

# Arthritis Matters

## In this issue

Topical medications for arthritis

Eating for arthritis

New website

## Plus

Research

A moment with...

Kidsflix

Winter Edition 2022

 **Arthritis**  
SOUTH AUSTRALIA



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[au.linkedin.com/company/arthritis-sa-foundation](https://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

## Welcome to the latest edition of Arthritis Matters.

On behalf of the Board and staff at Arthritis SA, I thank you for your continuing support of us in our efforts to support you. This is what community is all about.

Since the last edition of Arthritis Matters, we have seen two significant political changes, with new governments at both the state and national levels. Arthritis SA is pleased that our state-based advocacy saw a commitment made and now delivered by the new state government to provide additional services to support people living with arthritis. I want to acknowledge and thank our CEO, Steve Morris and the staff team for their outstanding work in this regard.

At the national level, we are committed to supporting Arthritis Australia in its advocacy to the new Commonwealth government for an increased focus on preventing and responding to the full range of musculoskeletal diseases that place such a burden at the individual and population levels.

There have also been some changes at the Board level. We have been two unexpected resignations, both for personal reasons. I sincerely thank Danielle Dunleavy and Dr Fiona Goldblatt for their magnificent contributions to the Foundation and its governance. Danielle brought to the Board not just a passionate voice for consumers but also a wealth of business and management experience.

As our honorary medical director, Fiona brought the medical expertise of a senior rheumatologist and researcher, as well as a

solid commitment to equality of health care services and the provision of holistic care. We will miss them both and wish them all the best in their future endeavours.

I am pleased to say that Professor Catherine Hill, another eminent South Australian rheumatologist, has agreed to fill one of these casual vacancies and will also serve as our honorary medical director. Catherine is an expert in evidence-based healthcare and leads the Rheumatology Research Group at the Basil Hetzel Institute with research expertise in population epidemiology, clinical trials, qualitative research, biobanking and quality improvement. As the Foundation seeks to expand its advocacy and service delivery, Catherine is ideally placed to advise and support our staff. She also comes to the Board with strong credentials and experience in governance. On behalf of you all, I welcome Catherine to the Board.

Despite some significant challenges, Steve and the staff team continue to make great progress. But unfortunately, charities – like individuals, families and other groups in these strange times – face mounting financial headwinds. The Board is acutely aware of these challenges. Therefore our focus is on assuring the Foundation's long-term financial viability and ability to continue to provide the responses to arthritis needed in our community.

Kind Regards,



David Waterford  
Board President



# CEO's Message

Welcome to another edition of the Arthritis Matters Magazine.

I hope you are all managing to stay well as we continue to battle the winter challenges of another wave of COVID 19 and Flu. I'm really pleased that this edition of our magazine gives you an insight into some of the things we are doing as we continue to focus on making a difference through advocacy, education, extending our services and supporting research.

Our advocacy efforts have resulted in government funding to sustain and extend our Health line which provides vital support to those seeking help. We have also been successful in receiving grant funding from Country SA PHN to support those of you living in regional South Australia. Because of this, we have been able to recruit new staff and you will read about them in the magazine.

We continue to support and facilitate a strong consumer voice in research and promote opportunities for you to become involved in research and I encourage you to do so.

The last six months has also seen students studying dietetics, pharmacy and exercise physiology spending time at the foundation and some have contributed articles to the magazine.

We hope you will be able to more easily find the information you are looking for on our new website, it contains more material than our old one and I encourage you to take a look if you haven't already.

Despite our success in recently securing grant and some government money, the vast majority of the funding to support our work comes from donations and bequests. I want to thank everyone who donated to our appeals and would like to highlight we will be launching a new fundraising campaign to tie in with World Arthritis Day in October, so look out for that.

“Enjoy reading the magazine and always happy to hear your thoughts and ideas on the work that we do.

Kind Regards,



Steve Morris  
Chief Executive Officer







# National News

## JAFA launches KidsConnect

**The Juvenile Arthritis Foundation Australia (JAFA) has launched KidsConnect.**

JAFA has introduced KidsConnect, a secure online platform where children living with JIA aged 7-17 can meet in a safe digital space with age-appropriate chat resources and games.

The aim of the initiative is to address problems surrounding social isolation experienced through school absences, illness and physical limitations that prevent participation with peers.

