

# The New York Arthritis Reporter

Arthritis Foundation, Inc., New York Chapter • 122 East 42nd Street • New York, New York 10168-1898 • (212) 984-8700



## Tackling Obesity: Healthy Tips for Weight Loss Success

"The key to losing weight is to begin with small steps and try to make it fun!" says Wahida Karmally, Director of Nutrition at The Irving Institute for Clinical and Translational Research at Columbia University Medical Center. As the rates of obesity continue to rise in the United States, many people are faced with the challenge of getting rid of those extra pounds. For some, this can be a difficult, but necessary task. However, it is important to remember that even small amounts of weight loss can create great health benefits.

Obesity has been linked with cardiovascular disease, diabetes, and cancer; just a few on a long list of medical conditions. Extra weight can also add increased pressure on joints throughout the body. Over time, this excess pressure can lead to osteoarthritis (OA), a condition experienced by over 21 million people in the United States. According to the Centers for Disease Control and Prevention, obese adults are up to four times more likely to develop knee OA than normal weight adults. The good news is that some studies have found that even a weight loss of as little as 11 pounds can reduce the risk of developing knee OA in women by 50%.

If you are overweight, the thought of losing weight can be overwhelming. To address this, Karmally explains, "Don't put so much pressure on yourself by setting unrealistic goals. The best way to approach weight loss is to speak with your physician, who may refer you to a registered dietician for some additional help. Remember to have practical expectations of yourself and be aware of what you are capable of accomplishing *today*. The best strategy for weight loss is to reduce caloric intake and increase your activity. If a full day of changes in food and exercise is too much to imagine, simply start with breakfast!"

Breakfast substitutions, such as using skim milk in place of whole milk with your coffee and choosing whole wheat instead of white toast, are small ways to begin making healthy lifestyle changes. Once you have conquered breakfast, you can begin to alter your eating habits and activity levels throughout the day. Just remember, healthy foods do not have to be boring. Karmally says, "People do not have to eat bland foods in order to lose weight. There are many healthy food options that are full of flavor." She suggests:

- eating nutrient-rich foods
- replacing full fat dairy items with low or nonfat options

- increasing your intake of colorful fruits and vegetables
- eating a variety of high-fiber, whole grains
- using oils that are low in saturated fat (such as olive or canola oil)
- including lean chicken, turkey and fish in your weekly diet

To add extra flavor, be sure to experiment with new spices when you are preparing foods and always remember to test out a variety of recipes.



It is important to remember that even if you are eating healthier foods, you must be careful about portion size. Despite the obesity epidemic in the United States, portions have continued to increase. Twenty years ago, a bagel was approximately two ounces and 140

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### New York State Partnership Renewal

The New York Chapter is thrilled to announce that the New York State 2008/2009 Executive Budget once again included \$250,000 to expand statewide arthritis disease management programs. The Chapter thanks **Governor Eliot Spitzer** and his administration for their continuous support and commitment to our cause. We encourage the New York State Senate and Assembly to support this Executive proposal, which would allow the New York Chapter, along with chapters in the Northeastern, Long Island and Upstate regions of New York, to continue providing our evidence-based disease management, exercise and public education programs to residents throughout New York State. Since 2002, the Chapter's long-standing partnership with the state has provided more than \$1.5 million in support of our efforts to reach over 15,000 New Yorkers living with arthritis.

This issue is underwritten by an educational grant from Wyeth.

## Partners in Research: Sanofi aventis

**Sanofi aventis** has renewed its partnership with the Chapter, marking the fourth year of the **sanofi aventis/Arthritis Foundation, New York Chapter Fellowship in Orthopaedics**. This funding supports cutting-edge orthopaedic research by young investigators at leading medical institutions throughout the region. Previous research has focused on such topics as: spinal fusion, basal joint arthritis of the thumb, and the role of stem cells in regenerating ligament and tendon insertions onto bone. This year's recipient is Ran Schwarzkopf, MD, a resident in the Orthopaedic Surgery Department at the New York University School of Medicine. Dr. Schwarzkopf's research project, entitled "Acoustic Emission Studies: Monitoring of the Hip and Knee Prosthesis Wear and Disease Progression in Osteoarthritis Patients" will begin in July 2008. The Chapter's partnership with sanofi aventis has greatly expanded the pool of talented research scientists in the field of rheumatology.

