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Arthritis Research Canada (ARC)
Marketing and Communications
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MONITOR-OA: Using Wearable Activity Trackers to Improve Physical Activity in Canadians with Osteoarthritis.

Participants needed for a research study, who will use wearable activity trackers (Fitbits) to help people with osteoarthritis get more active.

(Vancouver, BC) – Knee osteoarthritis (OA) is a major cause of chronic pain and disability. Physical activity is an essential first-line treatment for patients with knee OA. However, a recent study found only 13% met the activity recommendation of 150 minutes or more per week. MONITOR-OA is a study that uses activity trackers to help people with knee pain set goals to be more physically active safely and at their own pace.

The study is led by Dr. Linda Li, Senior Research Scientist at Arthritis Research Canada and Associate Professor, University of British Columbia. Dr. Li's research and academic activities focus in two areas: models of care in the management of arthritis, and the use of digital media to support a healthy lifestyle in people with chronic bone and joint disease.

Call for Participants

We invite anyone living in British Columbia with knee pain or knee osteoarthritis who are interested in getting more active, to participate in the MONITOR-OA study. Participants in MONITOR-OA will learn how to get active with knee osteoarthritis. You will also work with a physiotherapist to set personal activity goals and learn to use the Fitbit Flex activity tracker to monitor your daily goals and activities.

Anyone interested is asked to fill out a short 3-minute screening questionnaire below. All responses will remain confidential, and applicants will be contacted by a research staff member within 48 hours to further discuss eligibility.

Questionnaire Link:

<http://open.arthritisresearch.ca/survey/index.php?r=survey/index/sid/934783/lang/en>

For more information or to arrange an interview, please contact:

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