

# Arthritis Matters

## In this issue

Tips for osteoarthritis management

New online resources

Meet our new infoline nurses

Plus

Research  
Kidsflix  
and more....

Summer Autumn  
Edition 2023

 Arthritis  
SOUTH AUSTRALIA



# Contents

A message from David Waterford	1
A message from The Hospital Research Foundation Group	2
Research	4
Student Placement	5
New online resources	6
Safewill	8
Kidsflix	9
Analgesics as part of osteoarthritis management	10
A moment with...	12
World Arthritis Day	15
What's on	16



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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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# A message from David Waterford

Hi, I'm David Waterford, former president of the Arthritis Foundation of South Australia. As you know, members voted in favour of the foundation merging with The Hospital Research Foundation Group.

This is a very positive outcome for Arthritis SA. More importantly, it means that services and support in South Australia for people with arthritis and related conditions can continue to expand and improve.

That's exactly why the Foundation was established to grow services and support for consumers and continuing that mission is incredibly important to me as I know it is to you. That's why this decision is not just about our future it's about our heritage.

The Foundation has always sought new ways to do things and this is a continuation of that, remembering that we stand on the shoulders of those who went before us.

Your foresight and dedication will never be forgotten as we move into this new phase of serving the community of South Australia.

The merger took effect on the 1st of March 2023 and we continue business as usual supporting consumers and advocating for better health services.

The Arthritis SA team have started contacting our supporters to gain an understanding of your future needs and wishes, and to identify any suggestions post the merger.

We will continue to remain affiliated with Arthritis Australia and the work which is progressing nationally.

We are also be working with the team at The Hospital Research Foundation on the makeup of the Arthritis SA Board of Governance.

Kind Regards,



David Waterford



***I want to take a moment to acknowledge the first members who established the Foundation 48 years ago, our past presidents and board members, and especially those members whose contribution has been acknowledged with the awarding of a life membership.***

# A message from The Hospital Research

Dear all,

Welcome to the latest edition of Arthritis Matters Magazine.

This is a particularly special edition as it is the first since Arthritis SA officially merged with The Hospital Research Foundation (THRF) Group on 1 March.

As a valued supporter of Arthritis SA, we know you share our passion for providing quality care and services to the people of South Australia who live with Arthritis, informed by the latest medical research.

We are pleased to share that the focus of our new partnership will be to increase and enhance support services and programs for people living with Arthritis as well as focussing increased investment in Arthritis research.

Both organisations are committed to delivering on the promise of this partnership for the benefit of our community.

Our partnership aims to improve the quality of life of people with Arthritis and related conditions and will ensure that support services such as hydrotherapy, education, advocacy, and medical research activities will continue.

There will also be opportunities for our community to take advantage of other services such as The Hospital Research Foundation Group's Brain and Body Fitness Studios in Unley and Woodville.

*To ensure our impact remains sustainable, and we maximise partnership efficiencies as part of THRF Group, in the coming months we will transition to a new name called The Hospital Research Foundation Group – Arthritis.*

From this



to this



The Hospital Research  
Foundation Group  
Arthritis



# Foundation Group

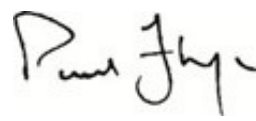
You'll be pleased to know our existing services, support groups and programs will be maintained and expanded over time.

The alignment of THRF Group and Arthritis SA's values and objectives will pave the way towards an impactful future serving and supporting the South Australian community living with Arthritis.

By leveraging THRF Group's trusted position in South Australia, we can ensure that people living with Arthritis continue to receive focus and attention.

We look forward to making more announcements as the partnership progresses. If you have any questions please reach out to our team.

Kind Regards,



Paul Flynn  
Group Chief Executive Officer  
The Hospital Research Foundation Group



Steve Morris  
Executive Director  
The Hospital Research Foundation Group -  
Arthritis

*Both organisations will work closely during the transition and supporters, clients and members will be kept updated on exciting initiatives.*



# Research

## A3BC Biobank

The A3BC (Australian Arthritis and Autoimmune Biobank Collaborative) is an Australia-wide biobanking and information source and is looking for more participants.



Biobanking is when researchers take samples of body fluids or tissues and information from participants. This is then stored and used for research. This research can be into many different topics in arthritis and autoimmune conditions.

For example:

- Why certain people develop these conditions
- Better treatments
- Earlier detection
- Hopefully a cure

By participating in the A3BC project, you can help people live a better life with their arthritis and autoimmune conditions.

