

Webinar Series

Skin-Joint-Gut Connection

In Partnership With



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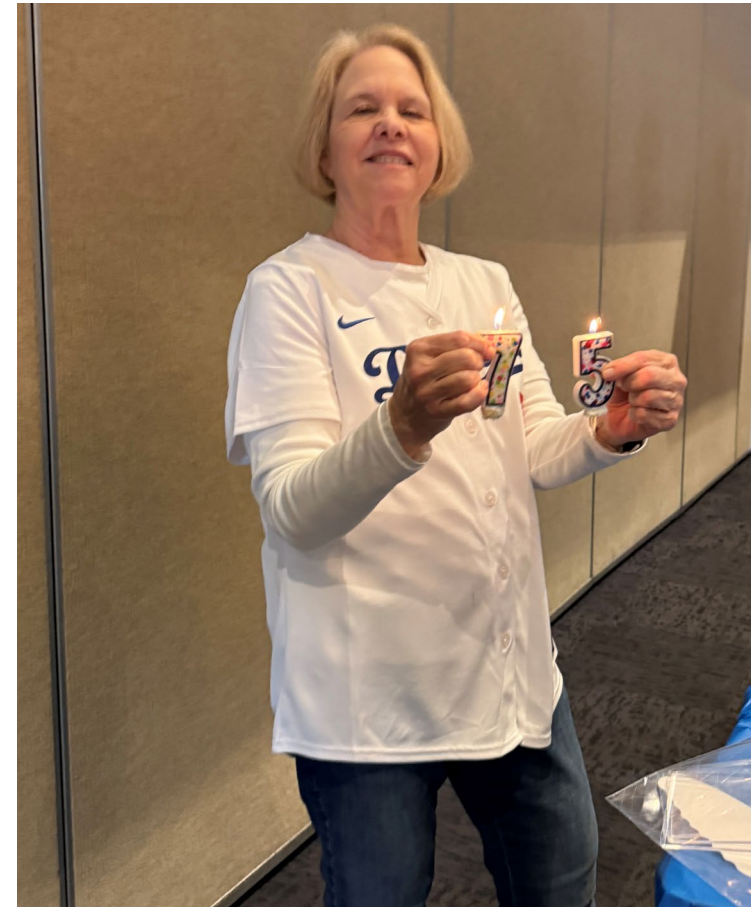


How Your Lifestyle Powers Whole-Body Health



Penny's “Why”

- I developed psoriasis when I was 28
- Several odd symptoms
- Difficult time getting a diagnosis
- Connected with Arthritis Foundation to be an advocate for patients



More About Penny

Penny Greenblatt, **MBA,MSW,
LCSW**

Retired Clinical Social Worker

I've been a member of the Arthritis Foundation for over 25 years and a volunteer with it for the last 8.

I co-facilitate the Psoriatic Arthritis Connect Group and volunteer with the Foundation as an advocate.



Why This Matters to You



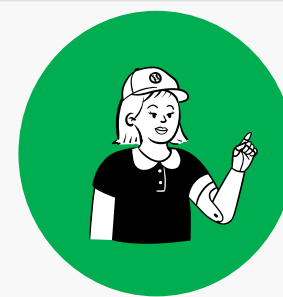
Sometimes doctors aren't connecting with one another

You see a rheumatologist, a dermatologist, maybe others. They're not comparing notes on what's really happening.



Because your symptoms feel random

A rash, a flare, a stomachache—they seem separate. But they're actually all connected.



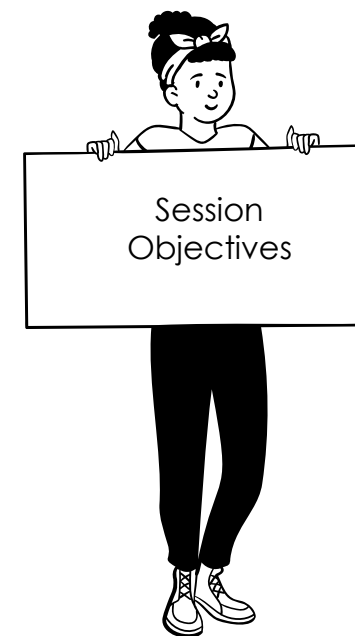
You can take control of your arthritis

When you understand the connection, you can advocate for better care and ask the right questions.



