

The New York Arthritis Reporter

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

Pain: A Personal Challenge

"There is no universal treatment for pain management," says Dr. Robert Sheu, Director of the Pain Division in the Department of Pain and Palliative Care at Beth Israel Medical Center. "Different forms of arthritis respond to various treatment options and every individual is unique in his or her response. It is critical that people speak to their physicians and explore all of the treatments available, before making a decision about which is the right one."



There are over 100 types of arthritis, most of which fall into two general categories, inflammatory and non-inflammatory. According to Dr. Sheu, inflammatory conditions such as rheumatoid arthritis (RA) "often respond well to anti-inflammatory medications, such as traditional nonsteroidal anti-inflammatory drugs (NSAIDs), as an initial form of treatment." In addition to NSAIDs, corticosteroids may be recommended to reduce swelling and inflammation. Also, medications such as disease-modifying antirheumatic drugs (DMARDs) and the biologic response modifiers (BRMs) work on reducing pain by slowing the disease process before lasting damage to joints can occur.

Non-inflammatory arthritis, such as osteoarthritis (OA), is often more localized than inflammatory types of arthritis, and is

commonly caused by mechanical problems or general "wear and tear" on the joints. Pain in this case is sometimes treated with analgesics, like acetaminophen, which are low in cost and effective in reducing pain. However, this class of medication does not treat any underlying inflammation which may be occurring in the joint. Dr. Sheu explains, "Although conditions such as OA are

often referred to as non-inflammatory, people tend to experience some inflammation in their joints." With this in mind, anti-inflammatory medications may be prescribed to alleviate pain in conditions such as OA. Localized steroid injections that involve corticosteroids administered directly into the knee or hip joint, can also be successful in temporarily reducing the pain associated with non-inflammatory arthritis.

For people who feel that they may have exhausted all of their pain medication options, Dr. Sheu says, "Don't give up. Research on pain continues to grow and new products that may help you are constantly being developed." He continues, "For instance, one of the most exciting advances that has recently come to fruition is the development of a topical NSAID gel or patch which can be placed directly on the site

of pain." These topical treatments contain diclofenac, an NSAID which has proven to be beneficial for patients with arthritis. By directly applying this medication to the site of pain rather than ingesting it orally, this patch is ideal for people who experience adverse gastrointestinal side effects from oral NSAID medications. For more detailed information about the variety of medications to treat arthritis, be sure to speak to your doctor and order a copy of the *Arthritis Today 2008 Drug Guide* from the New York Chapter of the Arthritis Foundation.

It is also important to remember that medications should only be one part of a more comprehensive pain management treatment strategy. Emotional issues such as stress, anxiety and depression can all contribute to a person's level of pain. Dr. Sheu says, "Often, we find that pain acts as a barometer for stress. The more stress that a person is experiencing, whether brought on by personal, professional or financial issues, the more pain they are likely to experience." People should also be aware of the impact that activity level can have on pain. Keeping your joints moving, through exercise, helps make them stronger and more flexible. This, in turn, can help to reduce your pain. Dr. Sheu explains,



"A physical therapist can work with you to

(Continued on page 2)

Wyeth Renews Partnership

Wyeth has once again renewed its partnership with the Chapter in an effort to promote patient services, disease management, public education and awareness. A key component of this collaboration is the sponsorship of *The New York Arthritis Reporter*. In addition to sponsoring the English version of the newsletter, Wyeth's renewal will enable the Chapter to translate each of the quarterly *Reporters* into Spanish and post them on the Chapter's Spanish website.

Other Wyeth-sponsored programs include the delivery of the Arthritis Foundation's evidence-based disease management programs and public education forums to Spanish-speaking participants in the Chapter region, the 7th Annual Kids Get Arthritis, Too Family Day to be held on June 22nd at the New York Armory Track and Field Center and four physician-led public forums on rheumatoid arthritis.

This issue is underwritten by an educational grant from Wyeth.

Kids Get Arthritis Too!

