

# on the move

autumn 2010



How your  
money is spent

## membership matters

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**Mission Statement**

To provide the best quality of life for people with arthritis and other musculo-skeletal conditions.

**Vision Statement**

To be recognised by the community of South Australia as the leading organisation for the improvement and dissemination of information on arthritis, and the support and advocacy of people with arthritis and other musculo-skeletal conditions.

**Aims**

- to provide funds for research programs in order to find a cure and better treatments.
- to give practical advice and support to people with arthritis and other musculo-skeletal conditions and their carers.
- to organise education programs for people affected by arthritis and other musculo-skeletal conditions, their families and carers, health professionals and awareness in the wider community.

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valued donations

The Arthritis Foundation of South Australia values your donations to help provide services and support to the many thousands of South Australians who suffer musculo-skeletal conditions. Donations can be accepted using the donation envelope or by telephone on 8379 5711 or Country Freecall 1800 011 041. Alternatively, secure on-line donations can be made on [www.arthritissa.org.au](http://www.arthritissa.org.au)

## Membership Matters



The Arthritis Foundation values its members and we are in the process of exploring new and exciting ways for you to benefit from membership.

If you have not yet renewed your membership, please do so today. If your membership has been paid, please pass this magazine on to somebody you know who may benefit from being a member.

One in four South Australians today lives with arthritis and this level of prevalence is likely to worsen in our ageing society. The more members we recruit, the greater power the Foundation will have to support and advocate on behalf of people suffering from this condition.

Membership helps the Foundation to provide education and other resources, and to fund research that may lead to new treatments.

The Foundation's important community awareness initiatives help people and decision makers in governments to understand the prevalence, social and economic impact of arthritis and other musculo-skeletal conditions.

From a personal perspective, there are numerous membership benefits including:

- **Quarterly editions of On The Move**

On The Move is our flagship publication presenting latest news and vital information from South Australia, nationally and around the world.

Also located at the Arthritis SA Centre, the library contains a range of books and DVDs that members can borrow. Come in for a tea or coffee in the library area and browse.

- **free or discounted education sessions and workshops to help improve your quality of life.**

Our Moving Towards Wellness course has been discounted by over 50 per cent for members. Many of our seminars are also free to members. Visit our website [www.arthritissa.org.au](http://www.arthritissa.org.au) for more details.

- **free information sheets to help you better manage and understand your condition.**

*“Membership helps the Foundation to provide education and other resources, and to fund research that may lead to new treatments.”*

- **20 per cent discount on all arthritis resource shop products.**

The shop at the Arthritis SA Centre at Marleston features a range of products to help make life easier for people with arthritis and associated conditions.

- **free access to our books and DVDs in the library**

Our trained telephone advisers are qualified and available free of charge to discuss your concerns. They will also send you written material to assist you in the management of your condition.

To find out more about membership, call (08) 8379 5711, country free call number 1800 011 041 or go to [www.arthritissa.org.au](http://www.arthritissa.org.au)

## renew your membership

It's never too late to renew your membership, and we welcome new members at any time  
Call us today: (08) 8379 5711, Country free call 1800 011 041 or visit [www.arthritissa.org.au](http://www.arthritissa.org.au)

## Major funding campaign for arthritis research

The Arthritis Foundation has mounted a major campaign to help raise funds for on-going research into the condition that impacts on the lives of one in four South Australians.

It has set a target of \$100,000 this year to direct to research into arthritis, an umbrella term for more than 100 medical conditions that affect joints.

"The need for arthritis research and Government recognition of the health and economic impact of the condition has never been greater," said Dr Simon Burnet, Medical Director of

*"Arthritis has no respect for age, sex, country of origin, or profession..."*

the Arthritis Foundation of South Australia.

"Arthritis has no respect for age, sex, country of origin, or profession. It is particularly disturbing that many children continue to be diagnosed with rheumatoid conditions that require complex and intensive treatments.

"Through its education and promotional activities, the Foundation has helped increasing numbers of people to understand that there are things they can do to support medical intervention in the management of arthritis.

"Meanwhile, our investment in arthritis research is to find better treatments and perhaps a cures for conditions that are so prevalent in the community."

