

ARTHRITIS

NEWS FOR YOU

WINTER 2011

ST. JOHN'S ARTHRITIS CENTER

Rest Assured... Strategies for a Better Night's Sleep

Time and sleep seem to be in high demand and short supply. We tend to cut sleep to try to squeeze in more time. Our bodies need sleep for learning and problem solving. Here are a few strategies for helping get a good night's rest.

Eat a Light Snack

With the holiday season upon us, many of us will be sleepy after our delicious turkey dinners. Eating a large meal or a spicy meal before bedtime gets in the way of a good night's rest. A light snack at bedtime may promote better sleep. Goods high in the amino acid L-tryptophan are natural "sleeping pills." Examples include milk, eggs, tuna, cottage cheese, soy beans, chicken, and turkey.

Sleep apnea, arthritis pain, and ordinary stress are unwelcome bed partners. If these problems are

interrupting your sleep, you can rest assured—there are steps to remedy any sleepless situation.

Set a Schedule

Routines help people recapture a consistent wake-sleep cycle. Establish a time to go to bed and a time to get up. Then, stick to the schedule 7 days a week. This helps strengthen the circadian rhythm or



internal clock. Do not try to sleep longer than is necessary in order to feel refreshed the next day. Sleep is NOT something

that can be limited for several days and then regained by sleeping extra time. Playing "catch up" doesn't work.

Create a Relaxing, Soothing Environment...

Take a look at your surroundings. Are they conducive to sleep? The

room should be quiet and dark. Moderate temperature (cool, not warm or cold) is best. Is the sleep surface comfortable? This is especially important for people with arthritis.

Also, turn off the television. The noise and light can prevent you from falling asleep. The bedroom, and notably the bed, should be reserved for rest rather than watching TV, reading a book, or having a snack.

The Importance of Sleep...

Sleep disturbances can jeopardize health. Lack of sleep (or poor quality sleep) can lower your pain threshold, result in daytime sleepiness, cause adverse changes in mood, and make it difficult to concentrate. Talk to your physician about significant sleep disruptions.

Make a few adjustments to your sleep routine to be sawing logs instead of counting sheep!

Ask Margaret

In 2007, I received one of my favorite questions. A reader asked me if I had seen a common thread among people who successfully managed chronic conditions. It made me stop and really think about the “strategies for success.” Well, I’d like to take this opportunity to share the information again and to thank everyone for their wonderful questions and letters!

Margaret, I know that you’ve helped people with arthritis for a number of years. Of all the individuals you’ve worked with, do you see a common thread for their success? If so, what is the secret to successfully coping with arthritis?

I’ve had the pleasure of working with many wonderful people with arthritis over the years. The truth is that I’ve probably learned just as much (if not more) from them as they have learned from me. And, while no two cases of arthritis are the same and no two people are the same, I do see a “common thread” in how they succeed. The Arthritis Foundation refers to five habits that make life with arthritis easier. I hope they help all of our readers.

STRATEGY ONE: LEARN ALL ABOUT IT

Information is power. Learn all that you can about your condition. Bring in a list of questions for your doctor, read everything you can about your condition, locate reliable sources of news and information (including reputable online resources), ask lots of questions of your physician, physical therapist, and other health care providers, and find out where exercise classes are held (we have a complete list here).

STRATEGY TWO: PAY ATTENTION TO YOUR EMOTIONS

Depression is often an enemy of success, so watch for it and know the warning signs. Ask your doctor about depression, but also develop a network of family and friends who are uplifting and upbeat. Join a support group, and find ways to continue doing the activities that you love.

STRATEGY THREE: MAKE YOUR DOCTOR A PARTNER IN CARE

Don’t be embarrassed to talk to your doctor about anything, and admit when you haven’t followed your physician’s advice. Ask your physician to talk about what you can do to improve your condition—losing weight, exercising, reducing stress, etc. Make certain that your doctor answers all of your questions. Communication is key!

STRATEGY FOUR: TAKE IMMEDIATE ACTION WHEN YOU’RE DIAGNOSED

Accept that your illness isn’t going to disappear, and then move forward. Be willing to make changes in your life to keep doing as many of the things you love as possible. Ask your doctor to give details about your prognosis. Create a list of what you can do and what you need to change; then, discuss the list with friends and family.