## Kids Get Arthritis Too!

### An Afternoon at Chelsea Piers – Family Day

March 30, 2:00 - 5:00 pm

Pier 60, 23rd Street & Westside Highway  
New York, NY

This half-day program will feature activities for children with arthritis and their families. While the children are enjoying a few hours of fun and games at the bowling alley, parents will get an update from health specialists on the latest in research advances and treatments for their children with arthritis. The program will feature a presentation from Dr. Alexa Adams, pediatric rheumatologist, from the Hospital for Special Surgery.

### The National JA Conference Cruisin' For A Cure

July 10-13, 2008

Costa Mesa, California

This three-day conference brings people together from all over the country and includes fun and educational activities for children and teens with arthritis, as well as informational sessions for their families. For more information, or to register for this conference, please visit [www.arthritis.org](http://www.arthritis.org).

For more information on these or other programs for children, please contact the **New York Arthritis Exchange™** at 212-984-8730, or from the 914 or 845 area codes only, 800-246-2884.

## Obesity (continued from page 1)



calories. Today, bagels have skyrocketed to six ounces and 350 calories! One useful strategy for portion control is to imagine that your plate is divided into four quarters.

Lean protein should be in one quarter (about the size of a deck of cards), whole grain should be in another quarter and one half of your plate

should be filled with vegetables (either fresh, steamed or cooked with small amounts of an oil that is low in saturated fat). Another strategy is to use smaller plates for your meals. Restaurants can be especially difficult in terms of portion control. So, if you're eating out, one helpful tool is to ask the waiter to wrap up half of your meal before it even hits the table. Not only will you have a meal already cooked for tomorrow, but you will be able to focus on enjoying the company that you are sharing without feeling like you are eating too much!

The key to weight loss is to begin by making small adjustments to your daily routine—choosing healthy, nutritious foods, watching portion control and adding activity are all useful tools to begin your journey. For more information about losing weight and staying active or to order a copy of our free brochure, *Diet and Your Arthritis*, call the **New York Arthritis Exchange™** telephone hotline, sponsored by Pfizer Inc, at (212) 984-8730, or from the 914 or 845 area codes only, (800) 246-2884.

NEW YORK CHAPTER



Take Control. We Can Help.™

The New York  
Arthritis Reporter

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Copies of our financial and operating report have been filed with the state and are available upon request. To obtain one, write: Office of the Attorney General, Department of Law, Charities Bureau, 120 Broadway, New York, NY 10271, or contact us at the address above.



## Advocacy Update

On February 25-27th, members of the Chapter's **Arthritis Advocates in Action** and other arthritis advocates from around the country attended the **10th annual Advocacy and Kids' Summit** in Washington, DC. This summit brings together advocates, young and old, from across the country to meet with their Members of Congress and educate them about arthritis and its devastating effects on the 46 million people with the disease, their families, and our country's economy. Key topics for the summit included: the importance of passing the *Arthritis Prevention, Control and Cure Act* in 2008 and the critical need for investing in arthritis research and disease management programs for people living with arthritis throughout the country.

The National office of the Arthritis Foundation has created the **Arthritis Foundation Ambassador Program** to encourage ongoing grassroots arthritis advocacy efforts on the local and national level. Arthritis Ambassadors are volunteer advocates who commit at least two hours each month to building strong relationships with their Members of Congress to promote the Foundation's advocacy initiatives. The Ambassadors receive monthly briefings on key arthritis policy issues and use this information to educate community leaders and elected officials about the impact of arthritis.

To learn more about becoming an Arthritis Ambassador or other arthritis advocacy efforts, please visit [www.arthritis.org](http://www.arthritis.org) or contact the **New York Arthritis Exchange™** at 212-984-8730, or from the 914 or 845 area codes only, 800-246-2884.

