on it. The vial is partially filled. The background is a light blue with a hexagonal pattern.

# National News

## Tocilizumab (Actemra) shortage

Some tocilizumab (Actemra) products are currently in limited supply. People with rheumatoid arthritis, giant cell arteritis and children with juvenile arthritis who are taking tocilizumab (Actemra) may be affected.

If you are taking tocilizumab, we urge you to contact your rheumatologist as soon as possible about your treatment.

Shortages could last up to six months depending on the form of the product. As this is a developing situation, we will put updated information in our eNews and on our social media as it becomes available.

Steps are being taken to manage supply to reduce the impact on people taking tocilizumab. You may need to change between the pre-filled syringe and pre-filled pen for a short time, depending on stock availability.

If so, speak to your rheumatologist or pharmacist about how to use the alternate device.

For more information about these shortages, see the TGA website - [tga.gov.au](http://tga.gov.au).

For arthritis information and access to local support services, call the Arthritis Infoline on 1800 011 041.

Arthritis  
Information Line  
**1800 011 041**

# Research

## Fellowship Update

In October 2020, Arthritis SA awarded the John Stuart Colville Fellowship to the University of SA's Dr Felicity Braithwaite. The project will aim to tackle barriers to a healthy future for people with OA.

The project officially commenced in July 2021 and a Steering Committee is now in place, which comprises A/Prof Tasha Stanton (UniSA), Dr John Arnold (UniSA), Dr Tiffany Gill (Arthritis SA/ Adelaide Uni) and Dr Felicity Braithwaite (UniSA).

The project will use a co-design approach with experts and consumers to ensure the outcomes are meaningful to OA stakeholders.

The Steering Committee will work with two advisory panels: a Scientific Advisory Panel, which will include multidisciplinary field-experts (clinicians, scientists, surgeons), health education experts, and knowledge translation experts to maximise implementation, and a Consumer Advisory Panel, which will include people with lived experience of hip or knee OA.

These panels will provide input into the priority and design of projects proposed by the Steering Committee.

The Steering Committee will propose projects that target two key levels of effective OA management:

- (1) the individual-level; and
- (2) the intervention-level.

Proposed projects will involve innovative ways to provide OA education, for example using virtual reality and creating local 'OA Champions', and increasing understanding of how to maximise effects of OA treatments, for example, through enhancing 'hidden' contributions to treatment effects and identifying the most potent components of best evidence-based care. Importantly, each of the proposed projects will provide tangible patient/clinical outcomes.

The Steering Committee is currently in the process of selecting members for Scientific and Consumer Advisory Panels with first meetings to occur in August/September 2021.



Dr Felicity Braithwaite (2nd from right) announced as winner of the scholarship at the World Arthritis Day seminar last year



# Call for Consumer Advisory Panel members

Arthritis is one of the most common chronic conditions in Australia and is the leading cause of chronic pain. Arthritis Foundation of South Australia (AFSA) and The University of SA will run an innovative translational research program that aims to tackle barriers to healthy futures for people living with osteoarthritis over the next three years.

We will use a co-design approach by engaging stakeholders including osteoarthritis experts (clinicians, scientists) and consumers (people with lived experience of hip or knee osteoarthritis) to ensure they have a voice in the direction of this research. Specifically, the Consumer Advisory Panel will support the work of the research team by providing input into projects (priorities and design) to ensure the outcomes are meaningful to consumers.

With your assistance we aim to provide the wider community with better access to health information that is useful and informative.

## Who can make nominations

Nominations can be made by individuals to the Consumer Advisory Panel which will determine the research directions, provided that they can demonstrate a key perspective on osteoarthritis.

## Selection Process

The Project Steering Committee will assess the nominations against the selection criteria and consumer categories. The committee will establish an order of merit for appointment. The committee will ensure that, as far as practicable, that the order of merit has regard to ensuring that the Panel will be broadly representative of a range of categories across the osteoarthritis community in Australia.

## Further information

If you would like any further information, please contact Felicity Braithwaite on [felicity.braithwaite@unisa.edu.au](mailto:felicity.braithwaite@unisa.edu.au) or [0450 638 971](tel:0450638971)

# Rheumatoid arthritis

Helpful resources and information

## INFOSHEETS

(available on the Arthritis SA website)

### Rheumatoid arthritis

Provides general information about symptoms, diagnosis, and what you might expect living with Rheumatoid arthritis.

### Exercise and RA

Provides extra tips to people living with rheumatoid arthritis about exercise. It also includes information on the recommended types of exercise and what to do during flares.



## BOOKLET

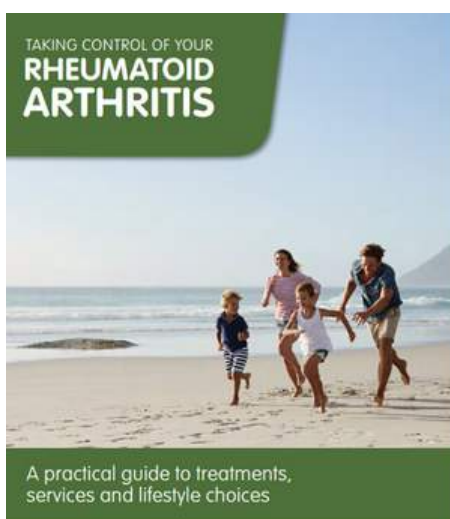
(available on the Arthritis SA website)

### Taking Control of your rheumatoid arthritis

This booklet is a practical guide to treatments, services, and lifestyle choices.