Kids get Arthritis, Too Family Day



June 22, 2008
New Balance Track and Field
Center at the Armory,
216 Fort Washington Avenue,
Washington Heights

Children will participate in small group sessions led by trained group facilitators that will include child life projects, yoga, and physical/occupational therapy. Children and teens will also enjoy a guided tour through the National Track & Field Hall of Fame, take a run on "The Fastest Track in the World" and receive a personalized certificate, signed by Dr. Norbert Sander, the president of The Armory Foundation, and the only New York City resident to have won the NYC Marathon. This is sure to be a great event that you won't want to miss. To register, please contact Ayana Woods at ayanawoods@arthritis.org or 212-984-8711.

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.

Pain Management (continued from page 1)

develop an individualized activity program. The primary goal in pain management is to not only reduce your pain while at rest, but to allow you to function well in your daily activities. Exercise therapy is a critical piece of this strategy."

There are many steps involved in successful pain management. However, the first step in taking control of your pain is to speak with a qualified physician (such

as a rheumatologist or pain specialist) about your symptoms. Write down your concerns and discuss them openly and honestly with your physician. Your doctor will work with you to find effective ways to manage your pain. According to Dr. Sheu, "One thing that is important to realize is that the treatment of pain should be no different than treating any other medical condition. You do not need to just accept and live with your pain! There are many options out there. You just have to find the one that is right for you."



You can learn more about various pain management strategies and medications by calling **The New York Arthritis Exchange™** telephone hotline at (212) 984-8730, or in the 914 and 845 area codes only, (800) 246-2884 and requesting a copy of *Managing Your Pain* or the *Arthritis Today 2008 Drug Guide*. You can also log on to www.arthritis.org and click on "Conditions and Treatments," then click on "Pain Center".

Women's Health Summit

Due to the great success of the first Summit, the Chapter has scheduled the second *Women's Health Summit for Arthritis* to be held on **Tuesday, June 17th from 5:00-8:30pm at the White Plains Public Library**, 100 Martine Avenue in White Plains, New York.

Sponsored by **Abbott**, the Summit will feature presentations about the many different challenges faced by women with arthritis. Topics will include: an overview of arthritis, effective coping strategies, information about cutting-edge arthritis medications, and strategies on how to balance life in and out of the workplace. In addition to these topics, participants will hear from women who have had their own personal struggles with arthritis and learn about the ways in which these women have overcome these challenges.

For more information on the *Women's Health Summit*, please contact the **New York Arthritis Exchange™** at 212-984-8730 or from the 914 or 845 area codes only, 800-246-2884.

Centocor Sponsors Educational Programs

The Chapter is thrilled to announce its renewed partnership with **Centocor**. Since 2003, this successful collaboration has allowed the Chapter to provide critical disease management and public education services to residents throughout the region. With this year's funding, the Chapter will continue to conduct the *Arthritis Basics for Change* (ABC) programs at a diverse array of senior centers and community sites, and will hold four rheumatoid arthritis public education forums this summer as well as a family symposium. The symposium, *Living with Rheumatoid Arthritis: Treatment Options, Surgical Advances, & Health Advocacy* will be held on **Thursday, June 26th, from 5:00-8:30 pm at the Lighthouse International Conference Center**, 111 East 59th Street, New York, New York. For more information or to register for the symposium, contact the **New York Arthritis Exchange™** at 212-984-8730 or from the 914 or 845 area codes only, 800-246-2884.

The estate of Sylvia Rosh made a bequest to the Chapter of \$1,500.

NEW YORK CHAPTER



The New York Arthritis Reporter

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www.arthritis.org

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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.

Questions and Answers

Carol Marquez, PT, is the Physical Therapy Supervisor of the Department of Physical Medicine and Rehabilitation at St. Vincent's Hospital.

Q: What are the top three types of exercise that can help people with arthritis to manage their pain?

A: The top three categories of exercise that are critical for pain management in arthritis are:

• **Flexibility (Stretching, Range-of-Motion) Exercises**— If possible, these gentle exercises should be done every day. They encourage full mobility of the joint and can help protect your joint by reducing risk of joint injury and helping you warm-up for more strenuous exercises.

• **Strengthening (Resistance) Exercises**— By using weights or some sort of resistance, these exercises build up your muscles so that they can better protect your joints and help you to get around more easily.