Dr Burnet said the Foundation's fund-raising efforts through its Contact Centre and bequests program helped to drive research into arthritis and associated chronic conditions. The most prevalent arthritis conditions are osteoarthritis, rheumatoid arthritis and gout.

"Each year, the Foundation directs funding to a national pool so that the best research projects throughout Australia are supported," he said. "South Australian medical institutions figure prominently in the national research program."

Foundation Chief Executive Officer, Julie Black, said Arthritis Week, starting on Sunday 21 March, would feature a range of community awareness and fund-raising initiatives to highlight the prevalence and impact of the condition.

"South Australia has the oldest age profile in the country and one of the highest prevalence rates for arthritis in the nation," she said.

People wishing to support the Arthritis Foundation's fund-raising effort can call 8379 5711, the country free call number 1800 011 041 or go to [www.arthritissa.org.au](http://www.arthritissa.org.au)

## Arthritis week activities

Arthritis Week, starting on Sunday 21 March, is an importing fund-raising and community awareness initiative.

Main events will include:

**Tuesday March 23 1pm - 3.30pm**

Seminar

Playford Civic Centre, 10 Playford Boulevard, Elizabeth (off Main North Road)

Speakers: Arthritis Educator, Physiotherapist and Rheumatologist Anita Lee

Topic: Managing Rheumatoid Arthritis in 2010 Essential for people who have RA or know someone with the condition

Gold Coin Donation

Refreshments provided

**Wednesday March 24 7.30pm – 9pm**

Health Professionals Seminar

Arthritis SA, 118 Richmond Rd, Marleston

Speakers: Simon Burnet, Rheumatologist and Matthew Liptak, Orthopaedic Surgeon

Topic: "The Surgeons Knife and Physicians Script – Optimising RA Management in 2010"

Refreshments and support provided through Abbott

**Friday March 26**

Arthritis Foundation Badge Day

## How your money is spent



In these times of economic hardship, charitable organisations are having to work even harder to raise much-needed funds to support their cause.

Recent publicity has highlighted that some charities, after having paid external consultants, commissions and management fees, direct less than one cent in every dollar raised to the intended cause.

*“The Directors are committed to ensuring that donations are used in a responsible way.”*

The costs and overheads of running any business are always increasing. However, the Board of Directors of the Arthritis Foundation of South Australia wish to reassure you that all donations are valued and underpin our research, education and community awareness programs.

The Directors are committed to ensuring that donations are used in a responsible way.

We are also very proud of our Health Services Department that oversees Education and Support Groups. The department ensures that clear educational messages about the self-management principles of living with a chronic disease are available to anyone who needs them in the community.

In the month of December 2009 alone, more than 1,000 children and their families in South Australia attended Kidsflix events presented by the Arthritis Foundation with support from cinemas and volunteers.

These events provide children with special needs, or those from disadvantaged families, with the opportunity to attend a movie at no cost and to enjoy the fun of face painters and entertainment. For most of the participating families this opportunity would not be possible without the support of Kidsflix. Importantly, it allows them to come together in an understanding, supportive and fun environment.

The Arthritis Foundation prides itself in providing support and education

programs where and when they are needed around the State. In the past 12 months, we ran 15 Moving Towards Wellness courses and operated 17 Support Groups across South Australia.

Our Education Department, led by Jenny Bennett, has been instrumental in developing and implementing educational programs that support people suffering from arthritis and other chronic illnesses.

In February, educators from around Australia met in Adelaide for a two-day program entitled Challenging Pain. This new program will be introduced in South Australia in coming months to assist those suffering from chronic pain.

The Foundation's free telephone advisory service is underpinned by exceptional volunteers who receive on-going training to carry out this important role.

Arthritis affects people of all ages and through our juvenile arthritis



Moving Towards Wellness

program we remain committed to supporting children with the condition and their families.

The Me Managing Me program developed by Carol Spargo, our Youth Services Coordinator, provides children with self-management skills, and it is being implemented in schools, hospitals and camps. Meanwhile, the Arthritis Foundation recognises the importance of the osteoporosis program and it has increased funding to ensure its sustainability.

I am confident that money raised by our organisation is spent responsibly and carefully in support and advocacy for people with arthritis and associated conditions.

Your donation is important to the Foundation and the many people who are in need of our help.