Using the online resources, children living with JIA can interact with each other to create friendships and improve self-esteem and mental health, without being restricted by distance.

The initiative was soft-launched in December 2021 followed by an official launch in March 2022.

***"The most important purpose of KidsConnect is creating a safe digital playground where kids with juvenile arthritis can be themselves."***

***Getting them comfortable and confident about reaching out to others in their age group is a core ethos behind the project."***

**- JAFA KidConnect Website**

**For more information visit  
[jafa.org.au/kidsconnect](https://jafa.org.au/kidsconnect)**

# Research

## Help us support people with arthritis!

Arthritis SA supports people living with arthritis by funding research, running courses and meeting with the Government.

We value the voices of all people living with arthritis. We are asking - what do you wish you had known when you first learnt you had arthritis?

Arthritis SA was successful in receiving a grant that would allow us to engage people in the community to better understand their thoughts and feelings about living with arthritis.

We have been seeking consumer feedback to identify the service and support gaps for people learning they have arthritis.

Arthritis SA developed an online survey and held focus groups asking "what may have

helped you to live better with your arthritis in the first 6 months?"

The next step in this research project is to develop tailored, informative flyers and leaflets using the feedback received from the study participants.

**If you would like more information, please contact Arthritis SA on [info@arthritissa.org.au](mailto:info@arthritissa.org.au) or by calling (08) 8379 5711.**

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)**



# New website

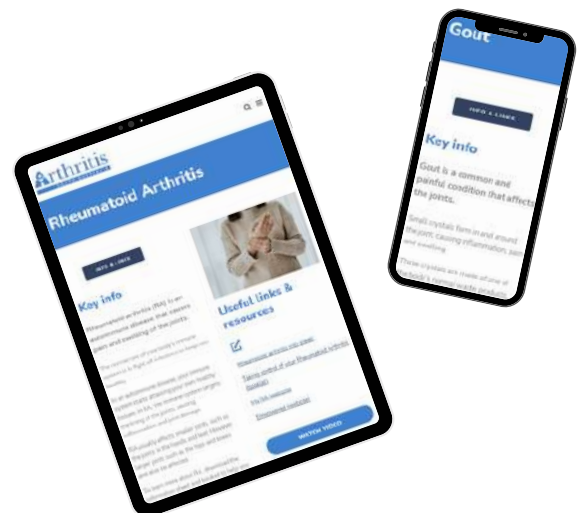
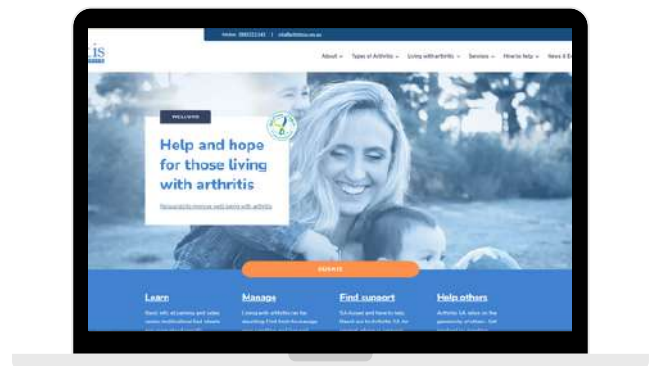
## A new look for Arthritis SA's website

**Starting in late 2021, Arthritis SA began the process of upgrading our website.**

The new website was developed as part of a larger ICT upgrade with the aim of improving the user experience for anyone looking for information on arthritis and arthritis related conditions.

Some of what's new includes:

- New layout makes the website easier to navigate and find information
- New event calendar makes it easier for people to find and book into our events
- Updated blog design allowing us to provide up-to-date information
- Updated contemporary design
- Streamlined donation process
- And much more...



To visit our new website please scan the QR code or visit [arthritissa.org.au](http://arthritissa.org.au)





## Reboot your life:

### *Living well with arthritis*



Improve your health and wellness.  
Join our **FREE** 10-week online program.

#### To join you must be:

- over 50 year old
- living in regional South Australia
- living with arthritis
- have reliable internet access

Scan the QR code to learn more and  
how to enrol today



 1800 011 041

 [WWW.ARTHRITISSA.ORG.AU/SERVICES/REBOOT-YOUR-LIFE](http://WWW.ARTHRITISSA.ORG.AU/SERVICES/REBOOT-YOUR-LIFE)

 [INFO@ARTHRITISSA.ORG.AU](mailto:INFO@ARTHRITISSA.ORG.AU)

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**Arthritis**  
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Allied Health &  
Human Performance



# 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**

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**

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**

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

## **Week four**

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."