• **Cardiovascular (Aerobic)**

Exercises— This type of exercise includes activities such as walking, swimming, dancing, and bicycling—any movement which increases your heart rate can be considered cardiovascular. These activities are critical in improving your endurance, controlling your weight, reducing stress and building stronger bones.

Q: How do these exercises help with pain management?

A: An exercise program that has been approved by a medical professional or a trained, exercise professional, such as a physical therapist, can be extremely beneficial for managing your pain. By building stronger muscles around the joints and increasing your flexibility and endurance, exercise can greatly reduce your joint pain and stiffness. And don't forget that exercise also makes you feel good! Increasing your activity level has been shown to improve overall health and fitness by giving you more energy, helping you sleep better, controlling your weight, decreasing depression and improving your self-esteem. Since these are all factors that can contribute to your pain, controlling them through the use of exercise can be very helpful.

Q: Many people with arthritis feel that their pain is so severe that it makes it difficult to perform any of these exercises. They often feel discouraged by this and don't know how to proceed. How do you address this issue with your clients?

A: I advise any of my clients who may feel discouraged about exercising to start with small steps. Remember—any amount of

exercise is better than none at all. It may be useful to begin with some gentle, stretching movements that will help you to perform your daily activities. Once you feel comfortable with these types of exercises, you can move on to strengthening and aerobic activities. Don't forget to set realistic goals for yourself and to start slowly—exercise should *help you*, not hurt you!

Q: After you exercise, which is more helpful to apply to your joints—heat or ice?

A: Although there have been some studies that say ice may actually be better for treating inflammation, I tell my clients that it is entirely up to the individual. If one works better than the other in relieving pain, stick with that—sometimes it is also helpful to alternate between the two methods.

Q: How would you advise a person with arthritis who wants to begin an exercise program?

A: Before you begin any type of exercise program, you must speak

to your physician. Your doctor will be able to refer you to a trained, qualified physical therapist who can give you a full, detailed assessment about the types of exercise that are right for you. Since every person is different, it is critical to follow a customized exercise program. Be open and honest with the physical therapist about the types of activities that you enjoy, so that he or she can recommend the appropriate exercises. Remember, exercise should not feel like a chore—it should be fun!

For more information about exercise or to order a copy of *Exercise and Your Arthritis*, 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.

Please note our new address:

Visit Our Thrift Shop

Arthritis Foundation Thrift Shop

1430 Third Avenue (between 81st and 82nd Streets)
New York, NY 10075 • (212) 772-8816

Donations always welcome.

A distribution of \$30,817 from the estate of Robert H. Ringer will support programs for people with arthritis.

Paul Morris remembered the Chapter in his will with a bequest of \$640.

Bench to Bedside

This June, the Chapter will be offering two professional education programs for rheumatologists and primary care physicians. These programs feature the latest information about arthritis, given by leading experts in the field of rheumatology. Health professionals shouldn't miss their chance to attend one of these informative events:

Update on Inflammatory Arthritis: From Bench to Bedside

Thursday, June 5, 2008

5:00 – 8:30 PM

The New York Chapter Office,
122 East 42nd Street, 18th Floor
Sponsored by **Amgen**

Current Treatment of Rheumatoid Arthritis

Joel Kremer, M.D.

Director of Research at The Center for Rheumatology and Pfaff Family Professor of Medicine at the Albany Medical College in Albany, New York

Antirheumatic Drugs During Pregnancy and Lactation

Michael Lockshin, M.D.

Director, Barbara Volcker Center for Women and Rheumatic Diseases
Co-Director, Mary Kirkland Center for Lupus Research

Update on Treatment of Gout

Michael Pillinger, M.D.

Associate Professor of Medicine and Pharmacology
NYU School of Medicine

Update on Osteoporosis: From Bench to Bedside

Monday, June 9, 2008

5:00 – 8:30 PM

The New York Chapter Office,
122 East 42nd Street, 18th Floor
Sponsored by **Merck**

Bone Biology and Repair

Mone Zaidi, MD, PhD, FRCP

Professor of Medicine, Geriatrics and Physiology

Director, Mount Sinai Bone Program
The Mount Sinai School of Medicine

Osteoporosis Treatment Update

Naina Sinha, M.D.