As you will see in this edition, there is an opportunity to make a donation as part of our research appeal.

In recent years there has been some excellent research undertaken by

the rheumatology department at the Royal Adelaide Hospital that has been funded by the Arthritis Foundation.

I encourage you to support this appeal.

**David Motteram**  
Chairman



## Emergence of biologic drugs

In recent years, a new class of medications has emerged to treat recalcitrant rheumatic conditions.

These medications are available under specific conditions for people who are not responding well to conventional disease modifying anti-rheumatic drugs.

Known as biologic drugs, these treatments may be used to help people suffering from conditions such as rheumatoid arthritis, ankylosing spondylitis, psoriatic arthritis and juvenile arthritis.

Biologic drugs, or biologics, are designed to act on specific messengers in the immune system that cause inflammation in joints. There are several different types of biologics.

The first type, known as anti-TNFs, reduce the action of a protein called tumour necrosis factor produced by white blood cells to trigger inflammation. Anti-TNFs include etanercept (Enbrel) and adalimumab (Humira), which are injected under the skin with a syringe or injection pen, and infliximab (Remicade), which is administered by drip in hospital.

Other biologics target different parts of the immune system. Rituximab (Mab

Thera) temporarily acts on white blood cells (B cells) to reduce inflammation and Abatacept (Orencia) inhibits a type of white blood cell (T cells) from being activated.

Biologics are covered under the Pharmaceutical Benefits Scheme in Australia and they are expensive, costing in the order of \$20,000 per annum.

However, Arthritis Foundation of South Australian Medical Director, Dr Simon

Burnet, said people meeting very strict criteria and guidelines could be prescribed these drugs and access them with standard pharmaceutical costs.



Dr Simon Burnett

“It requires the appropriate paperwork to ensure the right people receive this type of medication,” he explained.

“Biologics may be offered if standard treatments from medications such as methotrexate and sulphasalazine do not adequately control arthritis.

“This will usually involve a number of assessments at a rheumatology clinic to see if a person is eligible for treatment with biologic drugs. The severity of the arthritis will be examined along with checks for the risk of infection.

“Blood and urine tests will be carried out along with a chest X-ray and a tuberculosis risk assessment.

“If a person has had tuberculosis in the past, or repeated infections, cancer or a serious heart condition, they may not be able to take biologic drugs. If a person is pregnant or suffering from an infection, treatment may need to be postponed.”

Dr Burnet said in most cases anti-TNFs treatment, research indicated that up to two thirds of people

responded well to this type of therapy.

Side effects can include irritation at the injection site. Because biologic drugs suppress specific parts of the immune system, it may mean some people find it harder to fend off infections.

Severe side effects are rare from biologic drugs, but people should have regular blood checks and report any unusual symptoms to their general practitioner.

Dr Burnet said the risk of joint damage without treatment was much greater than the risk of side effects or infections.

“It is important to remember that biologic drugs are not a cure, but they can help people to manage their condition in certain circumstances,” he said.

“People experiencing persistent chronic pain and inflammation despite conventional medications should discuss the option of biologics with their treating rheumatologist.”

# obesity & osteoarthritis

Developed countries like Australia are in the grip of an obesity epidemic rendering people with this condition significantly more prone to diabetes, cardiovascular disease and some types of cancer.

New studies, reported by the Arthritis Research Campaign (ARC) in the United Kingdom, also show that obese people are up to four times more likely to develop osteoarthritis as they are to suffer high blood pressure or type-2 diabetes.

However, ARC highlights that the cascade of adverse health effects related to obesity are avoidable. Indeed, it is clear that losing weight – however modest – when combined with controlled exercise reduces the risk of developing osteoarthritis in the first place. It can also relieve existing symptoms and help prevent further deterioration.

An obese person has an abnormally high proportion of body fat. The World Health Organisation classifies normal weight as a body mass index, or kilograms per square metre, of between 18.5 and 24.9. An obese person has a body mass index of 30 and above.

Osteoarthritis is the most common disease affecting joints of the body, particularly knees and hips, as the cartilage that cushions joints wears away. The most significant symptom is an aching, sharp or burning pain that worsens with activity.

