



Making Arthritis Research A Priority

What's Inside?

- Julia Chayko's Story 2
- A Loyal Monthly Donor 3
- Your Dollars at Work..... 3
- Results in Research 4
- Save the Date: ROAR..... 4

"With the support of donors like you, Arthritis Research Canada is making great strides in advancing ground breaking arthritis research. Our scientific team is dedicated to finding new ways to prevent and understand key causes of complications caused by arthritis and making sure this information gets into the hands of people who need it the most."

Arthritis Research Canada celebrates Arthritis Awareness Month

Just as important as raising awareness about arthritis is the opportunity to express our heartfelt thanks to our donors who support important arthritis research each and every day.

The mission of Arthritis Research Canada (ARC) is to transform the lives of people living with arthritis through research and engagement. Together we are making arthritis research a priority!

Message from the Scientific Director



Dr. John Esdaile,
Scientific Director, ARC

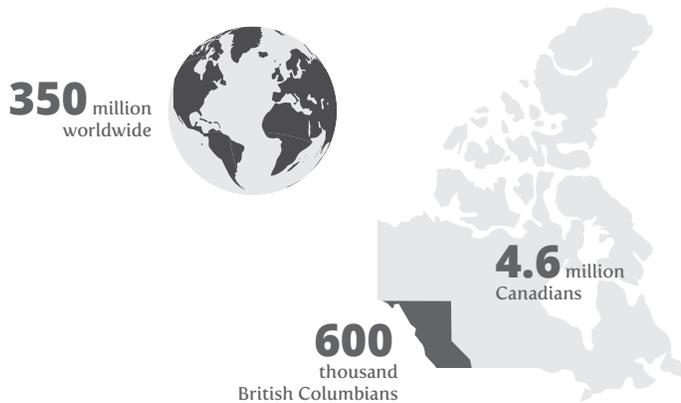
As a Rheumatologist and the Scientific Director of Arthritis Research Canada (ARC), I witness everyday the devastating effects arthritis has on people's lives. One in six Canadian adults live with Arthritis right now. It is the most expensive condition to the Canadian economy and yet receives only 3% of the medical research dollars available in Canada. That is why support from generous donors is vital to our success.

Arthritis Research Canada's scientific team is currently dedicating their time to more than 75 innovative research projects. As a donor to arthritis research your support is key in addressing the important issues created by this chronic disease; work disability, pain management and secondary disease complications, such as heart attacks, strokes and hip fractures. Thanks to you, we are able to shine the spotlight on arthritis, develop research to find answers and ultimately save lives.

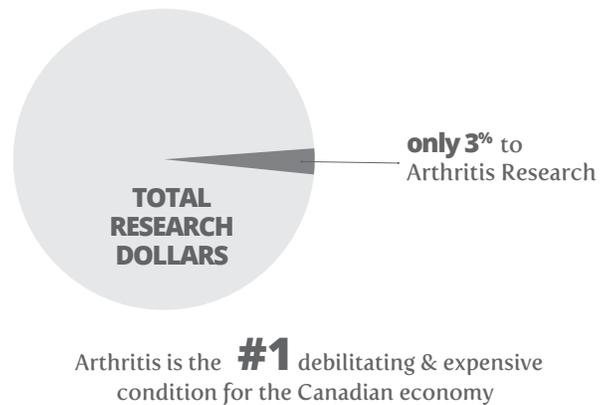
We are committed to working hard on your behalf and we are honoured to have your support.

Did You Know?

Population Affected by Arthritis



Research Funding in Canada



Julia Chayko

Arthritis patient Julia Chayko speaks about the importance of arthritis research and how it is making a difference and transforming lives, thanks to your generous support!

A Story of Courage: Julia Chayko

Meet Julia Chayko... actress, writer, dancer... diagnosed with Rheumatoid Arthritis at 38 years of age.

Arthritis is often described as an invisible disease and therefore difficult to sometimes understand how it impacts people's lives. Active in the theatre, a writer and dancer, Julia Chayko was only 38 years old when she suddenly started feeling unwell.

It started one morning when she awoke feeling tired with stiff and swollen joints which she brushed off as a flu. When after six weeks the symptoms and pain persisted she went to see her doctor. Upon examining Julia, he immediately referred her to a Rheumatologist.