STRATEGY FIVE: MAKE A HEALTHY INVESTMENT IN YOURSELF

Recognize your responsibility to take care of yourself—eating well, exercising, getting enough rest. Enlist family and friends to help you make health changes. Source: May-June 2007, *Arthritis Today*, “Sweet Success” by Kenna Simmons.

Throughout the holiday season, exercise, enjoy life, laugh, and love everyone you know. My prayer for you is that God blesses you and yours during this special season and throughout the new year! Merry Christmas!

Margaret Lindsey, R.N., is an Arthritis Educator with St. John’s Regional Arthritis Center. Questions for her column should be addressed to Ask Margaret/Arthritis News for You, St. John’s Hospital, 1235 East Cherokee, Springfield, MO, 65804

ARTHRITIS INFORMATION LINE
417-820-3665 or 1-800-835-5197
7:30 a.m.-4:00 p.m., Monday-Friday

Good Idea!



Enhanced Utensil

Note the enhanced handle of the cutlery. The knife has a thick, padded handle that makes gripping it easier and causes less stress on the smaller joints of the hand. It also makes the hold more secure to prevent slipping and sliding.

How do you get your News?

Update your address or receive the newsletter via email.

If you have recently moved or are planning to relocate, please call us with your change of address...



(417) 820-3665
 or 1-800-835-5197. If you’d like to receive *Arthritis News* via email (rather

than a hard copy by U.S. Mail), please let us know. An email version will allow you to forward copies to friends, print only pertinent reminders, etc. If you’d like to remove your name from our physical mailing list and be added to our electronic distribution list, please contact the Regional Arthritis Center at margaret.lindsey@mercy.net or heather.scott2@mercy.net or call 1-800-835-5197.

New website!

OUR NEW WEBSITE IS EVEN EASIER TO FIND AND USE! Take a look and forward the link to friends. We're at www.moarthrititis.org. You can click on Southwest Missouri or SW RAC!

Fibromyalgia Support Groups

Springfield: The group has temporarily suspended regular meetings due to illness. People with Fibromyalgia in need of information and support may call the Regional Arthritis Center at (417) 820-3446 or 1-800-835-5197.

Aurora: Meetings are the third Tuesday of the month at a new location—1 p.m. at St. John's Aurora Hospital, PDR. Call Coralu Exter at (417) 678-3580 or Marilyn Carey at (417) 678-2666.

Lebanon: Meetings are the first Tuesday of the month at 7 p.m. at Breech-St. John's. Call Evaleen Rogers at (417) 588-9783 or Dana McGaughy at (417) 533-3275.

Mt. Vernon: Quarterly meetings are held at MO Rehab. Call Jane Nelson at (417) 461-5490.

Joplin: Meetings are the first Tuesday of the month at St. John's Medical Center at 7 p.m. Call Pam Baack at (417) 781-6225.

Marshfield: Meetings are the second Monday of the month from 1-2:30 p.m. and the fourth Monday of the month from 6:30-8 p.m. at Marshfield First Baptist Church. Call Martina Plavnick at (417) 468-2765.

Speakers' Bureau

The Southwest Missouri Regional Arthritis Center is pleased to provide speakers to any community group or civic organization wishing to learn more about arthritis. Our education programs are available free of charge. Call the Arthritis Information Line at 1-800-835-5197 or 417-820-3665.

Ozark Area Arthritis Club (OAAC) Program Schedule

The OAAC meets the second Tuesday of each month at Cedar's Restaurant at 3322 S. Campbell at 11:30 a.m. For information, contact the Arthritis Information Line at (417) 820-3665 or 1-800-835-5197.



December 13, 2011

Christmas Party

Cedar's

January 10, 2012

Benefits of Pet Therapy

Nelson Knapp

Pet Therapy of the Ozarks

February 14, 2012

Sleep for Success

Kristie Dover, RDSCT

St. John's Health

Fibromyalgia Education

Fibromyalgia education will be offered at Cox Walnut Lawn (Administrative Classroom) Springfield. Registration is required. Call Cox Info at (417) 269-4636 for dates and times in 2012.



Arthritis Toolkit...Check It Out!

