

North Central Chapter Leader Links

Research update

Increasing Rates of Total Knee Replacements in Aging Population

Nearly half of American adults may develop symptomatic knee osteoarthritis in at least one knee over their lifetime, with an equal risk of this disabling condition among whites and blacks. Total knee replacement (TKR) is an effective method of reducing pain and improving physical function among those with disabling knee osteoarthritis, but whites have been more likely to undergo the procedure than blacks.

CDC studied national and state-specific TKR rates for 2000-2006 Medicare enrollees age 65 years and older. The national TKR increased by 58% between 2000 and 2006, with an increase of 61% among whites and an increase of 56% among blacks.

In Minnesota there was a 72% increase in the TKR rate from 2000 to 2006 (7.8% versus 13.4% per 1000 population). It is expected that as our population ages with baby-boomers desiring to stay active later in life, those with arthritis will be seeking care to enable them to do so. Health-care providers and public health agencies can play a role by routinely distributing TKR information to those with symptomatic knee osteoarthritis that is tailored to the education, literacy levels and culture of all patients.

Full Article: Centers for Disease Control (CDC) - MMWR Morb Mortal Wkly Rep 2009 Feb 20; 58(6):133-138.

Leader of the quarter

Karen Ochu



After 16 years of volunteering for the North Central Chapter, Karen Ochu will retire. Karen is an enthusiastic and positive educator and leader who has gone above and beyond the duties of her volunteer position countless times. In her tenure with the Chapter, she has done just about everything: Speakers Bureau, Special Events, Living &

Learning leader, Lupus Self-Help Leader, Arthritis Self-Help Leader and Trainer, Fibromyalgia Self-Help Leader and Trainer, Health Education Committee, Medical & Scientific Committee and Board Member. Her sense of humor, positive attitude and quiet patience has touched hundreds of lives and has given each of them a piece of hope. Thank you and you will be missed Karen!

Announcement for new leaders

We can help you find a site to teach! New leaders interested in teaching a class please contact Mary Jo Peters at mpeters@arthritis.org.

Quarterly reporting deadline

Please send your first quarter numbers to the Chapter by **April 7, 2009**. If you are in need of a reporting form, please check our Web page or call the Chapter.

North Central Chapter Editors

Amanda Greene Guentzel
Mary Jo Peters

Trainings coming to a town near you

Unless noted, all trainings will be for new leaders and run from 8:30 a.m. - 4:30 p.m.

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|-----------|-----------|---------------------|--------------------------|
| Aquatics | April 18 | Grand Rapids, Minn. | Itasca County YMCA |
| Self-Help | May 7 - 8 | St. Paul, Minn. | Chapter office |
| Exercise | May 15 | Stillwater, Minn. | Courage Center St. Croix |
| Exercise | June 6 | Sioux Falls, S.D. | Family Wellness Center |

Upcoming educational seminars

Join us for our Educational Seminar series, a part of the Prescription for Health and Wellness Series. Upcoming seminars include:

- Minneapolis, March 27, 9:30 a.m., Dr. Barbara Segal, "Update on Biologics in the treatment of Rheumatoid Arthritis" - to register call the Chapter
- Woodbury, Minn., April 15, 6 p.m., "Knowledge is power: An introduction to RA" - to register call 866-482-3976, code #FFSFS
- Duluth, Minn., April 22, 3:30 p.m., Dr. Waseem Khan, "All About Arthritis: Dianosis, Treatment and Management" - to register call the Chapter
- Rapid City, S.D., April 25, 8:45 a.m., multiple speakers - call Nickie Steinback at 605-721-2864 for more information
- Burnsville, Minn., May 6, 1 p.m., multiple speakers, "Suffering from Arthritis...Innovations in Treatment" - to register call Chapter
- Minneapolis, May 7, 7 p.m., Hollis Krug, M.D., Arthritis 101: Symptoms, Diagnosis and Treatment of Osteoarthritis and Rheumatoid Arthritis" - to register call the Chapter
- Moorhead, Minn., May 21, 8 a.m., multiple speakers, Senior Healthways Conference - call Chapter to register

These seminars are free to the community but registration is requested as space is limited. For more information on upcoming dates, times or locations, please visit our Web site at or contact us by telephone at 800-333-1380.

Five tips on getting people to your class

Are you having a tough time getting the word out about your class? Here are some helpful tips:

1. Send a news release to your local media (TV, radio and newspapers). Don't have any idea how to write a news release? Contact Amanda at the Chapter and she will be glad to write one for you to distribute to your local media.
2. Check around for local community calendars where you can post your class. These can range from a bulletin board at a local restaurant to your weekly church announcements. Don't forget about online postings! Most radio stations and community groups have online community calendars.
3. Hang flyers around your community. Don't forget senior centers, assisted living centers and most importantly at your class site.
4. Ask to talk to your local community/civic organizations. Contact the Eagles, Lions, VFW, etc. in your area and request to talk at one of their upcoming meetings.
5. Finally, don't forget to advertise the fact that people can earn Continuing Educational Units (CEUs) by attending an Arthritis Foundation program.

If you have any questions on how to better let the public know about your program contact Amanda at the Chapter, 800-333-1380 ext.102 or aguentzel@arthritis.org.