## Today's Treatment Options for Arthritis

March 18, 10:30–11:30 am

Senior League of Flatbush  
550 Ocean Parkway  
Brooklyn, NY

March 26, 1:00–2:00 pm

Samuel Field Y  
58-20 Little Neck Pkwy  
Little Neck, NY

**Sponsored by the New York City Council**

For more information on these or other programs, please contact the **New York Arthritis Exchange™** at 212-984-8730, or from the 914 or 845 area codes only, 800-246-2884.

# Questions and Answers

Su Xiao Yu, MS, RD, CDN, is a registered dietician at the Hospital for Special Surgery.

## VITAMINS AND ARTHRITIS

**Q: What are some of the most important vitamins that someone with arthritis should consider taking?**

**A:** There are a number of vitamins that are important players in coping with arthritis. The top four that I recommend to my clients are: Vitamin C, Vitamin D, Vitamin E and the Vitamin B complex (B1, B2, B3, B6 and B12).

**Q: Why are these vitamins your “top four” choices for clients with arthritis?**

**A:** Each of these vitamins are beneficial for different reasons. Vitamin C is known to help boost your immune system, keeping your entire body strong and healthy and potentially helping to reduce pain and progression of osteoarthritis (OA). Vitamin D helps the body to absorb calcium—which is incredibly helpful for building and maintaining bone strength. Vitamin E may be beneficial in relieving arthritis symptoms such as stiffness and joint pain. Lastly, the Vitamin B complex can help to promote normal functioning of the heart, brain, nervous system and muscles and prevent anemia, a potentially dangerous blood condition.

**Q: What are the recommended doses for each of these vitamins?**

**A:** Although there are suggested doses for every vitamin (see chart), it is important



to speak to your doctor to find out the appropriate dosage for you.

**Q: What are the different types of vitamins that people should know about?**

**A:** There are two main types of vitamins: water-soluble and fat-soluble. Water-soluble vitamins (such as Vitamin C and the B complex) are easily absorbed into the blood and move freely throughout the body. These vitamins are used up and excreted quickly—making it important to get a sufficient amount of these each day. Fat-soluble vitamins are absorbed by fat cells and stored for later use, primarily in the liver and fat tissue. If you take too many, these types of vitamins can easily build up in your system and cause adverse affects. Because of this, fat-

soluble vitamins (such as Vitamin A, D, E, and K), while also important, should be carefully monitored by your physician.

**Q: Do you recommend that people use vitamin supplements?**

**A:** The first thing that I tell my clients is to try to increase their vitamin intake by eating a healthy, balanced diet that includes vitamin-rich foods. For instance, fortified grains, whole wheat and pasta are good sources of Vitamin B-1; milk, cheese and eggs are good sources of Vitamin B-2; and peppers, strawberries and citrus fruits are great for Vitamin C. If you are eating a well-balanced diet, you should be able to get many of your vitamins from food sources. However, if I have a client that is not eating a healthy diet or is deficient in some of these key vitamins, I usually recommend a multivitamin. It is easier to control your dosage by taking a multivitamin, rather than using individual vitamin supplements.

**Q: What is the most important piece of advice that you give your clients about vitamins?**

**A:** In addition to encouraging my clients to make sure they are getting the right amount

of key vitamins in their daily routines, **I also stress that they must always inform their doctors, and any other relevant health professionals, about the types and amounts of vitamins that they are taking.** Because vitamins have the potential to interact with many different medications, it is your responsibility to be your own health advocate and give your doctor a list of the vitamins, supplements and any other medications that you may be currently taking. Your doctor is there to help you, but you must help your doctor stay informed!

For more information about vitamins or to order your copy of *Arthritis Today: Supplements and Vitamins*, please call the **New York Arthritis Exchange™** telephone hotline at (212) 984-8730, or from the 914 or 845 area codes only, (800) 246-2884.

