

# ARTHRITIS *Action*



A PUBLICATION OF THE ARTHRITIS FOUNDATION

Carolinas Chapter Serving North & South Carolina

FALL 2009

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## World Arthritis Day

World Arthritis Day, October 12, 2009, focused on the impact of osteoarthritis in the workplace, whether that happens to be at an office or at home supporting a family. The theme was "Let's Work Together."

To support World Arthritis Day 2009, the head coach of Duke University's men's basketball team, Mike Krzyzewski (Coach K), 61, revealed how close he was to giving up the game he loved because of painful osteoarthritis, the most common form of arthritis and a leading cause of disability in the U.S.

The Arthritis Foundation hopes Coach K can inspire and motivate the 27 million Americans affected by osteoarthritis to take control over their condition through physical activity, weight management and a variety of treatment options, depending on the severity of the disease.

## Coach K's Story

It was during the 1994 season when Coach K first experienced pain and discomfort in his left hip due to osteoarthritis. Over the next five years, the pain only got worse and in 1999, at the age of 52, Coach K was walking with a limp and coaching Duke basketball games from a chair. His mobility was so limited, he was unable to stand up with his team for a "hands on" before a game. "I really came close to retiring from coaching because the pain was getting unbearable both on and off the court, despite daily medications and physical therapy," said Coach K. "That '99 season could very well have been my last if I didn't get help."

After consultation with his physician, Coach K had his left hip replaced in April 1999. The usual hospital stay for hip replacement is three to five days, and full recovery with rehabilitation and physical therapy typically takes three to six months. Coach K underwent rehabilitation from April to June.

Coach K says by June he was back to doing normal activities, but there was a big difference. He was no longer in pain, no longer walking with a limp and his range of motion had improved. In October of 2000, he was back on the court running up and down the sidelines coaching his heart out. He didn't miss a season. One year later, Coach K led Duke to its third NCAA national championship further solidifying his reputation as one of the top college basketball coaches of all time.



Julianna Matthis has JA and is pictured with her mother, Jenny. Julianna will be participating in the Jingle Bell Run-Raleigh on December 5th. She is the winner of the national drawing for 2 round-trip Delta Airline tickets. She won out of 582 JBR participants who had raised over \$100 by September 30th.

## Save The Date: March 1-3, 2010 The Power of 1 - The Voice of Many 2010 Advocacy & Kids' Summit

This is YOUR chance to tell Congress about the needs of 46 million adults and 300,000 kids with arthritis. Join fellow advocates in Washington, D.C., and learn how to advocate on Capitol Hill. Meet with your Members of Congress or their staff to educate them about the impact of arthritis. Everyone is invited to participate!

To learn more about the Arthritis Foundation's Advocacy Priorities and past Summits visit [www.arthritis.org/advocacy-summit.php](http://www.arthritis.org/advocacy-summit.php)

## A Trio of Jingle Bell Run/Walk Events for the Carolinas in 2009! Come jingle with us!

- **Saturday, November 21, 2009 - Lake Norman, NC**  
Jetton Park, 19000 Jetton Road, Cornelius, NC 28031  
Contact Gerald Talley at [gtalley@arthritis.org](mailto:gtalley@arthritis.org)
- **Saturday, December 5, 2009 - Raleigh, NC**  
St. Mary's School, 900 Hillsborough St., Raleigh, NC 27604  
Contact Candy Fuller at [cfuller@arthritis.org](mailto:cfuller@arthritis.org)
- **Saturday, December 5, 2009 - Asheville, NC**  
Montford Rec Center, 34 Pearson Dr., Asheville, NC 28801  
Contact Marianne Palmer at [mpalmer@arthritis.org](mailto:mpalmer@arthritis.org)

## Walk Honoree Balances Work, Family While Battling Rheumatoid Arthritis



Five years ago, Holly Harris, a busy mother of three young girls, began to feel sick on a fairly regular basis. She had fought ulcerative colitis since she was a teenager,

but this was different. She was increasingly fatigued and felt achy more and more of the time. Of course, Holly was concerned, so she visited her primary care doctor, who diagnosed her with a virus, possibly the flu. This seemed reasonable enough, given the symptoms; unfortunately, her symptoms did not go away – they continued to get worse.