Topics include -

*Understanding rheumatoid arthritis*  
*Who can help?*  
*Working with your GP*  
*Seeing a rheumatologist*  
*Other health professionals*  
*Healthy moves for your joints*  
*Making the most of medicines*  
*Seeking support*  
*...and more*



Arthritis  
AUSTRALIA





**MYRA.ORG.AU**

## MYRA WEBSITE

The MyRA website is designed to help people with rheumatoid arthritis (RA) seize control and become active participants in their journey with RA.

There are more than 450,00 Australians living with RA, and yet everyone's journey with RA is different.

Research tells us that with early diagnosis and the right treatment, most people with RA can lead full and active lives.

There is a range of information to access on the MyRA website including information about tests and treatments, your healthcare team, living with arthritis, managing pain and much more.

## YOUR ROADMAP FOR RHEUMATOID ARTHRITIS

This roadmap will help you understand how to manage RA, including self-management techniques and the use of medicines.

It will also help you prepare for follow-up appointments with your healthcare team.

Source: NPS Medicinewise, Arthritis Australia and the Australian Rheumatology Association



Please contact our Information Line at Arthritis SA if you would like more information on Rheumatoid Arthritis

 **1800 011 041**



# A moment with...

Dr. Nicola Massy-Westropp

## **THANK YOU FOR TALKING TO US NICOLA, CAN YOU TELL US A LITTLE BIT ABOUT YOURSELF?**

Thank you for inviting me. I teach anatomy at the University of South Australia, with students in programmes like occupational therapy, physiotherapy, medical imaging, podiatry and human movement. My husband and I have been married 30 years and we now have empty nest syndrome since our three (adult) children moved out. We take in injured wildlife and often receive unwanted pets, so our house is full of creatures, some stay temporarily and for others it's home.

## **YOU ARE A NEW MEMBER ON THE ERA (EDUCATION, RESEARCH AND ADVOCACY) COMMITTEE AT ARTHRITIS SA, WHAT MADE YOU WANT TO JOIN THE COMMITTEE?**

I always admired Arthritis SA and the simple, clear messages they send out to the community. When I was doing research about people's grip strength, over 20 years ago, Arthritis SA allowed me to attend some of the Friendship groups and I liked this service and the way it was run in the community.

## **FOR THOSE NOT FAMILIAR WITH WHAT AN OCCUPATIONAL THERAPIST CAN DO, CAN YOU EXPLAIN HOW IT CAN HELP PEOPLE LIVING WITH ARTHRITIS?**

I worked with people whose hand arthritis especially bothered them. I would find out what people really wanted to do and ask what was stopping them.

Together we would look for alternative methods of doing something, using equipment to help and meanwhile minimizing any pain or swelling in their hands.

Sometimes I was able to make splints to support and rest their sore joints. Other times I suggested different ways to do things that didn't hurt their hands, like cutting open plastic wrapping instead of pulling it apart.

There were some pieces of equipment I could make or show people and allow them to try out, to see whether they could do things like open a jar without pain.



## HOW HAS YOUR ARTHRITIS AFFECTED YOUR CAREER?

I used to work as an occupational therapist, with people who had hand injuries or conditions affecting their hands. About 20 years ago, it started to get painful when I massaged people's arms and hands, or tried to make splints.

After two hand surgeries (which I watched with great interest) I was diagnosed with rheumatoid arthritis (Rh factor negative). Oddly enough I was doing a PhD about rheumatoid arthritis of the hand at the time!! I reduced my hours in the hand therapy practice and increased my teaching at university, finally giving up clinical work. I was lucky to find another career that I love just as much as hand therapy.

I used to be confident that I could easily lift and move equipment but now I'm more careful. I use trolleys, slide rather than lift where I can and ask for help. I wear hideous clumpy shoes but they're supportive of my feet. Between classes I bend and stretch and do knee strengthening exercises.

## YOU ARE CURRENTLY AN ACADEMIC AT UNISA, CAN YOU EXPAND ON WHAT YOU DO AND YOUR AREAS OF INTEREST ARE?

I teach human anatomy at UniSA, it's the best and most interesting subject. I value the people that donated their bodies so that we can teach students about anatomy and seeing students learn from these bodies is a joy.

I also supervise research students who are investigating aspects of treating hand injuries or conditions. I like to get to know students and how they best learn, and then see them flourish.

## WHAT DO YOU THINK ARE THE KEY ISSUES AFFECTING PEOPLE LIVING WITH ARTHRITIS?

People with inflammatory arthritis tell me that they live with some uncertainty as they can't always predict how well and how mobile they will feel on a given day. People say they live with frustration over wanting to do more than their body allows.

Pain seems to be a part of many people's lives. As an occupational therapist I saw people with great resourcefulness, who developed strategies to enable them manage these issues.



