

ARTH writings



A PUBLICATION OF THE ARTHRITIS FOUNDATION

Maryland Chapter

SPRING 2009

ARTHRITIS FOUNDATION LAUNCHES PHYSICAL ACTIVITY MOVEMENT

Let's Move Together This Year

In January, the Arthritis Foundation launched *Let's Move Together*, a nationwide movement encouraging people to move every day to prevent or treat arthritis. Moving just 30 minutes daily, even 10 to 15 minutes at a time, can ease joint pain, improve mobility and reduce fatigue often associated with arthritis. Daily movement also can >

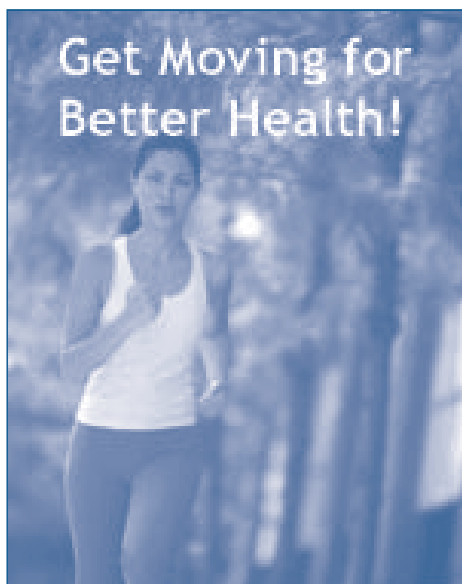
improve the quality of life of the 46 million Americans living with arthritis. The movement encourages everyone to engage in daily physical activity for better health and to participate in their local Arthritis Walk—the Foundation's signature event that promotes fun and fitness while raising funds for programs and research. *See page 5 for details about the upcoming Let's Move Together Arthritis Walks in the Maryland Chapter area.*

By the year 2030, an estimated 67 million people in the U.S. will have arthritis. Currently, more than 1.1 million, or one-in-four, Marylanders have arthritis. Even more alarming is the fact that the prevalence of osteoarthritis, the most common form of arthritis, continues to rise even though it can often be prevented by staying active through enjoyable physical activities. "Physical activity, such as walking, is crucial to managing joint pain, improving mobility and reducing fatigue often associated with arthritis," said Jan Thompson, President of the Arthritis Foundation, Maryland Chapter. "It is our hope that the *Let's Move Together* movement will lead people to take action, both to improve their own lives and the lives of others with arthritis."

People can learn more about *Let's Move Together* by contacting the Maryland Chapter at 800-365-3811 or by visiting www.letsmove-together.org, where they can also join the movement. The web site offers exercise tips and other suggestions on ways to creatively incorporate movement into daily activities. For instance, visitors can find links to Arthritis Foundation Life Improvement Series programs. These programs are offered throughout Maryland to help people

become active through arthritis-friendly land or water exercise. The site also showcases uplifting stories of people who are battling arthritis by staying active. It features a physical activity tracker to help keep you moving all year and provides information about the Arthritis Walk. Visitors can even read a blog from others participating in the movement or contribute to message boards on a variety of movement related topics.

"While many people think about arthritis during Arthritis Awareness Month in May, *Let's Move Together* reminds people that it is important to move every day, not just once a year," says Thompson. We hope people will commit to daily physical activity and continue to move together with the Foundation throughout 2009. Start moving today!"



Let's Move Together is a nationwide movement that encourages people to move to prevent or treat arthritis.



Join Now!

letsmove-together.org

Corks @ Forks Gala
POP A CORK FOR ARTHRITIS
FRIDAY, MARCH 27, 2009
7 UNTIL 11 P.M.
See details on page 5.

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



Get Organized in 2009

The Arthritis Foundation's newly updated *Health Organizer* helps keep all of your medical information in one convenient, easy-to-use location. You can keep track of your medical history, lab tests, medications, alternative treatments and your progress.