Pain seemed to localize in her hands, causing her to have difficulty using her hands for everyday tasks. If she slept with her hands open during the night, she would be unable to close them or move them at all the following day. As a construction loan officer, using the computer and telephone were key requirements of her job; she couldn't do her job if her hands wouldn't work! She needed to find out what was wrong with her. Her next physician visit was discouraging when she was told she was suffering from depression and prescribed anti-depressants. She knew her severe pain and fatigue were not caused by depression and chose not to fill her prescription.

Holly's condition continued to deteriorate. Her pain progressed from her arms to her legs. At this point, she was then diagnosed with fibromyalgia, a painful muscular condition. Again, she wasn't convinced this was the right diagnosis. Her pain wasn't in her muscles – it was in her joints.

Finally, Holly reached a point where she couldn't walk. She couldn't care for herself. She couldn't even get out of bed or take a shower. Her husband would have to place her in a tub for baths. One of her daughters (then age 6) would wash her hair. Another daughter (then age 8) would help her eat. Holly had reached the end of her rope. She didn't have the flu, she didn't have fibromyalgia and her symptoms weren't in her head. Something was seriously wrong with her.

She visited Dr. Eldon Beard, a family doctor in Winston-Salem. He ran numerous blood tests and noted that her rheumatoid factor was exceptionally

elevated (rheumatoid factor is an indicator, in conjunction with physical symptoms, used to diagnose rheumatoid arthritis). He quickly referred her to a rheumatologist at Salem Rheumatology, Dr. Elliott Semble, who immediately gave a name to her condition: Rheumatoid Arthritis (RA). He informed her that the ulcerative colitis she had fought for much of her life was, like RA, an autoimmune disease. Apparently, once a person has an autoimmune disorder, that person is much more likely to develop other autoimmune diseases. All of the pieces of the puzzle that were Holly's illness were finally coming together.

Dr. Semble put her on Prednisone, a powerful steroid designed to reduce inflammation. This relieved her symptoms almost overnight, but could not be a long-term solution. Steroids are hard on the body and not meant to be used as a permanent solution. He also prescribed drugs specifically designed to target the symptoms of RA. Unfortunately, Holly's colitis complicated treatment, as many of the drugs she tried would aggravate the colitis, even while it relieved the pain and inflammation of RA.

In 2007, a medication called Remicade came on the market. It is part of a new class of drugs, known as biologicals. (These medications target specific molecules in the immune system that contribute to the RA disease process, aiming to reduce the signs and symptoms of RA and slow the progression of the disease while minimizing some of the side effects seen with anti-inflammatory and other traditional RA treatments.) In combination with other medications, Remicade seemed to keep her RA and ulcerative colitis under control. While she occasionally has flare ups of her RA, overall this "recipe" has worked well for her unique situation.

The downside of the RA drugs is that they suppress the immune system, and increases the risk that other, particularly opportunistic, diseases will occur. Holly has recently struggled with a skin condition and a case of MRSA (Methicillin-resistant Staphylococcus aureus, a difficult to treat bacterial infection), which took many weeks of antibiotics to beat.

Despite her challenges, Holly has an extremely positive outlook and continues to enjoy her job and especially her family. Her husband, Robert, and their three daughters are all active members of Holly's RA "team," working together to pitch in when she's feeling bad and lifting her spirits whenever she's discouraged.

Holly was selected to be the honoree for the 2009 Triad Arthritis Walk because she represents a face of arthritis most people wouldn't recognize. Arthritis is not just the osteoarthritis that many people suffer as they age; it is a large family of disorders that affects adults and children alike. It does not discriminate and can be debilitating. The Arthritis Walk raises awareness and thousands of dollars each year to fund research, treatment and educational programs that help the millions of Americans who battle this devastating disease.