**Save the Date**

## Let's Talk RA

**Let's Talk RA Town Hall Meeting**

**April 16, 5:30 pm**

**Lighthouse International**

**Conference Center**

**111 East 59th Street**

**New York, NY**

**“Let's Talk RA”** is a national education and awareness campaign, sponsored by the Arthritis Foundation and Bristol-Myers Squibb, designed to improve communication between people who live with rheumatoid arthritis (RA) and their rheumatologists. The campaign includes a **free communication guide** for those with RA as well as town hall meetings held across the U.S. that will be led by experts from the Arthritis Foundation. The New York program will be moderated by Dr. Jay Adlersberg of WABC and will feature leading health professionals in the field.

## Suggested Vitamin Dosage

Here are the recommended doses of daily vitamin intake. Remember to always speak to your physician about the doses that are appropriate for you.

**Vitamin C:** Recommended Dietary Allowance (RDA)= 90 Milligrams (mg) daily for men; 75 mg for women; smokers and people with arthritis should aim for 110 mg daily.

**Vitamin D:** RDA= 200 International Units (IU) for adults through age 50; 400 IU from 51 to 70 years of age; 600 IU over age 70.

**Vitamin E:** RDA= 30 IU for adults.

**Vitamin B1:** RDA=1.2 mg daily for men; 1.1 mg daily for women

**Vitamin B2:** RDA=1.3 mg daily for men; 1.1 mg daily for women

**Vitamin B3:** RDA=16 mg daily for men; 14 mg daily for women

**Vitamin B6:** RDA=1.3 mg for all adults up to age 50; over age 50, 1.7 mg for women, 1.5 mg for men.

**Vitamin B12:** RDA=2.4 Micrograms (mcg)

## Visit Our Thrift Shop

**Arthritis Foundation Thrift Shop**

1383 Third Avenue • New York, NY 10075

(212) 772-8816

Donations always welcome.

*Frieda Winkler remembered the Chapter in her will with a bequest of \$1,125.*

*A distribution of \$169, 357 from the estate of Guy Bjorkman will support arthritis research.*

Do you have rheumatoid arthritis and get tired just performing everyday tasks? If so, it may be time to talk to your rheumatologist. How you talk to your doctor about your rheumatoid arthritis may be more important than you know. Your rheumatologist should have a clear understanding of how RA affects your daily life. To help make the most out of your appointments, the Arthritis Foundation has created a FREE Let's Talk RA Communication Kit that provides tips on talking to your doctor about your symptoms and pain.

To get your **FREE Communication Kit**  
Call 1-800-283-7800 or  
visit [www.arthritis.org](http://www.arthritis.org)

ARTHRITIS FOUNDATION  
Bristol-Myers Squibb

The Arthritis Foundation Honors Bristol-Myers Squibb Centers for its support in understanding the development of the "Let's Talk RA" program.

*The estate of Lillian Epps made a bequest to the Chapter of \$11,979.*

*The estate of Clara Brinkley made a bequest to the Chapter of \$2,500.*



## Meet our Arthritis Walk 2008 Honorees

Savannah Rafferty is thrilled to be this year's Battery Park Walk Honoree



This year's Orange County Arthritis Walk Honoree is 10 year old Meaghan Devito

Savannah Rafferty was diagnosed with juvenile arthritis (JA) when she was eight years old. She first became involved with the Arthritis Foundation in 2005 through her participation in the October Fund, a recreational program for children with JA. Since then, she has successfully led "Team Savannah" at the Chapter's Arthritis Walk and was recently selected to be the **2008 Battery Park Arthritis Walk Honoree**. In February 2007, Savannah made her first lobbying trip to Washington D.C. as part of the Annual Advocacy and Kids' Summit and she participated again this year. Last summer, she and her family attended the American Juvenile Arthritis Organization's National Conference in Hershey, PA. Savannah is currently in 7th grade at Markham Intermediate School in Staten Island. When asked what she thought of being this year's walk honoree, Savannah said, "It's exciting, but I also feel a sense of responsibility. My favorite part of being the Honoree has been being able to make the MySpace page for the Walk, and spreading the word around the globe."