The introduction provides basic information about arthritis and its treatment. It outlines how you can use the book to better manage your disease. A new feature is the food and exercise diary that allows you to record your daily diet and physical activity. There's a section to record questions for the doctor, a glossary of arthritis-related terms, a section listing Arthritis Foundation resources, a pocket to store prescriptions and a place to record contact information for your health care team and insurance carriers.

The *Health Organizer* is available for \$9.95 by calling 1-800/283-7800 or by visiting www.arthritis.org.



Arthritis Foundation Exercise Program participants use elastic bands to do some stretching activities.



6-year-old Whitney (rt.), who has juvenile arthritis, and her brother Caleb enjoyed bowling at a recent Family Fun Day. Families also heard a presentation from two pharmacists.



The Maryland Chapter offers a wide range of programs to help people take control of their arthritis or related condition. We are your source for help and hope when you are looking for:

- water or land exercise programs
- brochures about your disease
- a physician referral list
- tips to help you cope
- educational seminars
- support & education groups
- self-help courses
- information and referral services
- advocacy opportunities.

For a free listing of locations and contact numbers for these programs, return the coupon on page 6.

Come Join Us...

Upper Chesapeake Medical Center and the Arthritis Foundation are teaming up to offer an education program, "Arthritis: How to Cope," on Wednesday, March 18, from 5:30 to 7 p.m. Preregistration is required for this "Dinner with the Doctor" presentation. There is a \$5 fee to attend. To register or for more information, call 410/515-0044.

Research News

2008's Top 10 Arthritis-Related Events

Each year the Arthritis Foundation highlights the top 10 most significant events affecting the arthritis community. Below are brief summaries.

1. House Passes Landmark Arthritis Legislation—The U.S. House of Representatives passed the Arthritis Prevention, Control and Cure Act, the first comprehensive arthritis legislation in over 30 years. The bill never came to a vote in the Senate, but momentum is strong and optimism for congressional passage in 2009 is high.

2. Early, Aggressive Therapy Best for RA—20 years ago, doctors believed the best protocol for treating rheumatoid arthritis (RA) was to start slow and build gradually until an adequate level of pain and inflammation control was reached. This way of thinking has changed over the years, and physicians now treat RA much more aggressively from the time of diagnosis. With the advent of new biologic medications, the treatment possibilities are many, and appropriate use is still being established.

3. Kinase Inhibitors Promising Treatment for RA—RA treatment has improved greatly in the last 10 years since the introduction of biologic agents. But, these agents are expensive to produce and must be given via injection or intravenous infusion. In 2008, great strides were made toward the development of a new type of RA medication called kinase inhibitors that can be taken by mouth.

4. Arthritis Hampers Activity in Adults with Diabetes—An important study released by the Centers for Disease Control and Prevention (CDC) in 2008 found more than half of adults

(See "Top 10," page 3)

VOLUNTEER SPIRIT

We welcome two members to our Board of Directors. Paul Khanuja, M.D., of Johns Hopkins Orthopaedics at Good Samaritan Hospital, is an assistant professor of orthopedic surgery. He has authored numerous articles and book chapters. A graduate of



Dr. Khanuja Albany Medical College in New York, Khanuja served his orthopedic residency at Albany Medical Center Hospital and completed his fellowship in arthritis surgery at the Johns Hopkins School of Medicine. His clinical interests include joint replacements, minimally invasive hip and knee replacement, osteonecrosis, revision surgery and cartilage restoration.

LaHuse (Lui) McFadden, CMR, is a regional manager with Wyeth Pharmaceuticals. A graduate of Coppin State College with a degree in biology, Mr. McFadden decided to combine his interest in both science and business by pursuing a career in the pharmaceutical industry. He has had over 30 years in the industry to make many positive impacts. Admired by his peers, he is known for his integrity, for thinking outside of the box, and for proactively training and leading others to success.