People with arthritis can live a healthy life by actively managing the physical and emotional problems that come with their disease. Most types of arthritis cannot be cured. Living a healthy life with a chronic disease is possible with good self-management.



The Arthritis Toolkit contains information and tips that help many people with arthritis and fibromyalgia live happier, healthier, more comfortable lives! It contains information and suggested skills that will help you live a healthy life.

Contact the SW Missouri Regional Arthritis Center to check out *The Arthritis Toolkit* today.

(417) 820-3446 or

1-800-835-5197

margaret.lindsey@mercy.net

Scleroderma Support Group of the Ozarks

The Christmas Party will be at Heritage Cafeteria December 5, 2011 at 6:30 p.m. The next regular meeting will be March 5, 2012, at 6:30 p.m. at Cox South, Meeting Room A. For more details call 417-820-3665 or 1-800-835-5197.

Sjogren's Syndrome Support Group

The group is no longer meeting. All current and past participants are invited to meet with the Ozark Area Arthritis Club, which meets at Cedar's Restaurant, 3322 S. Campbell, the second Tuesday of each month at 11:30 a.m. See this page for info.

Rheumatoid Arthritis and Biologic Disease Modifying Therapies (Part II of II)

By Norman J. Simon, DO

Editor's Note: Part one of this two part series examined necrosis factor (TNF) therapy and agents such as Enbrel (Etanercept), Remicade (Infliximab), Humira (Adalimumab), Simponi (Golimumab) and Cimzia (Certolizumab). This issue takes a closer look at *Orencia*, *Rituxan*, and *Actemra*.

Rheumatoid arthritis develops in approximately 1% of the population and if not adequately treated can lead to long term complications of irreversible joint damage as well as adverse effects on long term functional status and activities of daily living. Fortunately, over the last decade great strides have been made in developing new treatments for this potentially devastating form of arthritis.

Selective Co-stimulation Modulator inhibition can be utilized in the treatment of rheumatoid arthritis with the use of Orencia (Abatacept). Orencia blocks a critical interaction between an antigen presenting cell (APC) and a T-cell. T cells are a critical component in the propagation of the rheumatoid inflammatory process and as such a reduction in the number of activated T-cells influences the degree of rheumatoid arthritis inflammatory effects. The use of Orencia is indicated for moderate to severe rheumatoid arthritis characterized by an inadequate response to methotrexate. Orencia can be used either alone or in combination with meth-

otrexate and about 60% of rheumatoid arthritis patients will favorably respond to this form of treatment. Orencia is administered by an intravenous infusion given over 30 minutes every 4 weeks. Major adverse effects associated with the use of Orencia include serious infections, infusion reactions, and the potential increased risk of acute exacerbation of chronic obstructive pulmonary

The use of these treatments has been associated with not only the potential to reduce the pain, stiffness and joint swelling of rheumatoid arthritis but also has the capacity to reduce the risk of irreversible joint damage and adverse impact on an individual's long term functional outcome.

disease (COPD). A slight trend of an increased risk of developing lung cancer was also noted in pre-FDA approval clinical trials in rheumatoid arthritis patients who were smokers.

Rituxan (Rituximab) is a monoclonal antibody that targets an immature B cell with a CD20 protein present on its cell surface. B cells are an important cell line of the immune system that influences antibody production including both protective antibodies (such as anti-influenza antibodies following an annual influenza vaccine) and disease associated antibodies such

as the classic rheumatoid factor. A reduction in the premature CD 20 B cell population influences the number of B cells that can mature and thus limits a critical element of B cell and T cell interaction that is important in the rheumatoid arthritis process. The use of Rituxan is indicated for moderate to severe rheumatoid arthritis characterized by an inadequate response to methotrexate and an anti-TNF therapy.

Rituxan is FDA approved to be used in combination with methotrexate in the treatment of rheumatoid arthritis. Rituxan is administered as two intravenous infusions given over 4-5 hours 15 days apart. A two infusion series of Rituxan treatments may be repeated every 6 months if needed. Due to the potential for serious infusion reactions the use of intravenous solumedrol (an anti-inflammatory steroid), diphenhydramine (an antihistamine) and oral acetaminophen is given about 30 minutes prior to the start of Rituxan. The major adverse effect associated with the use of Rituxan other than infusion reactions includes serious and potentially life threatening infections. It is extremely important to ensure that all routine immunizations are up to date before beginning treatment with Rituxan since protective antibody production following vaccine administration is reduced

Continued on page 6...