What We're Exploring Today

- 1 The Foundation** Why your gut health drives everything
- 2 The System** What skin signals reveal about autoimmune disease
- 3 Your Data** Symptom tracking puts you in control
- 4 Your Team** Coordinated care that works



Tonight's Speaker



Lona Sandon, PhD, RDN, LD

Distinguished Teaching Professor

- Associate Professor, UT Southwestern Medical Center
- Director, Master of Clinical Nutrition Coordinated Program
- Registered Dietitian Nutritionist (PhD, RDN, LD). Nationally recognized expert in nutrition, wellness, and autoimmune conditions
- Award-winning educator, speaker, and media spokesperson
- Living with RA for 30+ years

Hobbies & Interests: Strength training, yoga, cycling





The Foundation

Why Your Gut Health Drives
Everything

Your Gut: The Command Center

70% of your immune system lives in your gut. When your gut is healthy, it sends signals that calm inflammation throughout your entire body.



Healthy Microbiome

Diverse gut bacteria are the foundation of immune balance



Strong Barrier

A healthy gut lining prevents contents from leaking and triggering inflammation



pH & Digestion

Proper digestion and balance reduce inflammatory markers

When Your Gut is Healthy...

- ✓ Joint inflammation decreases
- ✓ Skin clears naturally
- ✓ Energy improves
- ✓ Digestion stabilizes
- ✓ Your whole body responds



The Biggest Factors: Diet, Exercise & Weight

1

Anti-Inflammatory Foods

Leafy greens, fatty fish, berries, nuts reduce inflammation at the cellular level

2

Gut-Healing Foods

Fiber, fermented foods, polyphenols heal your gut lining

3

Weight Management

Every pound you lose reduces joint stress and inflammatory markers

4

Hydration & Rest

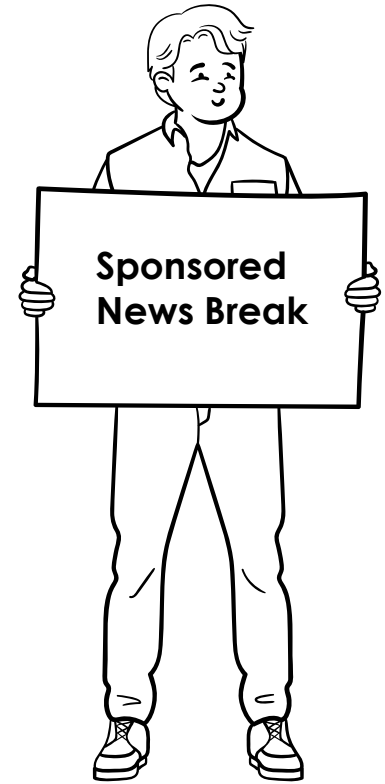
Water supports normal detox processes. Sleep supports immune and hormone regulation



Research shows: Diet, exercise, and healthy weight management are the most powerful things you can control to reduce arthritis symptoms.

Healthy Weight Management

- Weight loss **can ease joint stress** and lower inflammation.
- Joint symptoms often improve after losing about 10% of body weight.
- Anti-Obesity Medications can help with weight loss and may reduce arthritis symptoms.
- Research suggests these medicines may help people with knee **OA, RA, PsA**, and **gout**.
- These medicines are approved for obesity and diabetes—not arthritis.
- **Most people should continue their arthritis treatment and talk with their doctor about whether anti-obesity medicine is right for them.**



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The System

*What Your Skin Reveals About
Your Immune System*

Your Skin Doesn't Lie



Rheumatoid Arthritis

What to look for: Nodules on hands, elbows

Timeline: Can appear months before joint pain

Action: Show your doctor. Compare to other side of body



Lupus

What to look for: Butterfly rash on cheeks, sun sensitivity

Timeline: Often first sign of lupus diagnosis

Action: Photosensitivity + rash = alert immediately



Psoriatic Arthritis

What to look for: Psoriasis patches, nail pitting

Timeline: Skin symptoms often precede joint diagnosis

Action: Monitor nails and skin closely. Tell doctor about any skin changes.