From swelling and pain, the condition can progress to bone at the edge of the affected joint growing outwards to form knobbly spurs. In addition, muscles that move the joint may weaken.

Once entrenched, osteoarthritis is likely to have the effect of further reducing physical activity leading to weight gain.

Excessive loading of the joint, particularly in the knee, is the most important means by which obesity causes osteoarthritis.

More than two out of three knee replacements and one in four hip replacements in middle-aged women in the United Kingdom are attributable to obesity.

Knee and hip replacements are among the great success stories of modern surgery. However, this success does not necessarily apply when the operation is required because of obesity-related osteoarthritis.

Research shows that nearly 50 per cent of obese patients have a poor outcome from joint replacement surgery compared with less than 10 per cent of those with a healthy weight.

There is no cure for osteoarthritis. Non-surgical medical treatments can improve symptoms, but without

*“An obese person has a body mass index of 30 and above.”*

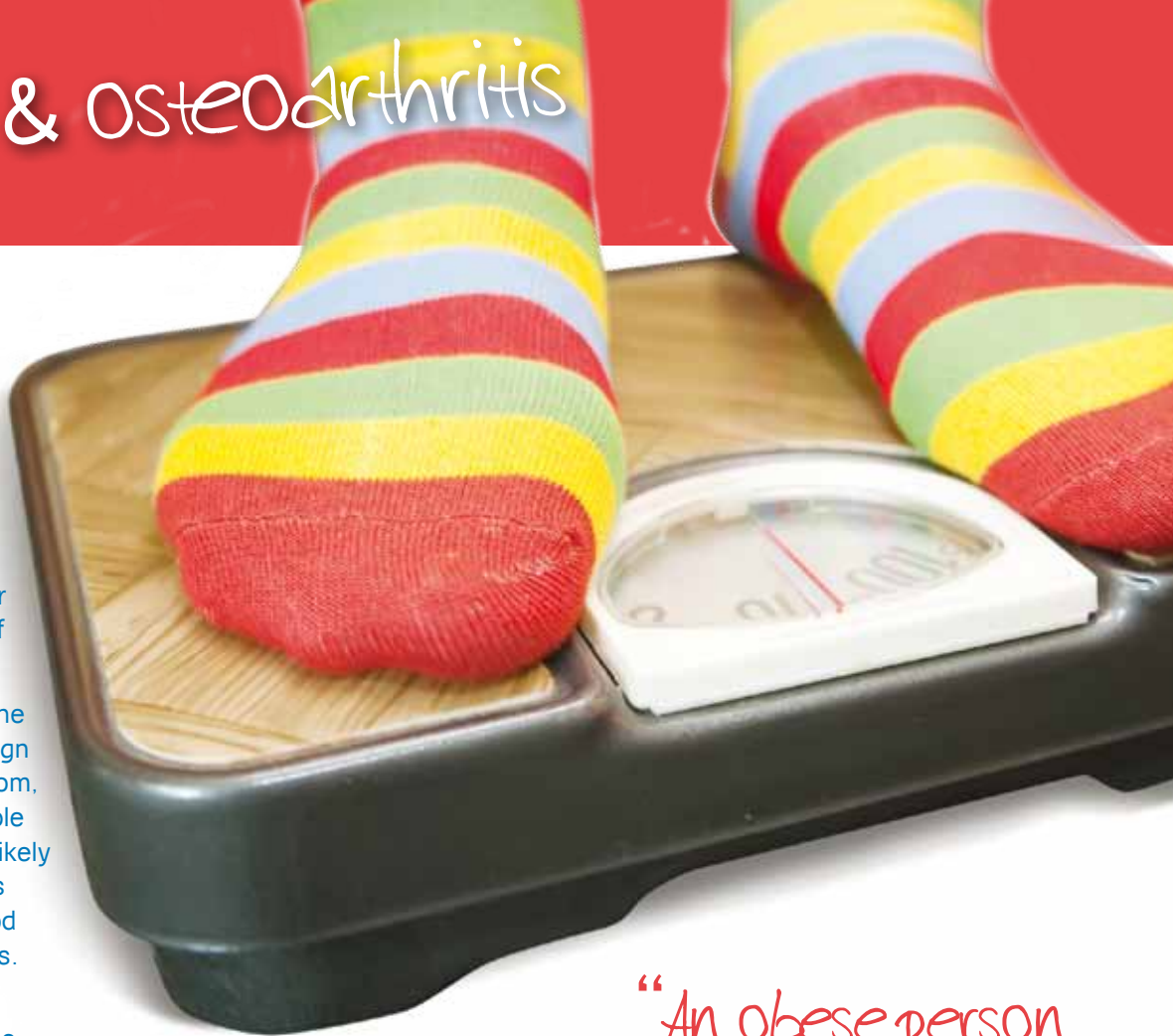
lifestyle change, they may have little benefit.