Juvenile Arthritis News

Strategies for a Successful School Year



Bullying is unnecessary, but it's a hurtful reality for school-aged children. Sadly, it happens too frequently to too many young people. It's important for parents to pay attention to bullying. They can play a key role in helping children deflect and defeat bullies.

First, understand that teasing is actually the most common form of bullying. Good-natured teasing crosses the line and becomes bullying when:

- The teasing is done to intentionally hurt the victim.
- It is done repeatedly (even after the person being teased has made it clear he or she wants it to stop)
- The person has a real or perceived advantage over the victim such as being physically stronger.

What can your child do? First, try to deflect it. Since a bully is looking for a reaction—hurt, fear, tears—not reacting can be a deterrent. Parents can also help kids devise strategies such as using humor or tuning insults into compliments to thwart a bully's intentions.

However, when in doubt, go for help. Many students think that if they turn to a teacher for help, they will make things worse and could be

perceived as a “tattletale.” Most experts say that victims of bullying and their parents should go for help. Schools can provide assistance if they are made aware of the problem. But, it's important to call with a concern, not a judgment or verdict. Describe specific situations and ask questions.

At home, try to boost your child's confidence. Get your child involved in activities that play on individual strengths and create situations where your son or daughter can succeed.

While there are plenty of ways to handle a bully, there are several things NOT to do:

- Threaten the bully or fight
- Look for revenge
- Become a bully by picking on other people perceived as “weaker”
- Avoid school
- Cry or act fearful (if possible)

Warning signs that your child is being bullied:

- Comes home with torn, damaged or missing pieces of clothing, books or other belongings
- Has unexplained cuts, bruises and scratches
- Has few, if any, friends
- Seems afraid of going to school, walking to and from school, riding the school bus, or taking part in organized activities
- Takes a long “illogical” route when walking to or from school

- Has lost interest in school work or suddenly begins to do poorly in school
- Appears sad, moody, teary, or depressed
- Complains frequently of headaches, stomach aches or other physical ailments
- Has trouble sleeping or frequent bad dreams



Studies indicate that 15-25% of U.S. students are frequent targets of cruelty. Therefore, parents should be ever vigilant. Listen to your children and don't downplay how your kids are feeling. Victims of bullying are not at fault. Keep the lines of communication open with your child and with school officials when necessary. Bullying

doesn't have to be part of growing up. Work to affirm your child's feelings and respond to bullies in ways that are appropriate and safeguard your child.

Source: “Dealing with a Bully” by Sara Baxter, *Kids Get Arthritis, Too* (January-February 2006).

JA Clinics

Dr. Lasky is seeing area children at St. John's Specialty Clinic by appointment: January 10, 2012; April 10, 2012; and July 10, 2012. Please call 417-820-3446 or 1-800-835-5197 to schedule an appointment.

Biologic Disease Modifying Therapies (continued from page 4)

following the use of this form of rheumatoid arthritis treatment.

Actemra (Tocilizumab) is the latest biologic disease modifying therapy to be FDA approved for the treatment of rheumatoid arthritis. Actemra is a monoclonal antibody that targets the Interleukin 6 protein. The use of Actemra is indicated for moderate to severe rheumatoid arthritis characterized by an inadequate response to methotrexate and an anti-TNF therapy. Actemra is administered by an intravenous infusion given over 60 minutes every 4 weeks. The major adverse effects associated with the use of Actemra includes serious and potentially life threatening infections, infusion reactions, liver toxicity and the potential to elevate serum cholesterol levels. Also, a rare occurrence of intestinal perforations was identified in pre-FDA approval clinical trials in rheumatoid arthritis patients who had a history of diverticulitis.