Meaghan Devito was diagnosed with JA just after her 2nd birthday, after an agonizing year of complete hysterics that led to tantrums which could last for hours. Some mornings Ellen, Meaghan's mother, couldn't put her down. Every time she placed her in a standing position, she would collapse and cry for what seemed like forever.

Meaghan is now 10 years old and struggles with daily fatigue, upset stomachs, headaches and swelling of the knee and ankle joints. Thanks to her family and pediatric rheumatologist, Meaghan is learning to cope with her day to day life. She is a 5th grader at Kings Elementary, a Warwick Valley Cheerleader, is on the Student Council and a member of the Drama Club and takes children's exercise classes at Straub's Fitness in Chester.

Meaghan and her family have been involved with the Arthritis Foundation for many years – first with the Westchester Walk and then the Orange County Walk. Her family and friends have joined "Meaghan's Team" and walk beside her. Meghan is excited to be the **2008 Orange County Arthritis Walk Honoree**.

**Don't miss the fun and excitement! Join the New York Chapter for one of the upcoming Arthritis Walks:**

### Battery Park Arthritis Walk Sunday, April 27, 2008

Historic Battery Park  
Registration: 8:30 am  
Walk: 10:00 am

### Orange County Arthritis Walk Saturday, May 10, 2008

Warwick Valley Middle School  
225 West Street  
Warwick, NY  
Registration: 8:30 am  
Walk: 10:00 am

### Westchester County Arthritis Walk Saturday, May 17, 2008

Tibbetts Brook Park  
Midland Avenue  
Yonkers, NY  
Registration: 8:30 am  
Walk: 10:00 am

For more information about the **Arthritis Walk**, please contact **Lissa Stuart** at (212) 984-8725 or [lstuart@arthritis.org](mailto:lstuart@arthritis.org) or visit our website at [www.arthritis.org](http://www.arthritis.org).

A distribution of \$10,000 from the estate of Leona B. Mancher will support programs for people with arthritis.

Robert E. Allen remembered the Chapter in his will with a bequest of \$26,381.

## Dates to Remember

### March 27, 2008

#### Understanding Foot and Ankle Arthritis

12:00-1:00 pm

#### Metro SportsMed Physical and Occupational Therapy

380 Second Avenue & East 22nd Street

### March 31, 2008

#### Spring into Fitness

1:00- 2:00 pm

#### Metro SportsMed Physical and Occupational Therapy

1309 Avenue J @ East 13th St

### April 2, 2008

#### Learn how to Manage Stress from Chronic Pain and Fibromyalgia

5:30 - 6:30 pm

#### Physical Therapy at Briarcliff

584 North State Road, Briarcliff Manor

### May 7, 2008

#### Learn Techniques to Release Emotional and Physical Stress for Fibromyalgia and Chronic Pain

5:30 - 6:30 pm

#### Physical Therapy at Briarcliff

584 North State Road, Briarcliff Manor

### May 13, 2008

#### The Impact of Nutrition on RA

5:30 - 6:30 pm

#### Hospital for Special Surgery

535 East 70th Street  
Richard L. Menschel Education Center  
New York, NY 10021  
Call: 212-774-2793 to register

Programs require pre-registration. For further information, call the **New York Arthritis Exchange™** at (212) 984-8730 or, from the 914 and 845 area codes only, 800-246-2884.

## Yoga for Arthritis

This is an eight week disease management program that meets on the following dates: 3/26, 4/2, 4/9, SKIP 4/16, 4/23, 4/30, 5/7, 5/14, 5/21

#### Arthritis Foundation, New York Chapter Office

122 East 42nd Street, 18th Floor, New York, NY 10168

REGISTRATION IS REQUIRED

To register for this program, please contact

Cathy Hogstrom at 212-984-8713

or [chogstrom@arthritis.org](mailto:chogstrom@arthritis.org)

**This program is sponsored by New York State.**

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- Kids Get Arthritis, Too
- Food for Thought
- The New York Arthritis Reporter
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Log on to [www.arthritis.org](http://www.arthritis.org). Enter your zip code to find the New York Chapter.

## In the Next Issue: Pain Management