*Thank you to  
Dr. Nicola Massy-Westropp  
for sharing her story*

# World Arthritis Day

Raising awareness of rheumatic and musculoskeletal diseases

## WHAT IS WORLD ARTHRITIS DAY?

World Arthritis Day is a global awareness day recognised every year on the 12th of October, which aims to raise awareness of rheumatic and musculoskeletal diseases and the impact they have.

The global theme for World Arthritis Day this year is 'It's in your hands, take action'.

## WHAT IS ARTHRITIS SA DOING FOR WORLD ARTHRITIS DAY?

Due to COVID uncertainty, we won't be holding a face-to-face event this year. However, to recognise World Arthritis Day, Arthritis SA will be recording speaker presentations and releasing them online during the week.

We have a range of topics presented by expert guest speakers including rheumatologists and a physiotherapist.

Topics presented will include Gout, Living with Lupus, Roadmap for living with RA, and more.

## HOW CAN I WATCH?

The presentations will be shared on social media and made available on our website.



Please keep up to date on our Facebook page, signing up for our eNews, or email [info@arthritissa.org.au](mailto:info@arthritissa.org.au) if you would like to be kept up to date via email.



# Kidsflix



We were able to hold our Adelaide City Kidsflix event at Mitcham in June in a COVID-safe environment, and fortunately, well before lockdown.

Star Wars characters, Batman, Elmo, Alice in Wonderland Princess Jasmine welcomed the families as they entered the cinema, which added to the excitement.

As the US film distributors are still holding back some of the major blockbusters, we screened Peter Rabbit 2, which proved to be a popular choice.

*Thank you to all the families that sent our donors letters of thanks – without donors we would not be able to host these wonderful events.*

The Adelaide City Kidsflix event once again had Belinda from Cool 4 Kids and Emma the Clown from Women's and Children's Hospital provided fantastic entertainment that got everyone dancing. Jo the face painter from Fizz Bubble was a hit with many great designs.

A big thank you to our partner Wallis Cinemas, Nippy's for providing us with drinks, Bellis Fruit Bars for the fruit bars, and Jonny's Popcorn for the delicious South Australian made popcorn.

Huge thanks also to all our valued volunteers who help make Kidsflix events an amazing experience for all the attendees.



## THANK YOU MESSAGES FROM ATTENDEES

*Thank you to every sponsor, volunteer and organiser who made this possible. Such a wonderful event every time and such an enjoyment for families and children. Thank you so much, we all had a great time!!*

*Dayan*

*We had such an amazing time all our kids enjoyed themselves and it was so comfortable with not having to worry about kids sitting still in their chairs etc as they were really accepting of kids with disabilities. Thank you so much.*

*Shannon*

# What's On

## FRIENDSHIP GROUPS

### SEPTEMBER

LSS Friendship Group  
Copper Triangle Support Group  
Marion Support Group  
Southern Arthritis Friendship & Support Group (SAFS)

3rd of September - 11:30am  
21st of September - 2:00pm  
24th of September - 1:00pm  
29th of September - 12:15pm

### OCTOBER

LSS Friendship Group  
Marion Support Group

1st of October - 11:30am  
22nd of October - 1:00pm

### NOVEMBER

LSS Friendship Group  
Copper Triangle Support Group  
Marion Support Group  
Southern Arthritis Friendship & Support Group (SAFS)

5th of November - 11:30am  
16th of November - 2:00pm  
24th of November - 12:15pm  
26th of November - 1:00pm

### DECEMBER

LSS Friendship Group  
Marion Support Group

3rd of December - 11:30am  
9th of December - 1:00pm

For all enquiries, please contact Arthritis SA on (08) 8379 5711 or [info@arthritissa.org.au](mailto:info@arthritissa.org.au)

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

### Word Find

- |          |          |
|----------|----------|
| Spring   | Blossom  |
| Flowers  | Outside  |
| Sunshine | Sunny    |
| Changing | Warm     |
| Crisp    | Sprout   |
| Floral   | Seasonal |
| Green    | Light    |
| Bright   | Bloom    |

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



# HYDRO FOR ARTHRITIS

**IMPROVE YOUR STRENGTH,  
FLEXIBILITY AND BALANCE**

## Why hydro?

- Warm water helps muscles relax and makes movement easier and more comfortable
- Anti-gravity environment
- Provides natural resistance for strength building
- Provides natural compression to help decrease swelling and improve circulation

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**Call (08) 8379 5711 for enquiries and to secure your place**


# How you can help others living with arthritis

You make a difference every time you donate. Please help by donating today.



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



Online using our website:  
 [arthritis.org.au](http://arthritis.org.au)

To contribute by credit card, cheque or money order, please complete the form below and return to Arthritis SA 111A Welland Avenue Welland SA 5007



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

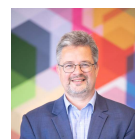
Postcode

Phone Number

Email



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



Your donation is  
much appreciated!

Thank you Steve Morris  
CEO

## Other ways to help:

- Fundraise for us at work
- Set up an online fundraiser
- Tell your friends and family
- Follow us on social media