In summary, the use of the biological therapeutic agents has revolutionized the treatment of rheumatoid arthritis over the last decade. The use of these treatments has been associated with not only the potential to reduce the pain, stiffness and joint swelling of rheumatoid arthritis but also has the capacity to reduce the risk of irreversible joint damage and adverse impact on an individual's long term func-

tional outcome. None of the biological agents should be used in combination with each other due to the significant increased risk of serious infection complications as a result of additive immune suppression effects. The timing of the use, choice, and monitoring of a biological treatment in rheumatoid arthritis requires an ongoing long term relationship between a patient and their rheumatologist in seizing upon this opportunity for significant long term control of this potentially devastating condition.

WALK WITH EASE PROGRAM

This program is designed for anyone with arthritis young and old, male and female, fit and not-so fit. It is also suitable for anyone without arthritis who is ready to begin a regular walking program.

Groups meet three times a week for six weeks and begin with 5 minutes of education on the importance of successful walking or arthritis management. The group will then warm up, stretch, walk, cool down and stretch one last time.

Participants may walk anywhere from 10 minutes to 45 minutes or more depending on individual fitness levels. This program helps people build their own walking programs.

Walk With Ease Program offered in Cabool, Pineville and Springfield. For more information please call 417-820-3446 or 1-800-835-5197.

Health Management Class

Living a Healthy Life with Chronic Conditions

This six week chronic disease self-management class is for people with a chronic condition. Learn skills for *living a healthy life*.

Classes meet Thursdays, March 15-April 19, 2012, from 10 a.m.-12 noon at **St. John's Health Plans Building at 3265 S. National Ave., Springfield, MO, in the Community Conference Room (2nd floor)**. The class is free. Call (417) 820-3446 or 1-800-835-5197

Meyer Orthopedic Center, Mondays, Jan. 9-Feb. 13, 2012, 4:45-6:45 p.m.. Call (417) 269-7186

Barton County Memorial Hospital, Lamar, Tuesdays, Jan. 10-Feb. 14, 2012, 2-4 p.m. Call (417) 681-5256

Monett Senior Center, Thursdays, March 8-April 12, 2012, 1-3:30 p.m. Call (417) 235-3285

John Taylor Senior Center, Mt. Vernon, Tuesdays, March 6-April 10, 2012, 12:30-3 p.m. Call (417) 466-2072

Mountain Grove, starting February 2012, dates and times TBA. Call (417) 683-4409

Ava Senior Center, starting March 2012, (dates and times TBA). Call (417) 683-4409

Messiah Lutheran Church, Springfield, Mondays, Feb. 20-March 6, 2012, 4-6 p.m. Call (417) 881-2192

The Kitchen, Tuesdays, Jan. 10-Feb. 14, 2012, 10 a.m.-12 noon. Call (417) 269-INFO

Jordan Valley Community Health Center, Tuesdays, Feb. 21-March 27, 2012, 10 a.m.-12 noon. Call (417) 269-INFO

Please call 1-800-835-5197 for classes throughout Southwest Missouri.

Arthritis Foundation Exercise Program Area Classes (Formerly PACE)

Republic Parks and Recreation, call Allison Davis (417) 732-6780; **Cox Monett Hospital**, call Lauren Holland (417) 354-1410; **Warsaw Area**, call Billie Mowry (660) 438-7569; **Branson First Baptist Church**, call Mary Chase (417) 334-3897; **Mt. Vernon**, call Sonny Poe (417) 461-5351 at MO Rehab; **Bolivar CMH Senior Health** (417) 777-7171; **Buffalo-Dallas County Area YMCA**, call Kay Morris (417) 345-1116; **Greenfield/Dade County**, call Charity Bayless (417) 637-2345; **Dade County Senior Center—Greenfield**, call (417) 637-2626; **Lamar Senior Citizens Center**, call Roberta Braxdale (417) 682-5809; **Lincoln Community Center**, call Billie Mowry (660) 438-7569; **Ellett Memorial Hospital, Appleton City**, call Kelly Tindall (660) 476-2111; **Willard Fitness Center**, call (417) 742-2262; **Republic Wellness Center** (417) 732-7672; **United Methodist Church, Fair Grove**, call Evelyn Sheppard (417) 759-2755; **McCarty Senior Center**, call Mark at (417) 282-6100; **Korth Senior Center Stockton**, call 417-276-5306; **Nixa Senior Center**, call (417) 725-2322; **Redbud Village, Ava**, call (417) 683-4033; **Summersville Senior Center**, call (417) 932-4044; and **Pierce City Senior Center**, call (417) 476-5006; **Rogersville Senior Center**, call (417) 753-7800; **Pineville United Methodist Church**, call (417) 223-4723; **Pleasant Valley Manor, West Plains**, call Lenora Martin (417) 257-0179; **St. Francis Hospital**, call (417) 934-7153; **NEW—Joplin, Health Solutions/Studio One Fitness**, call (417) 206-3700; **NEW—Ozark County Senior Center, Gainesville**, call (417) 683-4409 or (417) 679-4746; **Ava Senior Center**, call (417) 683-5712; and **Wright County Senior Center, Mountain Grove**, call (417) 926-5867