Julia describes being stunned when hearing the diagnosis of early Rheumatoid Arthritis and felt the life she loved had just been taken from her. Her Rheumatologist prescribed medication

to deal with the inflammation and the pain, but Julia also had to learn how best to modify her life and activity in order to cope with her disease. Each morning it was a chore just to get out of bed. With her joints feeling as though they were on fire, the simple tasks of bending down to pick something up or walking up stairs became incredibly painful.

Through arthritis research, Julia has discovered ways to manage her disease and is back on her feet. She is optimistic for her future as she continues to reclaim the parts of her life she thought were lost. By sharing her story, Julia acknowledges and appreciates those who support arthritis research. As a donor you are making a tremendous difference for Julia and many more just like her.

A Loyal Monthly Donor

"Having a close family member suffer from the devastating effects of ankylosing spondylitis, I understand how important arthritis research is. I believe in research and have seen how it helps people live with and manage their disease. Supporting arthritis research with a monthly contribution is the best and easiest way for me to make a difference."

- Lorna Pauls, ARC Monthly Donor



When you become a member of Arthritis Research Canada's monthly giving program, you are joining a very special group of loyal donors.

As a monthly donor your continuous support provides funding for vital arthritis research and allows us to plan ahead for future research endeavours. Any amount you are able to give is

appreciated and knowing that we can count on your support each month is invaluable. Your monthly commitment adds up and makes a big difference to those affected by arthritis.

To find out more about Arthritis Research Canada's monthly giving program, please visit arthritisresearch.ca or call toll free 1-855-750-0400.

Your Dollars at Work: Diagnosing Gout



Gout with tophi identified in green

Types of arthritis

100+

For example: Osteoarthritis, Rheumatoid arthritis, Juvenile rheumatoid arthritis, Lupus, Gout, Psoriatic, Ankylosing spondylitis, Vasculitis, and Sjogrens...

Gout is a very painful type of arthritis that involves a build-up of crystals (tophi) within the joints. Previously, doctors had only been able to diagnose gout by drawing fluid from an inflamed joint. This can be quite painful and often not very accurate.

Recently, a new body scanner called Dual Energy Computed Tomography (DECT) has been shown to produce easy-to-read images of gout by colour-coding the tophi in green. This imaging allows for a much faster diagnosis and without the added pain of a needle.

Arthritis Research Canada's study showed that DECT can be used reliably as a tool to help diagnose gout, and rule out other types of arthritis. DECT can help doctors determine how well treatment is working for patients with gout and adjust treatment strategies accordingly.

Arthritis Research Canada is focused on accelerating arthritis research, in the areas of work disability prevention, pain management and reducing health care costs. We wish to share the following highlights with you.



SAVE THE DATE: ROAR 2015

(Reaching Out with Arthritis Research)

Saturday, October 3, 2015
9:30 am – 12:30 pm PST

Live Webcast or In-person at the
Vancouver Public Library, Central Branch

Are you or someone you know affected by osteoarthritis? Please join us for *Osteoarthritis and You, What you can do NOW!* This forum brings together a team of Osteoarthritis experts including a rheumatologist, orthopaedic surgeon, clinical bio mechanist, clinical health researcher and an arthritis patient/consumer advocate to share their research and wealth of experience.

For further details or to register, please visit arthritisresearch.ca/ROAR or call toll free 1.844.207.0400

Results in Research

Dr. Diane Lacaille's *Making It Work* project is the first major scientific study in the world aimed at preventing work disability from arthritis. Recruitment of patient participants is currently underway for a program that will provide each of them with a 10-12 week eLearning program. This program will modify risk factors and enhance self-management of problems encountered at work that are associated with arthritis.



Dr. Diane Lacaille, Senior
Research Scientist, ARC

Dr. Linda Li's work in *Patient Oriented Knowledge Translation* is developing scientifically based apps, in collaboration with gaming and digital media experts, to provide the best advice for treatment decisions in osteoarthritis and inflammatory arthritis. People with arthritis are less likely to be physically active and physical activity is a key management tool for arthritis. Research shows that patients experience decreased levels of pain during and after exercise.



Dr. Linda Li, Senior
Research Scientist, ARC



IMPAKT HiP – Preventing Hip Pain

While we know that trauma, obesity and genetics cause osteoarthritis of the knee, we know little of the causes of hip osteoarthritis. The federal government has funded ARC scientists to study a small bone deformity to see if it could be the main cause of hip osteoarthritis. If proven, it may be possible to prevent hip osteoarthritis – currently the cause of 60% of hip replacement surgeries.