Mr. McFadden

We look forward to these two new volunteers bringing the same commitment, hard work and dedication to the Arthritis Foundation as they do to their professions.

Top 10

(cont'd. from page 2)

with diagnosed diabetes also have arthritis, a painful condition that can be a barrier to physical activity. Physical activity is an important health strategy for managing both diseases and lack of activity hinders successful management.

5. Biologic Therapies Benefit Children with JA—Until 2008, the only biologic agent approved by the FDA for use in children with juvenile idiopathic arthritis (JIA; sometimes called juvenile rheumatoid arthritis) was etanercept (*Enbrel*), approved for use in children in 1999. But 2008 was a banner year because two new biologic agents adalimumab (*Humira*) and abatacept (*Orencia*) were approved for use in children. Results of additional studies showing the safety and efficacy of these biologic drugs in children were also released in 2008.

6. Cardiovascular Risk High in Arthritis—Over recent years, evidence

has shown that those with RA are more likely to have cardiovascular disease (CVD) than the general population, even after adjusting for traditional CVD risk factors, such as diabetes, high cholesterol, smoking, high blood pressure and being overweight. An important study found that people with RA have as high or an even greater risk of CVD than people with type 2 diabetes, a recognized risk factor. Studies emphasize the importance for people with arthritis to be particularly diligent when it comes to caring for their heart and preventing cardiovascular complications.

7. State Arthritis Programs Enhanced—Last year saw the growth of government support funded through the CDC for state-based programs to help people with arthritis. [Maryland is not a funded state.]

8. Immune System Ages Early in Arthritis—Patients with autoimmune diseases such as RA have immune system abnormalities

(See "Top 10," column 3)

Top 10

(cont'd. from column 2)

resembling characteristics of immune dysfunction typically seen in the elderly. Studies reinforce and expand on previous evidence that people with autoimmune arthritis may be biologically older than their chronologic age indicates.

9. Gingivitis and RA Linked—Results of several studies released in 2008 link periodontal disease (also called gingivitis or gum disease) and RA, revealing those with RA are much more likely to have gum disease than those without RA. The studies argue for greater attention to dental care in people with RA.

10. Nearly Half of Americans Will Develop OA—A landmark government study released in 2008 suggests nearly one in two people (45 percent) will develop painful knee osteoarthritis (OA) over their lifetime, with the highest risk among those who are obese.

For an in-depth nine-page summary of these Top 10 Events, return the coupon on page 6.

We gratefully acknowledge the following estates for trusts in support of our mission:

Benjamin Shuff \$16,079
John Sopousek \$15,000

2008 bequests totaled \$240,158

Our sincere appreciation to the estate of Virginia P. Engalitcheff for the Maryland Chapter endowment.

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www.arthritis.org

For Maryland info., enter your zip code.





We're Advocating for the Cause

Some things don't change. It's hard to remember that while so much is happening all around us at the federal government level and the state government too. The truth is that arthritis hurts...in our bodies and in our pocketbooks. It continues to cost \$124 billion dollars to our U.S. economy in medical costs and lost work.

The Arthritis Foundation will be remembering that again this year as we take volunteers to Washington, D.C. for the Advocacy Summit. We'll once again be seeking co-sponsorship for the Arthritis Prevention Control and Cure Act. We'll call on as many representatives and senators from our state (and Delaware) as possible. You can be part of that by joining our "Virtual Summit." Visit www.arthritis.org for more details.

This year our Public Policy Committee will be connected by email and conference calls. Even though the legislative session promises to be focused on taxes, we'll be watching for the bills that affect the daily lives of those who have arthritis. There's never a shortage of healthcare bills.

Our grassroots network may operate differently as we will be making contact with you from our own office. Please do your part to follow up or send letters as you have done in the past. Elected officials still find time to be aware of who is communicating with them on what topic.

Would you like to join us and make a difference? Please give us a call at 410/654-6570, x225.