Arthritis Foundation Exercise Program (Formerly PACE) Springfield Classes

Classes use gentle activities to help increase overall stamina, flexibility, and strength. It is not a substitute for a prescribed exercise program.

Classes meet at **St. John's Fitness Center**; cost is \$10. Two classes are offered, 1:15-2:15 and 2:30-3:30 p.m. on Tuesdays and Thursdays. Call the Arthritis Information Line at 417-820-3665 or 1-800-835-5197 or The Professionals at 417-820-8888 or 1-800-909-8326. Classes are held at the following locations:

Springfield Southside Seniors Center (call 890-1313)

Campbell United Methodist Church (call Margaret Williams at 881-2018)

Cox Fitness Center Meyer Wellness & Rehab Center (call 269-3282)

Wesley United Methodist Church (call 883-1021)

Covenant Presbyterian Church (call 881-4449)

NEW—Cox North (269-3915)

Bothered by Arthritis? Concerned about Heart Disease?

We are conducting a research study of 3 approved medications commonly used to treat pain due to osteoarthritis (OA) or rheumatoid arthritis (RA) in people who also have or are at high risk for heart disease. Qualified participants will receive study-related medical care, regular study check ups, and study medication at no charge

To qualify you must...

- Be 18 years of age or older
- Have had OA or RA for at least 6 months
- Have been prescribed regular medication for your pain for at least 6 months
- Have or be at high risk for heart disease, which includes a history of heart attack, stroke, or diabetes.

For more information, call St. John's Medical Research Institute at (417) 841-0250 or toll free 866-207-0167.

Arthritis Foundation Aquatic Exercise (Formerly Aquatics Programs)

Springfield: Hammons Heart Institute, call 417-820-2169

Ward YMCA, call 417-862-7456

Meyers Wellness & Rehab, call 417-269-3282

Chesterfield Family Center, call 417-891-1616

Joplin: Joplin Family Y, call 417-623-4597 or 417-625-2502

West Plains: West Plains Civic Center, call 417-256-8087

Lebanon: Cowan Civic Center, call 417-532-4642

Monett: Lowry & Associates, Physical Therapy, call 417-235-8770

Nevada: Vernon County Health Department, call 417-667-7418
Nevada Regional Medical Center, call 417-448-3622

Lamar: Lamar Aquatic Park, call 417-682-5383

El Dorado Springs: Cedar County Memorial Hospital, call Sandy Whitaker at 417-876-2511

Bolivar: Citizens Memorial Hospital, call 417-326-0453

Citizens Memorial Hospital Senior Health, call 417-777-7171

Tai Chi for Arthritis

Tai Chi for Arthritis was developed for people with a rheumatic condition and consists of fluid circular movements that are slow in tempo. Benefits include improvements in flexibility, strength, overall fitness, and posture. New classes are forming. For information, please call Heather Scott at (417) 820-3665 or 1-800-835-5197. Classes are also forming at the **Ward YMCA**, call 862-7456, and **Joplin, Health Solutions/Studio One Fitness**, call (417) 206-3700.



St. John's Health System

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Happy Holidays!

Wishing you and yours peace, happiness, and good health for the holidays and throughout the new year. Blessings to you.

Merry Christmas and Happy New Year!

St. John's Arthritis Center



St. John's Regional Health Center, a member of the Sisters of Mercy Health System, St. Louis, is a Christian ministry dedicated to healing and wellness. As an equal opportunity/affirmative action employer, St. John's provides services and benefits without discrimination.