They are currently focused on recruiting participants with rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis and vasculitis.

To learn more and how to sign up, go to:  
[www.a3bc.org.au](http://www.a3bc.org.au).



### Joint ARA SA NT/ Arthritis SA Grant Winner

In October 2022, Arthritis SA CEO Steve Morris attended the 2022 Australian Rheumatology Association SA/NT Scientific Conference where he presented the "Joint ARA SA NT/ Arthritis SA Postgraduate Rheumatology Grant" to Oscar Russell.

The Philip Alpers Basic Science Prize was also presented on the day to Annabelle Small for Best Scientific Presentation.



# Student Placement

Over the last 12 months, as part of the 'Arthritis Answering the Big Questions' grant funded by Country SA PHN, we have had a number of student dieticians from Flinders University on placement.

This highly successful collaboration has resulted in the development of four eLearning packages about nutrition and specific types of arthritis, and in response to feedback from our community a series of webinars about 'Healthy Eating and Arthritis', and 'Making food choices that count'.

'Nutrition in Scleroderma' and 'Nutrition and RA' are available on our website, 'Nutrition and Gout' and 'Nutrition and JIA' are coming soon.

Keep an eye out for the new healthy eating and arthritis page on our website.



Dena and Kevin have kindly provided us with a healthy eating recipe. We wish all of the students who have placement with us well in their future endeavours.



## Veggie Breakfast Muffins



### INGREDIENTS

- 1 cup broccoli, chopped
- 1 cup baby spinach
- 1 red capsicum, chopped
- 2 spring onions, sliced
- 4 eggs
- 1 tbsp milk
- 1/3 cup light cheddar, grated
- 1/4 tsp salt
- black pepper to taste

#### For cooking:

- 1 tbsp olive oil

### DIRECTIONS

1. Pre-heat oven to 180°C. Lightly grease a standard muffin tray with olive oil.
2. In a pan, heat olive oil and add chopped capsicum, broccoli and spring onions. Cook for 5 minutes.
3. Add baby spinach and season the mixture with salt and pepper. Turn off heat when spinach is wilted and set aside to cool.
4. In a bowl, whisk together eggs, milk and cheese. Stir in vegetable mixture.
5. Pour the mixture into the muffin tray, distribute evenly to make 8 muffins.
6. Bake for 15 to 20 minutes or until golden brown and firm to the touch.

Note: freeze for up to 3 months, reheat in the microwave or oven.

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 25 MIN

# New online resources

## Signposts for Scleroderma, physical activity

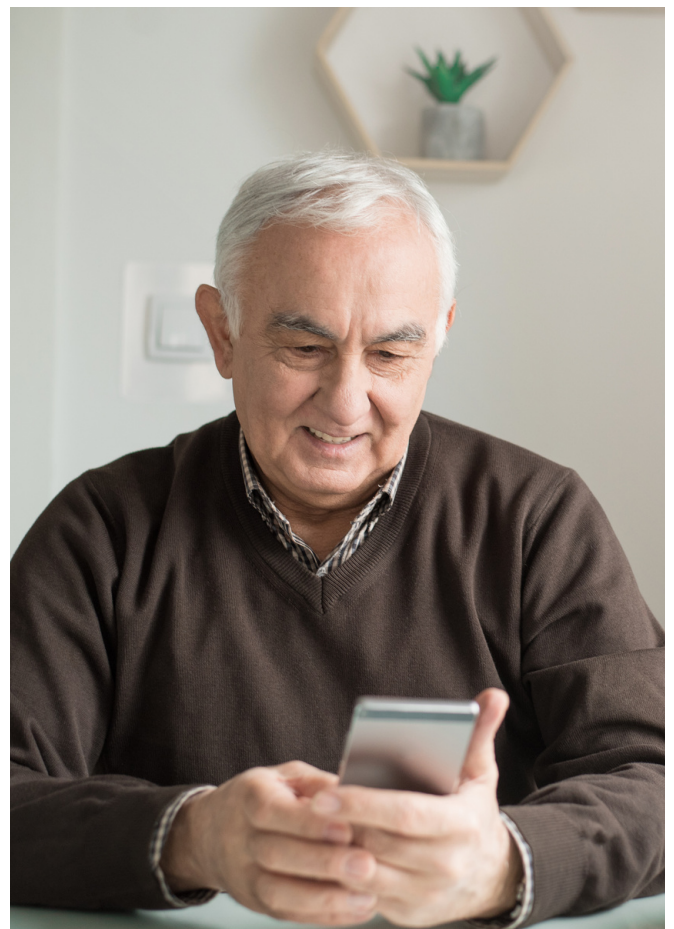
### **Arthritis SA has recently added new online osteoarthritis resources and physical activity videos.**

The resources include videos on osteoarthritis and weight management, NSAID topical products and other topical products.