Scleroderma

What to look for: Skin tightness, color changes, thickening

Timeline: Early indicator of systemic involvement

Action: Changes in skin texture = seek specialist evaluation immediately.



Psoriatic Arthritis

- Psoriatic arthritis (PsA) is a type of inflammatory arthritis linked to psoriasis, a skin condition that causes red, scaly patches.
- About **1 in 3 people with psoriasis may develop PsA**.
- Psoriasis, PsA, and inflammatory bowel disease (IBD) share some of the same underlying inflammation, which is why these conditions can sometimes occur together.

Common Signs and Symptoms

- Joint pain - Swollen fingers or toes ("sausage digits")
- Pain where tendons and ligaments attach to bone, especially in the **heels or feet**
- Changes to the nails, such as pitting, crumbling, or lifting away from the nail bed
- Back or hip pain when inflammation affects the spine or pelvis



Sponsored News Break
psoriasiblings.com



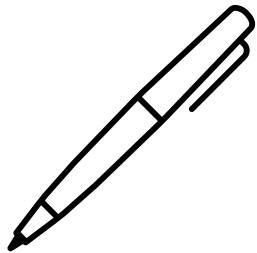


Your Data

*Why Symptom Tracking
Changes Everything*

Track Your Symptoms

When your doctors see the patterns in YOUR data, they can coordinate care that works. You become the center of your care team.



1

When did symptoms start? Skin first? Joints? Digestion?

Timeline reveals the sequence.

2

Do flares happen together or separately?

Connection patterns matter.

3

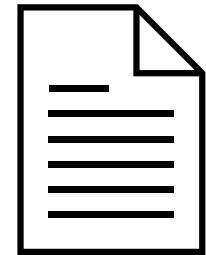
What triggers flares? Food, stress, weather, sleep?

Your data reveals YOUR triggers.

4

What improves things? Exercise, diet changes, rest?

Your wins show what works.





Your Team

Coordinated Care That Works

Your Multidisciplinary Care Team



Bring your data.

Ask them to coordinate. Managing autoimmune disease requires specialists working together, not separately.



Rheumatologist

Manages
inflammation
and
autoimmune
disease



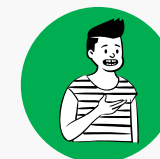
Dermatologist

Connects
skin findings
to systemic
disease



Registered Dietitian

Guides diet
and gut
health to
reduce
inflammation



You

Track data
and bring
the whole
picture



Key Takeaways with Dr. Sandon



Your gut health is the foundation. Diet and weight management are your best tools



Skin changes are diagnostic. Don't ignore them—they're early warning signals.



Track your symptoms. Your data gives doctors the information they need.



Coordinate your care. You're the center of your care team.



Fireside Chat

Patient Story Meets Expert Knowledge

Real conversation. Real questions. Real answers.

Our patient moderator brings her lived experience. Dr. Sandon brings research and practical guidance. Together, they'll explore the topics you care about most.

Then: Your Questions

Live Q&A

Arthritis Foundation Resources

Struggling with Arthritis pain? You're NOT alone!

For support and information to live your best life possible, go to:

Live Yes! Connect Groups: connectgroups.arthritis.org

Webinars: arthritis.org/webinars

Helpline: 1-800-283-7800 or arthritis.org/helpline



Connect Groups

Join Our Community Support Sessions

Psoriatic Arthritis Connect Group

A Conversation with Cristina Montoya, RD, Arthritis Dietician
Sunday, August 2nd at 12 pm ET

Newly Diagnosed Connect Group

Understanding the Medical Management of Arthritis
Thursday, August 13th at 7:30 pm ET

Chronic Pain Connect Group

A supportive space for ongoing pain management & community
Every Monday at 6 pm ET

Connect. Share. Thrive. All sessions are free and open to the community.

[Connectgroups.arthritis.org/](https://connectgroups.arthritis.org/)