**To register your interest:**

 [info@arthritissa.org.au](mailto:info@arthritissa.org.au)

 1800 011 041

**Pricing:**

Free for members  
or \$40

# Topical medication for arthritis

Topical products are medicines applied directly on to the skin. These can be gels, creams, sprays and even patches that stick to the skin. They may provide short-term relief for painful joints.

This article talks about 'non-steroidal anti-inflammatory drugs ('NSAIDS') and 'other' topical products. You can buy most topical products over the counter in your local pharmacy. Your local pharmacist can give you advice on these.

Table one shows common topical products available in Australia. They are either 'NSAIDS' or 'others', which have active ingredients. There are many more products in the 'others' list in Australia. We have only included a few examples.

**Table one: Common topical products**

NSAIDS	Brand	Others	Brand
Ibuprofen	Nurofen®	Menthol	Mentholatum Ice Gel®
Diclofenac	Voltaren®	Capsaicin	Zostrix®
Piroxicam	Feldene®	Lignocaine	Nervoderm®

The results of scientific studies on how well these products work in arthritis are unclear. Different people respond differently to different medications. This includes topical products.

Some people may have pain relief while using them, others may not. Always get advice from your doctor or pharmacist before starting a new medication. This includes topical products.



## **POSSIBLE SIDE EFFECTS**



**Skin irritation**



**Itchy skin**



**Skin redness**



**Allergic reaction**

These are some of the common side effects with all topical products. Topical 'NSAIDS' products are less likely to cause side effects than the tablets. This is because the ingredients stay on the skin, with only a small or no amount getting into the blood stream.

**Tip to test for a bad reaction:** Put a small amount on a discrete area (such as your ankle) and wait 24 hours. If there is no reaction, you can apply it to other areas.



The information below provides advice to help you use topical products. The red box at the end has some things for you to think about before starting a new product.

## How much and how often do I need to apply?

The amount and how often depends on the product and the size of the area you are treating. The product or its box will have how much and how often written on it.

If you are unsure or want advice, ask your pharmacist.

As a rule of thumb:

Use 1-2cm for smaller joints such as the wrists, hands and elbows.

Use 3-4cm for larger joints such as the knees, feet or ankles.

How often you need to reapply will depend on the product. Some products may be up to four times a day. Others may be as low as twice a day. This advice will be written on the product or the box. If you are unsure, ask your pharmacist.

Picture an Australian 2-dollar and 50-cent coin. 1-4cm works out to be half a \$2 coin (about 2cm) to slightly more than a 50c coin (about 3cm).

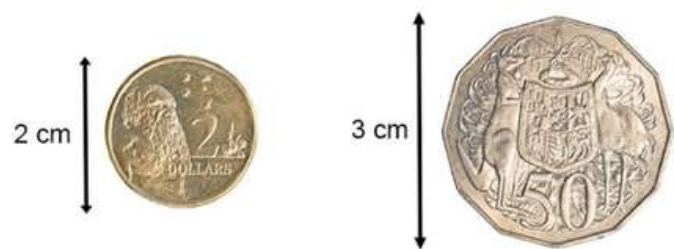


Image adapted from NPS MedicineWise.

Further reading at: [www.nps.org.au/consumers/topical-medicines-for-musculoskeletal-pain](http://www.nps.org.au/consumers/topical-medicines-for-musculoskeletal-pain) - Coins may not be to scale.



**By: Tony Giang & Abimbola Owoka**

### About the authors

We are 4th year pharmacy students at UniSA doing our placement with Arthritis SA.

### **Things to think about before starting a new topical product:**

- Always read the instructions before using a topical product for the first time
- Do not exceed the maximum dose listed.
- Discuss with your doctor if symptoms do not improve within 1-2 weeks.
- Do not use on cuts or wounds.
- Wait at least an hour before using heat or cold packs on the area you just used the cream on.
- Don't use a topical 'NSAID' at the same time with an oral 'NSAID' unless instructed by a medical professional. This can increase your risk of having side effects.
- Talk with your doctor if you have asthma, heart disease, high blood pressure, are pregnant/ breastfeeding or you have had a stomach bleed in the past.

