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[www.arthritisresearch.ca](http://www.arthritisresearch.ca)

## **Arthritis Research videos launched in Chinese to reach Chinese-speaking population in Canada with latest online tools and resources**

*Vancouver, BC (February 8, 2016)* - Arthritis Research Canada (ARC) has released a set of research story videos specially developed for the Chinese community in Canada. The short videos provide quick tips concerning the ability to decrease the pain of arthritis based on research findings, and highlight available online tools which assist patients in making informed decisions about their care.

Dr. Linda Li, Senior Research Scientist at Arthritis Research Canada and Associate Professor, University of British Columbia, narrates the videos by summarizing some of her leading research which empowers people living with arthritis to triumph over pain and disability by the use of **patient-oriented information tools**. A team at ARC 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.

Dr. Li explains “we have a large Chinese-speaking population in Canada, however, the use of health services and resources by Chinese is relatively low partly because of language barriers and the lack of awareness of available treatments. One way to approach this problem is to translate health information into their language. Arthritis Research Canada have produced over 60 YouTube videos to share the latest knowledge on arthritis treatment and prevention. Having these videos translated into Chinese is just one of our many ways to improve the public’s access to credible information on arthritis management.”

Key messages include **information about disease modifying drugs (DMARDS)**, and how they can prevent joint damage and reduce the risk of heart attacks. Recent research shows that people with rheumatoid arthritis are at higher risk of heart disease and their risk of dying from heart disease can be reduced by as much as 70% with DMARDS.

Physical activity is also a key tool in managing arthritis. Research shows that patients experience decreased levels of pain during and after exercise. Aiming to reach 30 minutes of physical activity most days is a critical factor for positive health improvements. This level of **physical activity** is shown to decrease levels of pain and fatigue in people with all forms of arthritis.

“The videos are very useful in informing the Chinese community of the latest development in arthritis treatment and prevention. This will improve the quality of life for those who suffer from the disease”, said Queenie Choo, CEO, S.U.C.C.E.S.S.

Currently, arthritis is the most common chronic condition in women and third most in men with over 4.6 million adults in Canada suffering from arthritis. This number is expected to grow to an estimated 7.5 million

by 2036. It is crucial to raise awareness of this costly, yet sometimes misunderstood disease. There are over 100 types of arthritis, and it is the most expensive condition for the Canadian economy, costing approximately \$33 billion each year in health care expenditures and lost workplace productivity.

**VIDEOS:**

Please visit [www.arthritisresearch.ca/educational-videos-chinese](http://www.arthritisresearch.ca/educational-videos-chinese) to view the videos.

**ONLINE TOOLS:**

<http://answer.arccanada.org/> - ANSWER, Animated Self-serve Web-based Research tool, is a program created by the University of British Columbia, Arthritis Research Canada, University of Ottawa and the Centre for Digital Media.

<http://open.arthritisresearch.ca/> - OPEN is a program designed to encourage, support, and motivate you to manage your knee pain and become more physically active. Here you will find research on osteoarthritis and exercise, as well as tools to help you learn, plan, and maintain a physical activity routine that is right for you.

**INTERVIEW OPPORTUNITIES INCLUDE:**

[Dr. Linda Li](#) – She is available to speak (in English or Cantonese) about the ANSWER project and its importance as a decide-aid for those with rheumatoid arthritis. Dr. Li is an Associate Professor at the University of British Columbia, and Senior Research Scientist at Arthritis Research Canada.

**ABOUT ARTHRITIS RESEARCH CANADA:**

*Arthritis Research Canada (ARC) was created in 2000 in recognition of the tremendous potential that research can bring to arthritis treatment in Canada, and indeed, the world. Building a strong multi-disciplinary research team of outstanding medical doctors and research scientists, ARC has facilities in British Columbia, Alberta and Quebec, dedicated to understanding, advancing and sharing knowledge about the causes of arthritis, and addressing issues that are impacting people with arthritis right now.*

**ABOUT S.U.C.C.E.S.S.:**

*Established in 1973, S.U.C.C.E.S.S. is one of the largest social service agencies in British Columbia. It is a charitable organization providing services in settlement, language training, employment, family and youth counseling, business and economic development, health care, housing and community development. For more details, please visit: [www.successbc.ca](http://www.successbc.ca).*

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