

ARTHRITIS *Action*



A PUBLICATION OF THE ARTHRITIS FOUNDATION

UTAH/IDAHO CHAPTER

Spring 2006

Was your voice heard?

Arthritis Foundation volunteer advocates have sent thousands of letters and emails to Congress, placed hundreds of phone calls and faxes, and made many visits to their Representatives' and Senators' offices in Washington, D.C. and back home to build support for passage of the Arthritis Prevention, Control, and Cure Act (APCC).

Was your voice heard?

Susan Miller and her daughter, Shelby, attended the Advocacy Summit in Washington, D.C. to make sure that their elected officials understood the critical need to provide funding for arthritis research and support efforts to expand access to care for kids with arthritis.

Shelby was diagnosed with juvenile rheumatoid arthritis seven years ago and her parents struggled to know how to best help their daughter. Two of their greatest frustrations were the limited number of treatment options available and the limited number of specialists. For the first four years, Shelby and her parents traveled from Boise to Salt Lake City so Shelby could see a pediatric rheumatologist. Susan says that Shelby is now able to see a specialist closer to home and is responding well to new medications - medications that weren't available when she was first diagnosed. "For a parent, it is important to know your child is getting the best care possible."

Susan and Shelby visited with their elected officials during the Advocacy Summit to build support for the APCC. "We had not

been involved in advocacy efforts before but it really is worthwhile and easy to do. For us, the most compelling part of the APCC is the initiative to encourage more medical students to pursue a career in pediatric rheumatology."

When Congress adjourned in late December, 182 Members of Congress were cosponsors of the APCC. This represents more than double the number of Representatives and Senators who cosponsored the bill in 2004. However, we need your help to continue to educate elected officials and gain support.

Before attending the Advocacy Summit, Susan used the Arthritis Foundation website to learn more about the legislation. "The Arthritis Foundation website is a great tool and so simple to use - if more people knew about the website, it would help a lot. It really is easy to use." The advocacy section of the Arthritis Foundation website has all the tools you need to become involved. Keep informed about the issues, read Arthritis Foundation position statements, identify your elected officials and send a letter with just one click of the mouse.

You can **make your voice heard** and influence government policies. Become an arthritis advocate!

Register at www.arthritis.org/advocacy

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

www.arthritis.org

UTAH/IDAHO CHAPTER
448 East 400 South, Suite #103
Salt Lake City, Utah 84111



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It's Time to Walk the Walk

Walking is good for anyone, including people with arthritis. It strengthens your heart, strengthens your bones, delays or prevents major diseases and helps control weight. Physical activity can also help control arthritis pain.

To reap the benefits, individuals without limitations should aim to walk 30 minutes per day, five days a week. The Arthritis Foundation recommends individuals with arthritis set a goal of three times a week for 30 minutes, either all at once or in segments during the day.

Talk to your doctor about what you can do and listen to your body signals. Increases in breathing and heart rate, perspiration, as well as some muscle soreness are acceptable. According to the American College of Sports Medicine, it is normal to sense effort, and maybe even discomfort while walking, but you should never sense pain. Many experts follow the two-hour rule: *If you experience joint pain more than two hours after exercising, take it down a few notches next time.*

Take a giant step towards the cure for arthritis.

Gather family & friends and join the fun at the

ARTHRITIS WALK

**Salt Lake City – May 6
Twin Falls – June 10
Ogden – June 17
Boise – TBA**

Register today at
www.arthritis.org

The Arthritis Prevention, Control, and Cure Act of 2005 will:

- Strengthen arthritis public health initiatives, which would ensure that more people are diagnosed early and avoid pain and permanent disability.
- Ensure that our limited federal funding for arthritis research is used in the most strategic manner possible.
- Authorize a juvenile arthritis prevalence study and patient registry.
- Establish incentives so more medical students pursue a career in pediatric rheumatology.
- Authorize more juvenile arthritis research center grants.

Members of Congress

Rob Bishop – Utah, 1st District
Jim Matheson – Utah, 2nd District*
Chris Cannon – Utah, 3rd District
C.L. Otter – Idaho, 1st District
Mike Simpson – Idaho, 2nd District

Senators

Orrin Hatch – Utah*
Robert Bennett – Utah*
Larry Craig – Idaho
Mike Crapo – Idaho

* co-sponsor of APCC

www.arthritis.org/advocacy

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2005 Top Ten Arthritis Research Advances

These arthritis research advances made during the last year have the potential to bring about significant changes in arthritis treatment and have the greatest impact on improving the lives of people with arthritis and related diseases.

①New Biologic Drugs for Rheumatoid Arthritis (RA) – On December 23, 2005, the U.S. Food and Drug Administration (FDA) approved abatacept (Orencia®), the first in a new class of biologic agents called costimulation modulators, for the treatment of moderate-to-severe RA. Abatacept blocks the activation of T-cells, which play a key role in the development of RA.

Rituximab (Rituxan®) is currently FDA-approved for CD20-positive, B-cell non-Hodgkin's lymphoma, and is under consideration by the FDA for use in RA. Rituximab selectively targets immune cells called B-cells, which are similarly involved in RA. In 2005, researchers presented new findings on the effects of rituximab plus methotrexate in patients with rheumatoid arthritis who have experienced an inadequate response to one or more anti-TNF therapies.

②First New Drug for Gout in More Than 40 Years –Febuxostat, a “next-generation” nonpurine selective xanthine oxidase inhibitor, was shown to be more effective at low-

ering serum uric acid levels compared to allopurinol, the current standard of treatment for gout. Gout is caused by the formation of uric acid crystals in joints, leading to acute and chronic pain and inflammation and, over time, joint damage. Like allopurinol, febuxostat is designed to prevent uric acid deposits from forming, but because it is metabolized by the liver rather than the kidney, it may be preferable for gout patients with reduced kidney function.