We have also created three new animations about the importance of physical activity and arthritis, getting started and walking. Physical activity is a key recommendation of managing arthritis, it can help with joint stiffness, strengthen muscles and reduce stress on joints.

**If you have questions about your osteoarthritis or would like more information on physical activity and arthritis, call our free Information Line on 1800 011 041 9:00am - 5:00pm Monday to Friday.**

The resources were made possible by funding from Country SA PHN



**Stay up to date with our new resources by signing up to our eNews**



# y animations, and osteoarthritis videos

**Arthritis SA has also launched its 'Signposts for Scleroderma' series. This free online e-learning series is about all things scleroderma.**

We have drawn together information from a variety of Australian and international sources to form this series.

Inside you will find factsheets, information booklets, webinars from experts, apps you can use, personal stories from people living with scleroderma and many more useful sources of information.

These e-learning cover a varied and broad range of topics. For example, it has ideas for managing skin dryness, mental health strategies, diet and nutrition and tips for travelling.

We have tried to include as much information and advice about how scleroderma may affect someone.

For ease, we've divided the series into different topics. As there is a lot of information covered, we encourage you to visit them all and go at your own pace.

**These are;**

**Signpost one: Understanding Scleroderma**

**Signpost two: Symptoms and Management**

**Signpost three: Managing Skin Changes**

**Signpost four: Scleroderma and Your Diet**

**Signpost five: Tips for Daily Life**

**Signpost six: Finding Support**

This resource has been made possible through funding from Country SA PHN.

**To access Signpost for Scleroderma please scan the QR code or visit [arthritissa.org.au](http://arthritissa.org.au)**



# Safewill

## New partnership

**In late 2022, Arthritis SA partnered with Safewill. Safewill is Australia's leading online Will-writing service which allows you to set out how you want to divide your estate, and leave gifts to charities that mean the most to you – like Arthritis SA.**

Writing a Will is an important step for individuals through many stages of life, so if this is right for you, join the thousands of Australians who have been able to write their own Will within the comfort of their own home, in just a few clicks.

You can complete it all online, in as little as 20 minutes in the comfort of your own home.

You are free to make as many changes as you like, free of charge for a whole year after its initial completion.

Every Will submitted is reviewed by their affiliate law firm, Safewill Legal, to ensure they have been filled out correctly, and their Customer Care team will also be available to answer any queries over chat, email or phone.



**For more information scan the QR above or visit  
[www.safewill.com/arthritis](http://www.safewill.com/arthritis)**

**Safewill's customer care team is available 7 days a week, on 1800 10 33 10 (Mon - Fri, 8am-8pm, & Sat - Sun, 9am-5pm).**



# Safewill





It was fantastic to see many people attend Kidsflix Mount Barker and Kidsflix Mount Gambier. Star Wars characters, Bumble Bee, Hans, Alice in Wonderland, a magician, an airbrush tattoo artist and Cool 4 Kids at Mount Barker and Elmo, a fairy, Mickey and Minnie Mouse, Minion, a fairy and a temporary tattoo artist at Mount Gambier entertained everyone, and there were many happy children and families.

They all enjoyed watching “My Sweet Monster” at Mount Barker and “Paws of Fury: The Legend of Hank” at Mount Gambier with popcorn and drinks.

*A big thank you to our partner Wallis Cinemas and Oatmill Cinema, Nippy's for supplying us with drinks, Bellis Fruit Bars for the apricot fruit bars, and Jonny's Popcorn for the 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

*Dear donors and volunteers,*

*We had such a lovely time.*


*Everyone was so friendly and kind.*

*The popcorn and drinks were so thoughtful. The kids loved the movie we had such a great time as a family. This was our first time at the movies all together.*

*Thank you so much to the generous donors.*

*Kind regards,*

*Emma*



# Analgesics as part of osteoarthritis management

**Analgesics are the name for any medicine that relieves pain. You may know them as pain relievers.**

There may not be a cure for osteoarthritis pain, but there are strategies that can help. Self-management techniques such as physical activity, diet and pacing are ways to help manage pain in osteoarthritis.