Assistant Professor of Medicine
Department of Endocrinology, Diabetes and Metabolism

Weill Cornell Medical College
Assistant Attending Physician
New York Presbyterian Hospital

For additional information or to receive an invitation to this program, please contact the Chapter at 212-984-8730 or mgreco@arthritis.org.

Planning For Your Future

"SHOULD I UPDATE MY WILL?"

An Estate Planning Seminar

Congratulations if you've completed your estate plan, that's a real accomplishment. You've considered those family members, friends, and charitable causes that are important to you. You've reviewed all of your assets. Your attorney has advised you of the legal and tax ramifications of your decisions. Your documents are executed and you're looking forward to putting the whole process behind you.



Don't be too hasty! The estate planning process should not be a "one time only" exercise. Even the best estate plans need regular reviews to be sure that your plan still reflects your particular wishes as well as changing legal and tax environments.

A review and update is especially recommended if your will is five years old or older, or if you've experienced more recent changes in one or more of the following:

- **significant life events** (marriage, divorce, death, birth or adoption of children)
- **desired changes** (in guardians, executors, or trustees)
- **financial status** (changes in your net worth, specific assets you may wish to bequeath)
- **charitable intentions** (changes in organizations you wish to support or changes in the manner in which you choose to support them)

By participating in the "Should I Update My Will?" conference call seminar you will learn of recent changes in the law (including changes in the tax law) and where the law is headed that may affect your plan. Guests on the call will have an opportunity to ask questions of our expert presenters.

WHEN: Wednesday, June 18, 12:30 PM

WHERE: The convenience of your home or office

FEATURED EXPERTS: Chapter Planned Giving Committee members:

Celia R. Clark, Esq.

The Law Offices of Celia R. Clark P.L.L.C., Manhattan

Joseph A. Materna, Esq.

Partner, Solomon Pearl Blum Heyman & Stich LLP, Manhattan

Theodore S. Wickersham, Esq.

McLaughlin & Stern, LLP, Manhattan

This seminar is free, but space is limited to the first 30 callers.

Pre-registration is required. Contact Stacy Boyer at 212-984-8703 or e-mail sboyer@arthritis.org to reserve your place and receive your dial-in instructions and materials.

Dates to Remember

May 20, 2008

My Neck Hurts, What Can I Do?

8:00 - 9:00pm

Physical Therapy at Jefferson Valley

Jefferson Valley Conference Room

600 Bank Rd

Jefferson Valley, NY

June 4, 2008

Learn How the Rosen Method Can Help Reduce Chronic Pain

5:30 - 6:30 pm

Physical Therapy at Briarcliff

584 N State Rd

Briarcliff Manor, NY

June 16, 2008

Eating for Wellness with Arthritis

10:30-11:30 AM

Community Resource Exchange

42 Broadway, 20th Floor

New York, NY

Sponsored by the **New York City Council**

June 19, 2008

Causes and Prevention of Neck Pain

7:00 - 8:00 pm

Physical Therapy at Briarcliff

Briarcliff Conference Room

584 N State Rd

Briarcliff Manor, NY

July 23, 2008

Causes and Prevention of Tennis Elbow

7:00 - 8:00 pm

Physical Therapy at Briarcliff

Briarcliff Conference Room

584 N State Rd

Briarcliff Manor, NY

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.

SAVE THE DATE

June 10, 2008

Albert W. Grokoest and Muriel C. Hoyt Mind Body Connection Family Symposium for People with Arthritis

5:00-8:30pm

Brooklyn College Conference Center

Campus Road and East 27th Street

Brooklyn, NY

To register, contact Ayana Woods at ayanawoods@arthritis.org or 212-984-8711.

Visit these Features on our Web site

- Arthritis Advocates in Action
- Advocacy News
- Your Direct Access
- Kids Get Arthritis, Too
- Food for Thought
- The New York Arthritis Reporter
- Información en español

Log on to www.arthritis.org. Enter your zip code to find the New York Chapter.



A distribution of \$622,039 from the estate of Esther C. Chadwick will support arthritis research.

Helen C. Reichlin remembered the Chapter in her will with a bequest of \$1,440.

**In the Next Issue:
Osteoporosis**