③Most Significant Expansion of Medicare Program to Date – As part of the Medicare Modernization Act, in 2005, nearly 16,000 Medicare beneficiaries with rheumatoid and psoriatic arthritis participated in the self-injectable drug demonstration program designed to provide coverage for breakthrough biologic therapies. On November 15, 2005, the federal government opened enrollment in the Medicare Part D prescription drug plan, representing the most significant expansion of the Medicare program since its inception in 1965. For seniors who previously haven't been able to afford their medications, this historic government program expansion will provide access to life-changing medications that they may not otherwise have been able to obtain.

④Weight Loss and Exercise Reduce Arthritis Pain and Improve Function

⑤Osteoporosis Treatment Advances Improve Patient Compliance and Quality of Life

⑥Major Advances in Lupus Treatment

⑦Success in Treating Children with Juvenile Arthritis

⑧U.S. Food and Drug Administration Decisions on Arthritis Drugs

⑨Osteoporosis Drug Prevents OA Joint Destruction

⑩Key Regulator of Autoimmunity Discovered

For descriptions of all ten advances, visit www.arthritis.org.

“I’m fighting arthritis...
all the way to the bank!”



MY NAME IS EVELYN, AND I KNOW WHAT WE GO THROUGH LIVING WITH ARTHRITIS. I know the pain it causes, but I also know there's a limit to what any one of us can do alone to help find a cure. Yet by working together with the Arthritis Foundation, we will find a cure, and I'm getting paid to help.

I'm on a fixed income with limited means to contribute, but I found a way to help that actually helps me, too! Through a charitable gift annuity with the Arthritis Foundation, I receive income for life at a great rate along with tax benefits. So, I'm fighting arthritis on my way to the bank!

My friends at the Arthritis Foundation truly put my needs first to help me find this great opportunity. Learn how you can help find a cure on your way to the bank by calling my friends today. There is absolutely no cost or obligation.

Join me today. Contact the Arthritis Foundation to learn more. Just

(1) **mail** back the accompanying card,
 (2) **call** toll-free 1-866-528-8687 or
 (3) **e-mail** Legacy@arthritis.org.

It's free and there is absolutely no obligation.

toll-free 1-866-528-8687
legacy@arthritis.org • www.arthritis.org

Please complete and mail to:
 Arthritis Foundation Planned Giving Department
 1330 W. Peachtree St. NW, Suite 100 • Atlanta, GA 30309.

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Birthdate ____ / ____ / ____ Email _____

ARTHRITIS FOUNDATION®
 Take Control. We Can Help™

Take Control of Your Health through the Arthritis Foundation Life Improvement Series

Why take an Arthritis Foundation program?

If you ask the 84-year-old gentleman in the Arthritis Foundation Exercise Program taught by Tracy McCulloch in Pocatello, he will tell you that his reason for participating is to build up enough **strength** to go on an Alaska fishing trip this August. Another participant noticed that she had **greater balance** and **more energy** after just the first six weeks. “The exercise program is **motivating** and we develop great **friendships** as we exercise together,” says Tracy.

Marie, an Arthritis Foundation Self-Help Program leader says that participants “**work together** in the program to **learn skills** to get through the bad days and learn ways to help others **understand.**”

**Signing up is easy –
don't wait another day!**



Arthritis Foundation Self-Help Program™

This six-week program developed at Stanford University gives you the skills needed to better manage arthritis. Classes cover ways to reduce pain and stress, cope with fatigue, use medications wisely and benefit from exercise.

Taylorville Senior Center
4743 South Plymouth View Drive
Taylorville, Utah
Thursdays, March 16 – April 20
1:30 – 3:30 PM

South Central District Health
1020 Washington Street North
Twin Falls, Idaho
Tuesdays, March 28 - May 2
1:00 – 3:00 PM

Mount Olympus Senior Center
1635 East Murray-Holladay Road
Holladay, Utah
Thursdays, March 16 – April 20
10:15 AM – 12:15 PM

Register today and mention this coupon to receive a free textbook. (\$15 value)



Arthritis Foundation Exercise Program™

The exercises taught in this class were developed by physical therapists specifically for people with arthritis. This low-impact class can be taken either sitting or standing, whichever is most comfortable.

Facility locations are available online at www.arthritis.org.



Arthritis Foundation Aquatic Program™

The aquatic program combines the buoyancy of water and the soothing warmth of a heated pool to make a safe, ideal environment for relieving arthritis pain and stiffness. You do not need to know how to swim to participate.

Facility locations are available online at www.arthritis.org.

MARK YOUR CALENDAR

Popular Arthritis Seminars Return To TOSH For One Week Only!

The *Healthy Living with Arthritis* seminars return to The Orthopedic Specialty Hospital (TOSH) on **May 1, 2, 3 and 4**. Each night doctors, physical therapists, nutritionists, and arthritis specialists will present management options for arthritis of the knee, hip, hand, ankle, or foot. Each seminar also includes a question and answer session featuring practical advice for living with arthritis.

Presentations begin at 6:30 PM at The Orthopedic Specialty Hospital, 5848 S. Fashion Blvd. (300 East) in Murray, Utah. For a schedule of topics or a map to TOSH, visit www.arthritis.org or www.health.utah.gov/arthritis or call 538-9340.

800-444-4993 or www.arthritis.org

Use the zip code locator to go directly to the Utah/Idaho Chapter site.



ARTHRITIS
FOUNDATION®
Take Control. We Can Help.™