Analgesics such as paracetamol can help to relieve pain and non-steroidal anti-inflammatory drugs (NSAIDs) may reduce inflammation, pain and stiffness.

Non-steroidal creams and gels can also be helpful, and a course of physiotherapy can reduce pain and strengthen muscles.

In the case of severe osteoarthritis, a steroid injection into the joint may relieve pain for a period of time

One of the largest studies to date, the United States Arthritis, Diet and Activity Promotion Trial, shows that weight loss combined with exercise is extremely successful in reducing pain and disability for those with osteoarthritis.



## It takes special people to volunteer

The Arthritis Foundation of South Australia is staffed by skilled and dedicated people who deliver vital services with professionalism and pride.

It is also supported by hundreds of volunteers who bring community spirit and care into the lives of people who suffer from arthritis and other musculo-skeletal conditions.



Kyra Berry  
latest recipient  
of the Volunteer  
Star Award

The Foundation's provision of quality services to the community across the State would not be possible without the support of our volunteers through fund raising, the telephone advisory service, self-management courses, community speaking engagements, Kidsflix, mailing and administrative support duties.

Business Services Manager, Judi Wakeling, said the areas of greatest need for volunteers at present were in fund-raising and education services.

"One of our first priorities at the moment is for volunteers to assist on badge day on Friday 26 March," Judi said.

"We are taking registrations of interest from volunteers who would be available to give at least one hour of their time to assist us in collection at various points throughout the city, suburbs and some country locations.

"Join in the fun of the day - meet new people, make a difference and see what we can all achieve. We do get support from some organisations and would like the corporate activity to grow by either staff collecting on the street or within their office or building."

People interested in volunteering for education services will receive special training through a six week Moving towards Wellness Course and a four-day leadership course.

They then choose to dedicate time towards the telephone advisory services, community speaking or leading the Foundation's acclaimed Moving Towards Wellness courses.

"Usually those people volunteering for education services have arthritis or an associated condition, or they are have a close understanding of people who suffer from chronic pain," Judi explained.

"This gives them very important insights into the issues confronting people and they are able to relate to

them with a clear understanding of symptoms and challenges."

For more information on volunteering with the Arthritis Foundation, call 8379 5711, country free call number 1800 011 041 or go to [www.arthritissa.org.au](http://www.arthritissa.org.au)

Meanwhile, Kyra Berry is the Foundation's latest recipient of the Volunteer Star Award, which

" ... Areas of greatest need for volunteers are in fund-raising and education services."

recognises people who have made an exceptional contribution to others.

"Kyra started volunteering after coming up to us on a badge day in the city and offering to assist for an hour," Judi said.

"We accepted Kyra's offer and kept in contact. Kyra has continued to help us with lottery sales and badge days, and she is a regular volunteer at our Kidsflix events.

"Quite often she is the Kidsflix fairy providing great fun for children and their families.

"It has been a pleasure having Kyra on our volunteer team and her ability to carry out a range of activities for us is particularly helpful and very much appreciated."

# giant book sale

## Our first book sale - help we need books

Fundraising is always a difficult task, and coming up with innovative ways to support essential programs of the Arthritis Foundation is an on-going challenge.