There are also many different medicines which can assist with osteoarthritis pain. This article will provide you some information about these analgesic medicines for osteoarthritis. They are only a part of pain management in osteoarthritis.

Paracetamol has long been the first medicine used for osteoarthritis pain. This is due to its safety and having less side effects when compared to other pain relievers. New research shows that paracetamol may not be as effective for osteoarthritis pain as previously thought.

Many treatment guidelines no longer have it as the first line analgesic. If you are already taking paracetamol for your osteoarthritis pain and find it works for you, you should continue to take it.

NSAIDs (Non-steroidal anti-inflammatories) tablets are now generally considered the first line medicine for osteoarthritis pain.

**Some examples of NSAIDs in Australia include diclofenac, ibuprofen, celecoxib, and naproxen.**

Research has shown that they are better pain relievers than paracetamol. NSAIDs might not be appropriate for everyone, due to some of their possible side effects.

These can include kidney problems, stomach bleeds, triggering asthma, ulcers and a raised chance of stroke and heart attack.

“**Talk to your doctor to make sure NSAIDs are right for you. There are many types of NSAIDs in Australia.**

**It is important to make sure you don't double up on taking two different NSAIDs.**



You can buy many topical products for osteoarthritis. Topical products are medicines you use or apply on to the skin. These can be gels, creams, sprays and even patches.

**Topical products are separated into two categories.**

### **1. NSAIDs (Non-steroidal anti-inflammatory) products**

### **2. 'Active ingredient products'**

Research for topical NSAIDs has focused mainly on knee-only osteoarthritis. These have been proven to be effective at relieving this pain and certain guidelines have as the first line treatment. For non-knee-only and multiple joint osteoarthritis, the evidence remains uncertain.

There are many 'active ingredient products' on the market, with many different ingredients. As there are so many ingredients, the evidence levels range from product to product.

**Ask your pharmacist or doctor for advice.**

Opioids may be used to help with osteoarthritis pain, though the Australian guidelines do not recommend them. This is especially true for long-term use. Opioids can have many side effects, including addiction when used for a longer duration. If you have concerns about opioids, talk to your doctor.

There are many different medicines in Australia, which may help with arthritis pain. It is important to talk to your doctor for advice on medicines and supplements. If you have questions about medicines, your local pharmacist can help.

Your local arthritis affiliate is also good sources to contact for up-to-date information on medicines and how to manage your osteoarthritis.



**Gels**



**Creams**



**Sprays**



**Patches**



# A moment with...

## Our new Information Line nurses

### Kate

#### CAN YOU TELL US A BIT ABOUT YOURSELF?

I work part time as I am a Mum to an 11-year-old boy who keeps me very busy and active! When I am not at work, I enjoy spending time with my family, travelling, going to concerts and theatre productions. In my quieter moments, I love to read and tend to my veggie patch.

#### WHAT IS YOUR ROLE AT ARTHRITIS SA AND WHAT WILL YOU BE DOING?

I am a registered nurse, and I am working on the Information Line at Arthritis SA, I talk to people in the community about their arthritis and try to give education, information, and support to help people live their best lives with their condition.

#### WHAT MOTIVATED YOU TO WANT TO WORK AT ARTHRITIS SA?

I wanted to work at Arthritis SA to help the people in our community who struggle to do the things they want because they feel their arthritis holds them back.

I am passionate about providing people with the education to go forward to being able to manage their condition and live full healthy lives.

### Sharon

#### CAN YOU TELL US A BIT ABOUT YOURSELF?

I'm a registered nurse with experience in orthopaedic and trauma nursing, general practice, occupational health and telehealth.

#### WHAT IS YOUR ROLE AT ARTHRITIS SA AND WHAT WILL YOU BE DOING?

I am a Health Educator and one of the RNs working on the Information Line. I love to help people, and aim to provide education, advice, support and empathy to those impacted by arthritis.

#### WHAT MOTIVATED YOU TO WANT TO WORK AT ARTHRITIS SA?

To help empower people living with arthritis to be able advocate for themselves and manage their health to achieve optimal quality of life.