Around The State

WESTERN MARYLAND / EASTERN WEST VIRGINIA REGION
800/365-3811



EASTERN SHORE REGION
800/365-3811

SOUTHERN MARYLAND BRANCH
714 B & A Blvd.
Severna Park, MD
21146
410/544-5433

The **EASTERN SHORE REGION** remains active with health fairs, arthritis presentations, the Arthritis Foundation Aquatic Program and the Arthritis Foundation Exercise Program. Spring and fall are always busy with health fairs, and we could use your help. If you are willing to staff a health fair booth, please give us a call. We will provide training and materials for you to represent the Arthritis Foundation. We also are always looking for people willing to be speakers (training provided). If you are interested in volunteering or in other area activities, call 800-365-3811, x222.

For the **SOUTHERN MARYLAND BRANCH**, 2009 is starting off with a BANG with the announcement that Olympic Gold Medalist, Mary Lou Retton will attend our 16th Annual "Kids Get Arthritis & Dogs Too!" Annapolis Arthritis Walk. Retton's participation is thanks to our National Sponsor Biomet. The event will be held at Quiet Waters Park Concert Pavilion on Saturday, May 16 from 7:30 a.m. till noon. Again this year, we will hold our Juvenile Arthritis Ambassador Ceremony, where a youth, teen, adult and canine arthritis sufferer will receive medals in recognition of their courageous battle with arthritis.

The event includes a 1K, 3K or 5K walk, continental breakfast, prizes, awards, raffles, arts and crafts for the kids, a doggie bag for our canine friends and our "Best Dressed Dog" and "Owner/Pet Look-a-Like" contests. The Arthritis Walk is a community event in its truest sense. Start a team, sponsor a table or come with your

family, friends and pets for this very exciting, fun-filled event.

For information on sponsorship opportunities for our Walk or any of our other events, please contact Grace at gban@arthritis.org or Kienda at kiendasimmons@arthritis.org or call 410/544-5433.

The **WESTERN MARYLAND/EASTERN WEST VIRGINIA BRANCH** has been very busy and now very quiet. The branch board, led by Elizabeth Bauer, was busier than usual since they took over staff responsibilities after the branch director left in late summer.

By September, the volunteers had moved forward with Jingle Bell Run/Walk. Five schools participated with us to raise \$9,300. On December 6, the event in Baker Park attracted a crowd of 250 and raised more money than ever before.

Sadly the tightening economy prohibited the Maryland Chapter from replacing the branch director for Western Maryland. In December, the office closed and even that was an effort largely dependent on the help of these terrific volunteers. They have been real troopers, giving unselfishly of their time and talent.

The Arthritis Foundation will continue to serve the Western Maryland area from their office in Owings Mills. If you need information about arthritis or about the exercise programs that are available in your area, please call our office at 800/365-3811.



Come *MOVE* with us at the 2009 ArthritisWalk in your community. Take the first step this spring by joining us at the following locations:

- **Baltimore County Walk**—Saturday, May 2 at Oregon Ridge Park
- **Dover, DE Walk**—Sunday, May 10 at Dover International Speedway
- **Howard County Walk**—Saturday, May 16 at Meadowbrook Park
- **Anne Arundel County Walk**—Saturday, May 16 at Quiet Waters Park
- **Harford County Walk**—Saturday, May 17 at Ripken Stadium

The *Lets Move Together* ArthritisWalk is a non-competitive event with varying distance options to accommodate all levels of fitness. Participants can walk in honor of a loved one with arthritis, while men, women and children living with arthritis lead the way. During the walk, participants will have an opportunity to write a message on an inspirational Wall of Heroes. Walkers are encouraged to either join individually or as an ArthritisWalk team by recruiting five or more friends, family members, neighbors and/or co-workers.

Interested walkers or volunteers can make a difference. For more information or to register online, visit www.letsmove-together.org or call 410/654-6570.