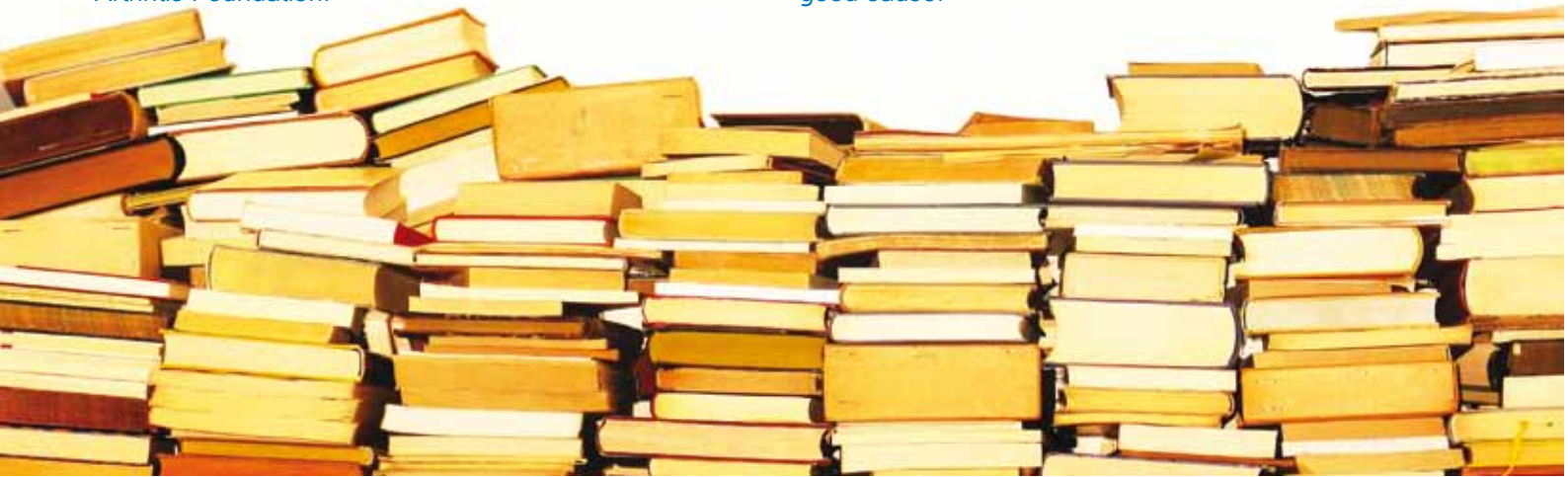
Over recent months, staff and volunteers have been busy collecting and sorting good quality second-hand books ready for our first big literary sale on Saturday 20 March from 10.00am to 4.00pm.

You can help us by cleaning out your bookcases and donating any of your pre-loved books to the Arthritis Foundation.

Books may be dropped off during office hours at Arthritis SA, 118 Richmond Road, Marleston.

The book sale will be an on-going event, but we want to start with a big one. So please start collecting books from your family and friends.

Saturday 20 March is also the day for the State Election so most people will be out and about. Call in to the Arthritis SA Centre to bag a bargain and enjoy the delights of our sausage sizzle. You will be supporting a good cause.



### Your feet are sensitive. Be kind.

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## take 9 movie card

**Go to the movies more often!**

**With the Take 9 Movie Card – you will get over \$100 worth of savings on normal ticket prices!**

With the Take 9 Movie Card you will get an amazing offer from Channel 9 Telethon, Wallis Cinemas and Robert Menz, and assist the Arthritis Foundation to raise funds for research programs.

For just \$15, you will receive two free movie passes, nine movies for only \$9 each for you and a friend or family member, a chance to win a Wallis Gold Pass for a year and a bag of fruchocs to share!

Valid to end of February 2011 at all Wallis Cinemas – all sessions – unless booked out! Note that a \$4 surcharge applies for 3D movies.

Now in its fifth year, the card is extremely popular and has sold out quickly.

To order the Take 9 Card, call 8379 5711 or go on-line at [www.arthritis.org.au](http://www.arthritis.org.au)

# cooking 4 arthritis

## Cooking for Arthritis

Author: Michelle Berriedale-Johnson

Publisher: Harper Collins Australia

Cooking for Arthritis is packed with specialist advice about how a healthy diet is vital in helping to manage arthritis.

It features more than 50 delicious and nutritious recipes such as braised Chinese vegetables, roast lamb with spiced apricot stuffing, glazed sweet potatoes with bacon, plum crumble pie and coconut cream dessert.

Michelle Berriedale-Johnson became involved in special dietary preparations when her son was diagnosed as dairy intolerant.