### NC ADULTS >18 WITH DOCTOR-DIAGNOSED ARTHRITIS (DRDX+)

1,927,000 adults have doctor diagnosed arthritis; 29% of all adults have DRDX+  
 799,000 men have DRDX+ (25%)  
 1,127,000 women have DRDX+ (33%)  
 411,000 adults 18-44 have DRDX+ (12%)  
 868,000 adults 45-64 have DRDX+ (41%)  
 641,000 adults 65 and older have DRDX+ (59%)  
 1,451,000 non-Hispanic white adults have DRDX+ (31%)  
 347,000 non-Hispanic black adults have DRDX+ (30%)  
 42,000 Hispanic adults have DRDX+ (8%)  
 355,000 adults with less than a high school education have DRDX+ (36%)  
 600,000 adults with a high school education have DRDX+ (31%)  
 970,000 adults with more than a high school education have DRDX+ (26%)  
 670,000 obese adults have DRDX+ (38%)  
 379,000 adults who are physically inactive have DrDX+  
 42% of adults who are physically inactive have DrDX+

### SC ADULTS >18 WITH DOCTOR-DIAGNOSED ARTHRITIS (DRDX+)

956,000 adults have doctor diagnosed arthritis; 30% of all adults have DRDX+  
 383,000 men have DRDX+ (25%)  
 573,000 women have DRDX+ (34%)  
 207,000 adults 18-44 have DRDX+ (13%)  
 425,000 adults 45-64 have DRDX+ (40%)  
 319,000 adults 65 and older have DRDX+ (58%)

678,000 non-Hispanic white adults have DRDX+ (32%)  
 202,000 non-Hispanic black adults have DRDX+ (25%)  
 16,000 Hispanic adults have DRDX+ (18%)  
 174,000 adults with less than a high school education have DRDX+ (43%)  
 307,000 adults with a high school education have DRDX+ (30%)  
 471,000 adults with more than a high school education have DRDX+ (26%)  
 334,000 obese adults have DRDX+ (38%)  
 188,000 adults who are physically inactive have DrDX+  
 45% of adults who are physically inactive have DrDX+



Left to right: Dr. Brian Dewhirst, Palmetto Primary Care Physicians, Event Chair; Dr. Diane Kamen, MUSC, and Joyce Gilles, Arthritis Foundation, at the D'Vine Affair in Charleston, SC on Oct. 1, 2009.

## NEW *Raising A Child: A Parents Guide*

From the editors of the newsletter *Kids Get Arthritis Too* is a brand-new edition of *Raising A Child With Arthritis*. Cutting through the medical textbook jargon, this book covers how to understand disease types, treatment and research, financial concerns, school challenges and more. Personal stories sharing personal triumph and tips for success are peppered throughout. The appendix includes helpful worksheets, charts and a list of additional resources. Order in the Arthritis Foundation online store or by calling 800-283-7800.



### Give the Gift of EASE: Arthritis-friendly gift ideas

Coming up with the perfect idea for friends and loved ones is sometimes a bit of a challenge. If the person you're shopping for has arthritis, finding a gift that's practical and helpful is now easier than ever thanks to the Arthritis Foundation's Ease-of-Use (EOU) commendation program.

For the friend or loved one who enjoys spending time in the yard, consider helping them out with Bionic's Gardening Glove and Rose Glove, or Fiskars' PowerGear line of hand pruners and loppers. You can combine gifts and create a personalized gardening gift pack and include them all.

If there's a golfer in your life, be sure you don't let them just give up the game due to arthritis. Golf Pride offers two unique grips in the EOU program: the Dual Duromoeter and DD2, while FootJoy® has received a commendation for its golf glove that conforms to both USGA Rules and R&A rules. If walking the course is a problem due to weakened knees, DonJoy offers their Adjustable OA Defiance knee brace that can help.

With a little creativity and products commended by the Arthritis Foundation, you can give gifts that are not only enjoyable but also practical for the person living with arthritis. To learn more about other products visit [www.arthritis.org](http://www.arthritis.org) or call your local chapter at 800-883-8806.

## IT'S TIME FOR SANTA CLAUS

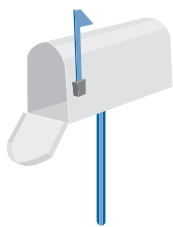
Can you believe it's time to get ready for the holidays and Halloween is barely behind us?

Last year, The Arthritis Foundation started a new program called Santa Letters. We offered to write a VERY personal letter from Santa Claus to a special child on your holiday list. For a fee of \$5.00 per letter, we mailed out letters to over 100 children last year and would love to add your list of children to our list of children. With such positive feedback from our audience last year, we are so happy to be doing this again.

If you are interested in participating in the Santa Letter, please email Stephani Roark at [sroark@arthritis.org](mailto:sroark@arthritis.org) or call 704-529-5166 ext 104. A very detailed questionnaire will go out to you, and all you have to do is send it back to us with your \$5.00 donation. We take care of the rest.