In the last three years, Team Quinn has raised over \$20,000 for the Harford County Arthritis Walk at Ripken Stadium in Aberdeen.

THE ARTHRITIS FOUNDATION, MARYLAND CHAPTER PRESENTS:

Corks & Forks Gala

POP A CORK FOR ARTHRITIS

FRIDAY, MARCH 27, 2009
7 UNTIL 11 P.M.

THE GRAND LODGE, HUNT VALLEY
CATERING BY LINWOODS

TICKETS \$250

CALL 410-654-6570 X 237 OR VISIT
WWW.ARTHRITIS.ORG/CHAPTERS/MARYLAND



Special thanks to our Title Sponsor McCormick

Get Tee'd Off for Arthritis!

We are excited to announce that our 12th Annual Golf Tournament will be held at a NEW location! At Mountain Branch Golf Course in Joppa, you will enjoy the rolling terrain, split fairways, sloping greens, rock and water features and breathtaking views.

If you're a golfer ready to take on a challenge, why not do it to support the Arthritis Foundation, Maryland Chapter!

Join us on Thursday, June 18 at Mountain Branch. This day-long event will highlight a putting contest, an automobile hole-in-one contest, prizes to the top three finishing foursomes and not to mention great food and a fabulous silent auction.

To reserve your space in this year's

tournament, or for more information, please call Ashley at 410-654-6570, x227. We hope to see you on the links!



At the 2008 Golf Tournament, dedicated golf committee member, Mike Ortman (2nd from left) and his foursome helped raise money to find a cure for the nation's #1 cause of disability...arthritis.

TAKE ACTION— GET INVOLVED

Please fill out this form and return to:
Arthritis Foundation
9505 Reisterstown Rd., #1N
Owings Mills, MD 21117
or call 410/654-6570, X222

- Please send me a free copy:
 - Top 10 Arthritis Events of 2008*
 - A brochure on _____
type of arthritis/related disease
 - Brochures to Help You Take Control* —lists 60 free titles
 - Please send me a listing of sites for aquatics/exercise classes, etc.
- Please send information on the *Let's Move Together Arthritis Walk*
- Please send me an invitation for the *Corks & Forks* gala
- I want to join the Arthritis Advocacy Network. Sign me up.
- I would like to volunteer:
 - Send me a Volunteer Application.
- \$20 membership dues enclosed, incl. *Arthritis Today* subscription

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____



SAVE THESE DATES FOR OUR 2009 EVENT

- **Howard Jingle Bell Run/Walk**
Saturday, December 5
Centennial Park, Ellicott City
- **Baltimore Jingle Bell Run/Walk**
Sunday, December 6
DuBurns Arena, Canton



Join Us
on the
Road
to
a Cure

Donate Your Vehicle!

1-800/905-4931

or visit www.arthritis.org



*"My plan
will help
cure
arthritis."*

Living with arthritis is hard but my plan will help find a cure. I know there's a limit to what any one of us can do alone; that's why I turned to the Arthritis Foundation. **Together, we will find a cure, and I found an easy way to help.** I saw an article about how the Foundation helped a couple plan for their future. The Foundation had helped me find ways to help manage my pain, so I decided to look into other services and resources they offer. **Now, I'm doing more than I thought I could, and it didn't mean writing a check.** They sent me a free planning guide called *Your Legacy: A Guide to Making Your Wishes Come True*. It showed me simple ways to update or prepare my will. It saved me money and time and gave me peace of mind. By including a gift in my will to the Foundation, my plans will also help find a cure. Making a real difference couldn't be easier. For information:

- 1) Return the enclosed postcard.
- 2) Call toll-free 1-866-528-8687
- 3) E-mail legacy@arthritis.org or
- 4) Visit www.arthritis.org

Events for 2008
Top 10 Arthritis
Arthritis Walk
Let's Move Together and
Corks and Forks Gala

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