Since 1990, Michelle has produced her own magazine, and she has written and broadcast widely on special diets. She has been involved in developing dairy, gluten and sugar free foods.

Michelle's focus is to incorporate special foods into appealing and healthy dishes that everybody can enjoy.



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Easy Swing professional golf coach, Jon White, offers a convenient, mobile coaching service that allows people to improve their game in the comfort of their own home.

Following is Jon's account of a client he has coached.

"When I first met Bryan, he was suffering from chronic fatigue and only able to perform physical activity for 10 minutes before having to rest," he said.

"We set up a practice area in Bryan's backyard which made performing the Easy Swing drills convenient.

"Using sponge practice balls, Bryan was able to hit them against his back wall. Over a few months, it was obvious that Bryan was improving as the sponge balls were hitting the back wall with more force.

"Because of the simplicity of the uniquely effective swing, he was able to show significant improvement with only 10 minutes practice every day or two.

"As Bryan's strength and fitness improved, we ventured to a par three golf course called Geoff Heath. We began playing two to three holes per week for the first couple of months, and then increased to five or six holes.

"Recently, we played nine holes at the Kenton Valley par three, which is quite hilly and undulating, and longer than Geoff Heath.

"Bryan had no problems walking the 1,750 metre layout. I am confident he will be playing a full-size golf course over 5000 metres or more within the next 12 months.

"Easy Swing has helped Bryan in his rehabilitation from chronic fatigue, and he has learnt a new sport which has given him a great sense of achievement and satisfaction during a most challenging period in his life.

"It has been extremely rewarding for me to witness his rehabilitation as well as his enthusiasm for golf.

"I hope that I can be of service to many more people and demonstrate how the game of golf can be a life-changing experience."

Jon is offering special packages to Arthritis Foundation members. For more information go to [www.easyswing.com.au](http://www.easyswing.com.au), or call Jon on 0405 354 276.

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Jon White on 0405 354 276  
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[www.easyswing.com.au](http://www.easyswing.com.au)**

## win lottery \$50,000

### cash up for grabs!

Imagine winning a stack of cash for just \$5. Better still – buy a book of tickets for \$25 and get a free ticket, and chance to win a \$3,000 homemaker package.

Two winners will each receive \$25,000 cash. Book buyers' prizes are two \$3,000 homemaker packages of \$1,000 vouchers each from Le Cornu, Sony Centre and Stratco

These are the great prizes to be won in the 2010 Channel 9 Telethon "Stacks of Cash" Lottery supporting Arthritis SA.

Those entering the lottery provide much-needed funding support for the Arthritis Foundation's research, education and awareness programs.

For more information, see the insert in this edition and return with payment and order in the donation envelope provided. Tickets can also be ordered on-line at [www.arthritis.sa.org.au](http://www.arthritis.sa.org.au) or by telephoning 8379 5711.

# badge day - volunteers needed

## friday 26 march

The annual Arthritis Foundation Badge Day will be held in and around Adelaide and country areas on Friday 26 March.

The Foundation is calling for volunteers to assist in fund-raising on the day.

If you have a few hours to spare, please contact Margaret Nowlan on 8379 5711.

Meanwhile, the Foundation extends a big thankyou to Westpac for its pledge of support for Badge Day.

Bank staff will volunteer to "rattle the tin" in the city on that day as the

Foundation mounts one of its major fund-raising events for the year.

In the lead-up to Arthritis Week starting on Sunday 21 March, Westpac ATMs in the city and southern suburbs will also highlight the Arthritis Foundation and encourage people to make a donation.

## book review - Lupus Intus (The Wolf Within)



Suzanne Ferschl with her book Lupus Intus (The Wolf Within)

For over 25 years, Adelaide woman Suzanne Ferschl has lived with a chronic illness.

Suzanne has experienced an unnaturally high number of obstacles blocking her life journey. She has had to deal with lupus, kidney failure, dialysis and transplantation, IVF, cancer scares, depression, addiction and amputation.

The adversity that Suzanne has faced, and the extraordinary courage she summoned to cope is now the subject of a powerful book entitled Lupus Intus (The wolf within). Her account is so unbelievable many will consider it fictional, but it is real story of heroism of the most basic kind.