# A moment with...

Arthritis  
SOUTH AUSTRALIA

## Our new staff

### Ben

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

I'm Ben Trobbiani, 28 years old and I've worked in community pharmacy all across South Australia after graduating from the University of South Australia in 2015. Outside of work you'll probably find me shopping at local farmers markets as I've got a big interest in food!

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

My role at Arthritis SA is that of a health educator. I spend a lot of my time going to community groups running talks about the many different forms and ways to manage arthritis symptoms, and running internal longer seminars called 10 Steps where we cover the major ideas and most up to date ways to manage arthritis.

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

Outside of my pharmacy career I've always enjoyed volunteering my time at different charities, so this role is a fantastic way to combine my healthcare background and my love for charity work.

### Maria

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

I am an enthusiastic young woman who has a deep passion for helping others, with the underlying moral of being a part of something much more than just yourself. I operate under the values of determination and comradery.

I have interests in sports, most specifically volleyball and athletics, eating healthily with friends and family, travelling most specifically back home to Europe and yoga and wellness. I am an outgoing and vibrant individual.

I have a Bachelors in Exercise Science and Sport Psychology (Counselling & Interpersonal Skills), where I am working in high performance sport at Adelaide United.



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

I am currently the hydrotherapy coordinator at Arthritis SA. This role entails elements of exercise prescription, exercise delivery and measuring fitness assessments. I am also part of the Get Walking grant.

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

I have a natural divinity to the water and was immediately drawn to the hydrotherapy program offered here at Arthritis SA, as it marries my two favourite things – the water and exercise. I believe my rich knowledge in exercise is making a notable difference in participants' quality of life and I could not be happier.

# **Jodie**

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

My name is Jodie. I have a range of qualifications and experience in health, fitness as well as loss and grief, but I am most probably best known for my role as the instructor of the hydrotherapy classes here at Welland.

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

I recently joined the team as a Hydrotherapy and Exercise Coordinator. I assist with enrollments and promotion of the hydrotherapy program and the Reboot Your

Life Program, which is exciting, as it is providing opportunities for people living in SA with arthritis to have more access to programs to manage their health, wellness and fitness.

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

Being an instructor of the hydrotherapy program, I have developed some lovely connections with both clients and staff of Arthritis SA. I am passionate about helping people through health and fitness. I continue to hear a lot about how people are affected by arthritis, and my new role allows me to further assist them to access services, classes and programs that will be beneficial to their health and well-being across SA.

# **Zaher**

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

My name is Zaher. I have a Bachelor in Health Science. I care about health a lot and always wanted to work in the health field.

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

I am an educator and am responsible for the Information Line. I receive inquiries and questions through phone and email and try to respond them with the latest research based information. I also receive many calls from people who have arthritis related pain and are distressed. I try to help reassure and educate them to manage the situation and their conditions in general.

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

My passion for health started when I was very young. I always wanted to be a part of the health system and help people to improve their health and well-being. I was working at the Covid Operations Team as a contact tracer when I saw this opportunity and applied straight away.

I love my job and it gives me a great sense of achievement when I see I can make a difference to people who live with arthritis. Arthritis SA has a great supportive environment and everyone here is friendly and passionate about improving the quality of life of people with arthritis and their family members.

# Jo

## CAN YOU TELL US A BIT ABOUT YOURSELF?

I am a physiotherapist and I moved from Perth to Adelaide in 2020 to start a PhD.

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

My role is a health educator. My current focus is a grant, investigating what information people find most helpful when diagnosed with arthritis.

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

I wanted to work with people and have a professional interest in arthritis.

# Martin

## CAN YOU TELL US A BIT ABOUT YOURSELF?

Have spent the past 20+ years working as an IT Project Manager. Have also worked as a qualified fitter and machinist, lecturer, fitness instructor, and rehabilitation consultant. B.App.Sc (Exercise and Sports Science) plus MBA. Currently studying for B.Psych (Cognitive Neuroscience).

Have travelled extensively and played many sports, the two longest being gymnastics and skydiving, however, these days I'm just happy walking my small dog.

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

Project Management Consultant.

- To implement robust project management systems and processes in line with best practice and specific organisational needs
- To Identify and support the use of fit-for-purpose project management software and templates
- To populate software/ templates as appropriate
- To provide training relating to use of software/ templates and general project management principles.