Let The Arthritis Foundation give back to you just a little bit by crossing this one task off of your list of things to do this holiday season. Letters are due back to Arthritis Foundation office by December 1, 2009 and will go out of the office the week of December 14th.

Thank you for all of your support and Happy Holidays!



## Bravo and Thanks to Our 2009 Donors

Our heartfelt THANKS to all the wonderful people who donate to the Arthritis Foundation, Carolinas Chapter. We are so very grateful for the dedication of our donors and sponsors, and we take pride in responsible stewardship of their donations. Your generous support enables us to move closer to our goal of improving lives of the 46 million Americans with diagnosed arthritis or chronic joint symptoms.

*The Carolinas Chapter received gifts of \$1,000 and up between January 1 and October 7, 2009 from the following:*

Abbott Immunology	The Family of Steven James
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Ms. David H. Hall	Mr. & Mrs. Chad M. White
Mr. Kyle Harner	The Winston Salem Foundation
The Hearst Corporation	World Omni Financial Corporation
InMed Diagnostic Services	Wyeth Pharmaceuticals

# Someone you know has arthritis... Help Ease The Pain... Give Now.

Arthritis isn't just the minor aches and pains of old age. It's our worst chronic disease touching people of all ages ... even children. Yet few Americans take it seriously until it touches someone they know. The Arthritis Foundation has been fighting this serious health problem for over 50 years. And each year brings important progress in research, education and services. Today, something can be done about arthritis. Your support can bring even more answers. Send your tax-deductible donation to the Arthritis Foundation, Carolinas Chapter now. **A minimum of \$20 is required for membership.** However, the more you give, the more we can accomplish.

Name \_\_\_\_\_ Type of Arthritis \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ E-mail \_\_\_\_\_

\$1,000      \$500      \$250      \$100      \$50      Other \_\_\_\_\_

*Please fund arthritis research and vital community services to help the nearly 3 million people in North and South Carolina affected by arthritis related diseases with my donation.*

Payment Selection:      Check enclosed payable to the Arthritis Foundation      **or** charge my      Visa      MasterCard      AmEx.

Card # \_\_\_\_\_ Amount \$ \_\_\_\_\_ Exp. Date \_\_\_\_\_ Signature \_\_\_\_\_

Please remember the Arthritis Foundation in your will.

Arthritis Foundation, Carolinas Chapter • 4530 Park Road, Suite 230 • Charlotte, NC 28209  
Phone: 1-800-883-8806 or 704-529-5166    Fax: 704-529-0626

The mission of the Arthritis Foundation is to improve lives through leadership in the prevention, control and cure of arthritis and related diseases.

## We're Gearing Up for Our 2010 Fundraising Events - Call Today to Find Out How You Can Get Involved!



**Let's Move Together** is a nationwide movement led by the Arthritis Foundation that encourages people to move to prevent or treat arthritis. You can join the movement by committing to walk in your local 2009 Arthritis Walk. But don't stop there...move daily for better health. The vision of the Arthritis Foundation is a world free of arthritis pain.

### Arthritis Walks Planned for 2010

**SPRING:** Triangle (Raleigh/Durham/Chapel Hill, NC); N. Charleston, SC; Charlotte, NC; Columbia, SC

**FALL:** Concord, NC; Wilmington, NC; Upstate SC (Greenville & Anderson); Greensboro, NC; Florence, SC; Myrtle Beach, SC; Tar River/ Greenville, NC

### Other Fun Events Planned for 2010

The **Triad Region's Brad Hoover Charity Golf Classic** presented by Modern Toyota in Greensboro, NC; the **Low Country Golf Tournament** in Hilton Head Island, SC; **Ride Along the Blue Ridge Cycling Event** in Banner Elk, NC; **Cured to the Bone Tribute & Auction**, Greenville, SC; **Purses with Power Social & Auction**, Charlotte, NC; the **Annual Tribute Dinner** in Winston-Salem, NC; the **Halloween Bone Bash**, Charlotte, NC; and a **trio of Jingle Bell Run/Walk events** are planned in November & December at the following locations in NC: Asheville, Lake Norman and Raleigh.

For more information on these events and how you can help, please call 704-529-5166 or 1-800-883-8806 or visit <http://carolinas.arthritis.org>

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