This is an informative and comprehensive book that is honest, soul bearing and bursting with raw emotion highlighting the unpredictability and fragility of life.

Above all, it is a positive story laced with humour. It will inspire, motivate and empower people from all backgrounds.

If you live with, work with or care for someone suffering a chronic illness, you'll want to read this masterpiece.

The recommended retail price is \$25.00 and \$5.00 from the profit will go to the Arthritis Foundation. For more information go to [www.lupusintus.com](http://www.lupusintus.com) or e-mail [suzanne@lupusintus.com](mailto:suzanne@lupusintus.com)

## wine offer - \$60 for a dozen limited time

Located in the renowned Langhorne Creek district of South Australia, Temple Bruer winery produces award-winning wines using certified organic grape growing methods.

Vineyards in the Langhorne Creek region are planted on a slightly undulating plain in deep alluvial soils. Cool afternoon breezes sweep in from Lake Alexandrina and the ocean further to the south.

Temple Bruer is a proud supporter of the Arthritis Foundation of South Australia and it presents quality wines at excellent prices as part of the Foundation's fund-raising efforts.

The Foundation is offering a special sale of Temple Bruer 2007 Riesling and 2004 Cabernet Merlot. **For a limited time, these wines are being sold for \$60 a dozen**, plus \$13.40 for postage and handling.

To order, call 8379 5711 or visit the website [www.arthritis.org.au](http://www.arthritis.org.au)



# events & happenings

Sun	Mon	Tue	Wed	Thur	Fri	Sat
March	1 Scleroderma Awareness Week	2	3	4 Northern Wellness Support Group: Guest Speaker: Cancer Care Council	5	6
7	8	9 moving towards wellness	10	10am – 12pm.11 Copper Triangle Branch. Farm Shed Moonta Road Kadina Meeting	12	13
14 Fibromyalgia meeting 1pm – 4pm Mary Jordan, Physiotherapist Exercise topic	15	16 Enjoy Life!	17	18 Lupus, Scleroderma & Sjögrens SA (Support Group) 10.30am Guest Speaker: TBA	19	20 Giant Book Sale Arthritis SA Centre
21 Arthritis Awareness Week begins	22 Western Osteoporosis Support Group Meeting 10am-12pm	23	24	25	26 Arthritis Badge Day (volunteers needed)	27
28	29	30 moving towards wellness	31	Moving Towards Wellness Courses Date 2, 9, 16, 23, 30 Arthritis SA Marlestone 1pm – 3.30 pm Date: 2, 9, 16, 23, 30 Modbury Public Hospital 1pm - 3.30 pm		

Sun	Mon	Tue	Wed	Thur	Fri	Sat
Moving Towards Wellness Courses Date 16, 23, 30 Gawler Health Service Community Services 10 am – 12.30 pm				1 Northern Wellness Support Group: Guest Speaker: Alzheimer's Australia	2	3
4 April	5	6	7	8 10am – 12pm Copper Triangle Branch Farm Shed, Moonta Road, Kadina	9	10
11	12	13 Lupus, Scleroderma & Sjögrens SA (Support Group) 7.30 p.m. Guest Speaker: TBA	14	15	16	17
18	19	20	21 Myositis Support group 10am for 10.30am start Arthritis SA Centre	22	23 moving towards wellness	24
25	26	27	28	29	30 Enjoy Life!	

Sun	Mon	Tue	Wed	Thur	Fri	Sat
Date: 7, 14, 21 Date: 18 Date 20, 27	Gawler Health Service Community Services 10 am – 12.30pm Education Centre, Modbury Public Hospital 1.00 p.m. - 3.30 p.m. Arthritis SA Marlestone. 1.00 p.m. – 3.30 p.m.					1
2 May	3	4	5	6 Northern Wellness Support group Anne Pomeroy Diabetes, obesity & living with a chronic condition	7	8
9	10	11	12	10am – 12pm 13 Copper Triangle Branch Farm Shed, Moonta Road, Kadina	14	15
16	17	18	19	20 Lupus, Scleroderma & Sjögrens SA Support Group 10.30am	21 moving towards wellness	22
23	24	25 moving towards wellness	26	27 moving towards wellness	28	29
30	31					

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