**Our Information Line is available 9am-5pm  
Monday to Friday on 1800 011 041**





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COUNTRY SA

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**Arthritis**  
SOUTH AUSTRALIA

# REBOOT YOUR LIFE: LIVING WELL WITH ARTHRITIS

**A FREE 10-week  
program for country  
South Australians  
living with arthritis\***

\*Eligibility criteria applies



*Learn ways to live well with your arthritis and improve  
your health and wellness.*

**Each week you will:**

- **Learn ways to live well with arthritis**
- **Get moving with a 45 minute exercise class**
- **Try some relaxation and mindfulness**

**Scan the QR code to  
find out more**



**Available fully online or in-person**

**CONTACT US: 1800 011 041 | [WWW.ARTHRITISSA.ORG.AU](http://WWW.ARTHRITISSA.ORG.AU) | [INFO@ARTHRTISSA.ORG.AU](mailto:INFO@ARTHRTISSA.ORG.AU)**

# 10 steps for living well with Arthritis workshops



"Very, very helpful, changed my view of arthritis from pain and drugs to a much wider understanding and options."

**This 4 workshop course covers key ideas and learnings about Arthritis. Each session builds on the teachings of the last week, so it is best to attend all sessions. Sessions are held at Arthritis SA 111A Welland Ave, Welland.**

## **Week one: 10.00-12.30**

An introduction to the most common types of Arthritis. Learn more about wellbeing, your healthcare team, and the steps you can take to manage your arthritis.

## **Week two: 10.00-12.30**

Take an in depth look at Osteoarthritis. Learn about what happens in your joints when you have arthritis and what you can do. Keeping moving and physical activity is very important in Arthritis. We will give you real-life tips about what you can do.

## **Week three: 10.00-12.30**

This week we discuss one of our most popular topics healthy eating. The effects of Arthritis are not just physical. Learn ways to help, find balance, take care of your wellbeing and arthritis aids you could use.

## **Week four: 10.00-12.30**

Learn more about arthritis pain and practical tips to try in daily life. Tips for the future and putting what you've learnt into practice.

"It was very helpful and I now realise what I feel about my Arthritis is normal."



# World Arthritis Day

## A recap of World Arthritis Day 2022

Headlining Arthritis SA's World Arthritis Day events. Medical director Professor Catherine Hill joined Arthritis SA staff live on Zoom to provide an update on rheumatology in South Australia and answer questions about arthritis attendees of the session may have had during a live Q&A.

These included questions about different types of arthritis, medications, food and your diet, some of the exciting research that is happening in South Australia, and how people with Arthritis can be involved.

The webinar is available on our YouTube channel and via our social media.



**If you would like to register your interest for future webinars, please email - [info@arthritissa.org.au](mailto:info@arthritissa.org.au).**



We also held a fundraising event on World Arthritis Day called the 'Big Give 4 Arthritis'. This was our first giving day event and we were thrilled with the response we got.

Thanks to a great effort by everyone involved. We managed to exceed our original target goal of \$30,000.

**With the support of all of our generous donors, we raised over \$36,000 for those living with arthritis!**

# What's on

## New arthritis friendship group

Arthritis SA is pleased to announce a new friendship group for anyone with any type of arthritis. Come along for a coffee and a chat once a month in the Adelaide CBD.

Where: Bocelli Cafe, 81/83 Hutt St, Adelaide

When: 3rd Sunday of each month at 10.30am

**Look for the table with the Gerberas!**

To register your interest email Melanie at:  
[knownasmelanie@outlook.com](mailto:knownasmelanie@outlook.com)



M	I	Y	N	A	S	S	A	M	H	O	T
I	C	R	U	N	N	L	E	R	R	R	R
A	H	W	M	T	M	E	H	A	E	S	S
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N	S	W	E	S	E	T	T	H	E	A	T
G	T	U	M	A	E	R	C	E	C	I	H
L	M	F	E	A	M	S	A	N	A	F	O
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S	S	U	N	S	H	I	N	E	N	R	T
S	U	M	M	E	R	N	O	S	A	E	S
E	N	S	M	S	Z	S	O	C	N	E	I
S	Y	A	D	I	L	O	H	F	S	S	D
S	T	R	R	E	Z	E	E	R	B	S	E

### Summer Word Find

ICE CREAM  
BEACH  
SUMMER  
HOT  
HEAT  
SUNSHINE  
WATER  
HAT

SUNGLASSES  
SEASON  
CHRISTMAS  
WARM  
OUTSIDE  
BREEZE  
FAN  
HOLIDAY

**REMEMBER!**  
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

---

**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 details:  
BSB: 035 212  
Account: 220101



Online using our website:  
 [arthritissa.org.au](http://arthritissa.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: if known

☐

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  
Executive Director  
The Hospital Research Foundation  
Group - Arthritis

## Other ways to help:

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