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

To work for a customer-centric, service-oriented, community-based organisation.





# Kidsflix



Adelaide South Kidsflix at Noarlunga and Riverland Kidsflix at Renmark were held in March and May. Both events went really well, and much fun was had by all.

Star Wars characters, Bumble Bee, Alice in Wonderland, face painters, a balloon twister and Cool 4 Kids at Noarlunga and Berri and Riverland Girl Guides volunteers dressed up as Elmo, Minion, a fairy, Mickey and Minnie Mouse, a face painter and Kiwi the Clown at Riverland entertained the families, and there were many smiling faces.

They all enjoyed watching "Monster Family 2" at Noarlunga and "The Bad Guys" at Riverland.

*A big thank you to our partner Wallis Cinemas and the Chaffey Theatre, Nippy's for supplying us with drinks, Bellis Fruit Bars, and Jonny's Popcorn for the popcorn.*

*Huge thanks also to all our valued volunteers, who help make Kidsflix events a great family 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*

# Eating for arthritis

## Making Healthy Food Choices that Count

Making every mouthful count and consuming a variety of nutritious foods first rather than filling up on processed and occasional foods is important. Including foods from all of the different food groups forms the foundation of a healthy balanced diet as each provides a range of nutrients that play their own role in the body.

This is important in arthritis, as there are additional demands on the body due to stress, inflammation and fatigue. Making healthy food choices that count will help you provide your body with the nutrients it needs to function and manage these extra demands. See the image below to explore the different food groups that make up a healthy balanced diet.

Download the Healthy eating and arthritis information sheet from the Arthritis South Australia website or phone 08 8379 5711 for more information.

**Authors:**  
**Victoria Hoekman &**  
**Kahlia Nissen**

### Grains

Provide fibre to help keep your gut bacteria healthy they also provide a variety of vitamins.

*Examples: Bread, rice, and pasta*



### Meat, Fish, Eggs, and Beans

All sources of protein to help maintain muscles and provide a variety of different vitamins and minerals.

*Tip: Lentils, chickpeas, nuts and tofu also count!*





### Fruits and Vegetables

A great source of fibre and contain a wide variety of vitamins, minerals and antioxidants that can help reduce inflammation.

*Tip: Fresh, frozen, canned or dried can all be included*

### About the Authors

We are two Flinders University student dietitians who have been on placement with Arthritis South Australia. During our time here we have been working on a series of small projects to help make healthy eating information for Arthritis more accessible.

This has involved the development of online courses for dietary management of scleroderma and gout, group education sessions and a series of short online videos about healthy eating for arthritis. These are all available on the Arthritis South Australia website.

### Dairy

A source of protein to help maintain muscles. It also contains calcium, an important mineral for bone health.

*Examples: Milk, yoghurt, cheese*

### Occasional Foods

These foods have extra sugar, saturated fat and/or salt and usually have less protein, vitamins, and minerals.

*Examples: Cakes, biscuits, potato chips, fast foods and soft drinks*

### Water

Our bodies are around 60% water. This is why you need to get enough fluids in throughout the day to keep you hydrated.

Water is the preferred option rather than sugary drinks.



# What's on

## July 29

10:00 am - 12:30 pm

### WEEK 1 – 10 Steps for Living Well With Arthritis – An Introduction

A general introduction to the most common types of arthritis. Learn about what is recommended and resources available to support you.

## Aug 5

10:00 am - 12:30 pm

### WEEK 2 – Understanding Osteoarthritis & Staying Active

Learn about osteoarthritis, its causes and what is recommended. Come and hear about what types of exercise are beneficial for arthritis.

## Aug 12

10:00 am - 12:30 pm

### WEEK 3 – Maintain Your well-being – Balancing Your Life & Making Food Choices That Count

The effects of arthritis are not just physical. They can impact your mental well-being and how you live everyday life, but there are strategies that can help.

## Aug 19

10:00 am - 12:30 pm

### WEEK 4 – Techniques For Coping With Ongoing Pain

An interactive workshop where you will learn about simple tips to help you cope with ongoing pain.

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

## Winter Word Find

Blanket	Beanie
Gumboots	Soup
Gloves	Fog
Rain	Fireplace
Cold	Scarf
Warm	Mist
Book	Puddles
Clouds	Jacket
Umbrella	Frost

**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:  
 [arthritis.sa.org.au](http://arthritis.sa.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  
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